

Do you have what it takes to HEAL?

I want you to live a healed life. And what that means is - it's not that you're cured, because you could never be fully cured - it's not a destination, it's a journey. A healed life means you live as-if you are cured. For me that looks like sleeping well, maintaining my ideal body weight, and shrinking my anxiety to a healthy level - I have just enough anxiety to tell me to wear my seatbelt and work to earn a living. Let's discover what that looks like for you and make it happen!

I have discovered that there are 5 foundations to a healed life. We'll look at each one of them and give you an opportunity to see where you stand on each one:

Foundation 1: Believe Healing is Possible for YOU

The first step in creating a healed life is to believe that you will heal. Believe may not be a strong enough word. You need to *know* that you will heal.

For me there were two things that strengthened my faith in healing. The first was that I watched the movie "Heal" 2017. The second was discovering what I was trying to heal from - ancestral and childhood trauma. From there I knew I would heal because the way you do one thing is the way you do everything and I knew I was going to go straight through the eye of the storm and give it all I got. I just knew that I would not lose.

How much faith do you have in your ability to heal?

On a scale of 1 - 10, assess yourself on Foundation 1 - Do you believe that you can heal?

1	2	3	4	5	6	7	8	9	10
Not at all									100%

Foundation 2: Healthy Gut

Have you heard about the gut brain connection? Perhaps you've heard that your gut is your 2nd brain? At the very least, you've heard the expression 'listen to your gut'. The reason people say that is because the gut plays an important role in the making, releasing and regulating neurotransmitters. Neurotransmitters are chemical messengers present in the gut and brain,

including Serotonin, Dopamine and GABA. They help regulate your emotions, appetite, motivation and sleep. The healthier your gut, the better able your gut and brain can communicate with each other, the better odds you have of a balanced brain.

Your gut is also where the voice of your higher self resides. That part of God or source energy that's within you is found in your gut. So the better you are able to hear your gut, the better able you are to live in alignment with your highest self. Giving you the greatest opportunity to create your best life.

How healthy is your gut?

On a scale of 1 - 10, assess yourself on Foundation 2 - Healthy Gut

1	2	3	4	5	6	7	8	9	10
I have a lot of symptoms such as: overweight Gas & bloating IBS or SIBO Irregularity pain					Signs of a healthy gut: Flat tummy, Regular BM's No discomfort				

Foundation 3: Healthy Nervous System

When I speak of the nervous system it is in terms of responses to stimuli and the ability or lack thereof to return to homeostasis or rest and digest after an alarming incident. The nervous system handles our stress response including fight, flight, freeze or fawn. And when not alarmed we call it homeostasis or rest and digest.

In ancient times man would hunt and encounter a bear and get a rush of adrenaline to fight or flight as in getting the heck out of there. And then shortly thereafter the nervous system would return to homeostasis.

Over time as we've become more industrialized and relied on more things outside of ourselves and money, we've created more stressors. And when people get routinely stressed it could disrupt their nervous system.

Thus when a child has an abusive parent, the nervous system gets stuck in one of the responses and unable to get back to rest and digest. That's when anxiety and insomnia increases and the person could become angry, run away and hide, be unable to move or function, or fawn where they go overboard with affection to try to placate the abuser.

When this happens repeatedly, they lose the ability to get back to homeostasis and we call that dysregulation. And thus, you want to get your nervous system reset or balanced. Then the person will be much calmer.

How healthy is your nervous system?

