



Healing Comes from Within

Did you know that you have everything you ever needed to Heal? You have always had it, from the day you were born to the day you are reading these words, you have the power to Heal yourself. Pharmaceutical companies have called this the Placebo effect. The branch of Science that this falls under is Epigenetics; Epi means above, genetics are your genes so Epigenetics mean above the genes.

Dr. Bruce Lipton is considered the founding father of Epigenetics. Over 20 years ago he realized that the environment the cells were in would dictate how they react, how the genes would turn off or on, and how healthy the cells would be. He figured out that if you took cells and put them in a healthy environment the cells thrived, take the same cells and put them in a toxic environment and they start to wither, and then put them back in the healthy environment they start to thrive. The environment your cells are in will dictate how healthy they are. In terms of the human body the environment your cells are a mix of the following: toxins, emotions/thoughts and nutrition. These are the 3 big all-encompassing areas and these are not a completely inclusive list. The environment your cells are in will dictate which gene's are turned on or off and this is important because the environment your cells are in will decide if you get sick or not and if you will heal.

Doctors know that over 70% of conscious or unconscious thoughts are negative and if thoughts and feelings didn't matter to our health Dr Lipton and others would have disregarded them long ago however Dr. Lipton realized that thoughts and feeling **ARE** the environment our cells are in and they are incredibly powerful.

There is a great quote from Mike Duley – “Thoughts become things so choose the good ones” and Dr. Dawson Church recently wrote a book titled, “*Mind To Matter The Astonishing Science of How Your Brain Creates Material Reality*”. Science has caught up with what Dr Lipton new 20 years ago.

YOU have had the power within you all along to Heal yourself – isn't it great to know you have had it all along and can tap into it at will. Please join me on Wednesday March 6, 2019 for Health Talk: How to unleash the untapped healing potential within you.

To your vibrant health and vibrant life

Nadine Chajkowski

Nutritional Consultant, Urban Poling Nordic Walking Instructor and Neighbour

Email: holisticnutrition4you@gmail.com - **If you have any ideas or suggestions please email me**

Instagram: @holisticnutrition4u

Web: <http://www.dovercourtcl.ca/wellness.html>