

that flows through our bodies.

Therefore our negativity can actually cause us to be unwell.

1. Through production of stress hormones and chemicals.
2. By unlocking genetic markers to predisposition to ill health.
3. Then influencing our action or inaction.
4. Even worse by triggering unconscious driven behavior that perpetuates our unhappiness.

How can you love your life when you feel ill?

Do we have a conscious ability to affect our health?

Neuro-Science says YES we do.

We (maybe unconsciously) chose the physiology that courses through our brains and bodies. And most times the hormones and chemicals that flush through our bodies are a reflection of how we feel.

Mirror our outlook on life.