On a scale of 1 - 10, assess yourself on Foundation 3 - Healthy Nervous System

1 2 3 4 5 6 7 8 9 10

I have a lot of symptoms
such as:
Insomnia
Angry outbursts
Feeling on Edge
Intense Anxiety
Uncertainty
Hormonal issues

Signs of a healthy
Nervous System:
Sleep through the night
Even tempered
When angered or upset
Calm down fairly easily

Foundation 4: Balanced Brain

seems pretty straightforward. That means that you have the proper amount of the aforementioned neurotransmitters and blood flow. In general, we are overfocused on serotonin. Neurotransmitters are similar to hormones in the sense that if one's off, there's typically something else off as well. And this is where Dr. Amen excels beyond traditional Psychiatrists. The reason is where most Psychiatrists ask questions and use the DSM to diagnose, Dr. Amen takes functional images of the brain. These images are called Brain SPECT images. They are functional in the sense that they tell us how well the brain is working. In addition to neurotransmitters and blood flow, these images will identify any structural damage and toxicity.

On a scale of 1 - 10, assess yourself on Foundation 4 - Balanced Brain

1 2 3 4 5 6 7 8 9 10

Signs of an unbalanced
brain:
Anxiety
Sadness
Mood instability
Attention Issues
Memory & Learning
issues
Obesity

Signs of a healthy Brain:
Content
Stable Mood
Healthy Anxiety Level
Quality Sleep
Good cognition
Good memory
Attentive

Foundation 5: Higher Power

I say higher power because it does not matter what you believe in, as much as it matters the strength of your faith. I refer to my higher power as God, Source or Love Energy. And I believe that my higher power is both greater than me and part of me. When your gut speaks to you, it's through your higher power. When you are feeling inspired, loved and loving you are connected to your higher power. I understand that many people have more than one higher power that they refer to as 'spiritual guides'. I do that myself with Abraham, Jesus, my father, the universe and my friend that passed. Though for me, there is a prime mover.

On a scale of 1 - 10, assess yourself on Foundation 5 - Higher Power

1	2	3	4	5	6	7	8	9	10
Signs of a weak connection: Uncertainty, Cognitive Dissonance, Second guessing, Asks for advice often, Low self-esteem Lack purpose					Signs of a strong connection: Confidence Rarely asks for advice Inner Peace Proud to be me Purposeful				

How did you score?

If you scored below 10 - you have a ways to go... Things to consider are:

Seeing a Doctor
Intensive Outpatient
Hospitalization
Brain SPECT scan

I would want you to do these things first before you consider working with me, especially if you are having thoughts of suicide. If you are having thoughts of suicide call the Suicide Prevention Hotline by dialing 988

If you scored between 11-20 you are probably struggling with multiple symptoms across the five areas I listed above. You would benefit a great deal from working with me however you are going to need more than just me. Expect me to refer you to other practitioners and to suggest different treatments and procedures on top of the work we will do together. Healing may take a bit longer and be a bit more costly though you can and will heal.

If you scored between 21-35 you're probably doing pretty well, at least from the outside. Friends and family aren't concerned about your mental health unless you discuss it with them.

You are probably holding down a job and you may be maintaining a comfortable, though non-inspiring relationship. Perhaps you've done some therapy or self-development. I may refer you out for certain treatments or procedures though I may not or I may only do so for a limited amount of time. The most difficult part of scoring in this range as you may be holding onto things that make you feel comfortable that you are afraid to lose. And the thing you need to keep in mind is that if you want to go from feeling OK about your life to loving yourself and your life you're going to have to do a decent amount of work. And you really need to understand that healing is not linear, you may have some times when you take a couple steps backward. You may lose some relationships. You may have some difficult times. In the end, your prognosis is very good - if you stick to the program we co-create you're going to do great!

If you scored 36-50, congratulations, you are a rare breed! If you want help to take yourself to a higher level you'll probably only have to work with me for a short time. You may just want to learn your brain type and your energetic profile to understand where you are at or get on the right supplements to maximize your brain.

Getting support to move to the next level...

My services and scheduled a call to discover how I can be supportive of your healing

Normally, a session like this with me is \$147, but if you use the link below and the coupon code: IMHEALED you can schedule for no cost.

I can't wait to support you on your healing journey - I know what's available for you on the other side, because I've been where you are - your future is worth it == you are worth

Schedule Now - [LINK](#)