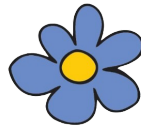




Stress can cause Disease



In-Store at Loch Logan, Waterfront, Bloemfontein



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Over the years I have realised more and more that childhood experiences lay the foundation for what is to come. Being in stressful situations as children (**not being acknowledged, feeling uncertain, UNLOVED, unsupported, out of control, and in conflict**) can deeply damage a person. If you add **helplessness, hopelessness, sadness, anxiety, frustration, and anger to this mix it could be unbearable and cause great harm.**





When we are children, our parents/caretakers are responsible for what we eat and experience. For most of the time we are mostly on the receiving end without much say. Because of parents mistakes and the imperfect world we live in, we all have something we need to heal. **As adults, the responsibility is in our own hands. We can retain the suffering or do whatever it takes to heal.** The ultimate goal is to restore to peace and freedom in our lives.

When we feel joy, acceptance and positivity, those **happy sparks impact our physical bodies and boost vitality.**

On the other hand, if what we think makes us feel rejected, fearful and stressed, then **these emotions will impact our physical bodies negatively.**

If you eat unhealthy food or find yourself in a negative head space for a long time, this can manifest as illness. **Avoiding negative emotions is not the goal,** but becoming aware of them and creating change in the areas that caused them. FEELING negative emotions is a SIGNAL THAT SOMETHING HAS TO CHANGE. **By not allowing the negative emotions to fester in your body, you give yourself a greater chance of avoiding illness.**

Fear

-  **Fear** gives you the survival instincts you need to keep yourself safe.
-  **Fear** is an unpleasant emotion caused by the threat of danger, pain or harm. It can be real or imagined, physical or emotional.
-  **Fear can be subtle (worry, distress) or more intense such as nervousness and out of control (terror, panic, or anxiety).**
-  *FAITH IS THE OPPOSITE OF FEAR, THE DIVINE CONNECTION BRINGS PEACE*

A person can be tired because of nutritional deficiencies, dehydration, too little sleep, radiation, working long hours, illness etc. It can also be because of not having any purpose or drive in life, depression and constant stress. **It doesn't help to only treat symptoms.** There are no pills that address negative emotions.

As humans, we seek comfort from **stimulants and food.** When we do not solve the root cause of our problems, we can overuse food, cigarettes, alcohol, drugs, medication, etc. for the sake of seeking **comfort and numbing the pain.** This will make things worse, like creating addictions and more problems.

- 🌱 Life is not going to get easier. We will have **to get stronger**.
- 🌱 **Create** an action plan - work with what you've got.
- 🌱 Empower yourself.
- 🌱 **Accept what is now.**
- 🌱 You cannot change the past
- 🌱 Have compassion.
- 🌱 Forgive others and yourself.
- 🌱 **MAKE TIME TO BE IN THE SUN:** it reduces stress (lowers cortisol levels) fights off depression (lifts serotonin), boosts mood, improves sleep quality etc.
- 🌱 Have fun.
- 🌱 Laugh a lot.
- 🌱 Cry if you have to release it.

Loving yourself will contribute greatly to healing your body. Love heals!

Practical ideas



- 🌱 Connect to people who are kind to you.
- 🌱 Eat food that nurtures your body. Have reasonable boundaries.
- 🌱 Treat yourself and others with kindness.

Is the root cause of your health problems emotional or physical? These books are excellent resources:

- 🌱 YOU CAN HEAL YOUR LIFE by Louise L Hay
- 🌱 A MORE EXCELLENT WAY by Dr Henry W Wright
- 🌱 WHEN THE BODY SAYS NO. THE COST OF HIDDEN STRESS by Gabor Mate

At Emagenes, we speak to people daily who have never done any form of emotional healing. There is so much information available. **Take an honest look at your life.** Don't waste time. Start doing the inner work in addition to the physical work to prevent disease and heal your life. **GET HELP!** Generally, things don't get better by themselves.

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Please note: This information is to arouse interest and awareness. Do your own research and empower yourself.