

# **BE YOUR OWN HEALTH ADVOCATE**

**Where Do You Begin?**



**Start Where You Are Right Now.**

- **Pause**
- **Slow Down**
- **Take A Breath – Slow, Easy, Deep**
- **Suspend Your Fear, Doubt And Anxiety**
- **Trust Your Innate Ability To Heal**
- **Embrace The Unknown**
- **Focus On What Is Good In Your Life**
- **Take A Look At Your Present and Past**
- **NOW You Can Create Your Future Health**

**Take Your Time  
To Answer All These Questions**



**Provide As Much Detail As You Can Now  
And  
In the Days And Weeks Ahead  
Continue To Add Details As You Recall Them,**

# **BEGIN WITH YOU AND YOUR BODY**

- 1. How does my body FEEL now?**
- 2. What bothers me – my physical symptoms?**
  - a. Pain**
  - b. Itchy**
  - c. Numb**
  - d. Tingling**
  - e. Nausea**
  - f. Dizzy**
  - g. Bloating**
  - h. Diarrhea or Constipation**
  - i. Strength, Balance, Flexibility, Endurance**
  - j. Breathing or Coughing**
  - k. Sleep Difficulties**
  - l. Fever**
  - m. Other**
- 3. How does my body LOOK now?**
  - a. Face, Hair, Skin, Nails**
  - b. Shape, Weight, Muscle Tone**
  - c. Weight**
  - d. Growths**
  - e. Other**
- 4. What changes have I noticed and when do I recall the changes started?**
  - a. Tumor/s**
  - b. Moles**
  - c. Lymph Nodes**
  - d. Other**

- 5. What actions have I taken and when?**  
**List dates and actions taken in the past weeks, months or years, for this and other conditions,**
- a. Over the counter medications**
  - b. Visited Medical Or Alternative Healthcare Professionals**
  - c. Vitamins, Herbal Supplements, Homeopathic and Other Remedies**
  - d. Exercise – Aerobics, Weights, Yoga, Dance, etc.**
  - e. Diet and Nutrition, Changes and Restrictions**
  - f. Fasting**
  - g. Meditation and Stress Management**
  - h. Addictive Habit/s**
  - i. Other**
- 6. What healthcare services did I choose to receive?**
- a. MD/s**
  - b. Chiropractor/s**
  - c. Naturopath/s**
  - d. Herbalist/s**
  - e. Massage or other type of body therapy**
  - f. Somatic emotional releasework**
  - g. Rabbi, priest, minister or other clergy**
  - h. Spiritual advisor, reader or healer**
  - i. Counseling**
  - j. Other**
- 7. What stresses, changes and emotional upsets have I had in my life recently (past few weeks and months) and in the past few years?**
- 8. What am I thinking, believing, feeling, expecting and imagining about my current condition/s and my future health?**

## **SUGGESTIONS AND ADVICE FROM OTHERS**

- 1. What have I read, from what sources, about my condition/s, symptoms, and prognosis?**
- 2. What have I seen on TV, the internet, movies, videos, podcast, etc. about my condition/s, symptoms, and prognosis?**
- 3. What have I been told by healthcare professionals (MD's, Nurses, Chiropractors, Herbalists, Naturopaths, Counselors and Others) about my condition/s, symptoms, and prognosis and what they believe I SHOULD do?**
- 4. What have I been told by well-meaning friends and family about my condition/s, symptoms, prognosis and what they believe I SHOULD do?**
- 5. What have I noticed about the attitude, body language or facial expression of others in response to my condition/s, symptoms, prognosis and my health choices?**
  - a. Eyes**
  - b. Facial Expressions**
  - c. Words**
  - d. Behaviors**
  - e. Urgency**
  - f. Prognosis – Hope or Hopelessness**

- 6. How congruent with my own inner sense of what I need to do are the beliefs, attitudes and suggestions that have been given to me, or forced upon me, from others?
  - a. What do I feel in my body when they tell me what they think I SHOULD do?**
  - b. What do I feel in my body and mind about what I might be able to do to improve my condition?**
  - c. Have I followed my own intuition, my own inner guidance or have I succumbed to pressure from others?****
- 7. Have I been researching and learning about my condition/s and symptoms and have I connected with others who are dealing with similar health issues (e.g., Facebook Groups)?**
- 8. Have I explored and tried many different healing options, including specific diet restrictions, fasting and detox programs?**
- 9. Have I put all my trust and decisions in the hands of healthcare professionals and well-meaning friends and relatives – or – have I questioned, researched and made my own carefully calculated choices and decisions in my healing process, allowing others to support and partner with me in my healing journey?**

# MY THOUGHTS ABOUT MY HEALTH

1. What are my current thoughts, feelings, and beliefs about my condition/s, symptoms and prognosis?
2. What do I visualize or imagine about my future body and health?
3. What would I like to think, feel, believe and picture about my future body and health?

Many years ago I took a wonderful training created by Robert Fritz called DMA. It was all about the creative process and how we create our lives, including our health. **There is an amazing phenomenon in our consciousness which causes us to create STRUCTURAL TENSION between where we are and where we IMAGINE AND BELIEVE we are going.**

This is more important than you can imagine.

The answer can literally mean the difference between illness and health, healing and death.

A few years ago a very special study was conducted with a group of older men. They were told to “imagine” themselves as 20 years younger and to “act as if” they were that younger person. To the amazement of the researchers, all of the men exhibited improved markers of health (lower blood pressure, fewer aches and pains, more strength and agility, and improved attitudes).

# STRUCTURAL TENSION



**4. What do I imagine in my mind and assume in my thoughts about my condition/s, symptoms and prognosis?**

**\*Remember “assume” makes an ass of u and me)**

**a. Do I imagine illness, pain, suffering and death?**

**OR**

**b. Do I imagine consistently making changes in my lifestyle, thoughts, behaviors, and daily practices?**

**c. Do I view my healing journey as an ongoing practice which may take weeks, months or even years for healing and recovery?**

**d. Am I holding on to an image of ME, HEALTHY ME, doing all the things a healthy person does?**

# **CREATE YOUR STRUCTURAL TENSION TOWARD HEALING AND HEALTH**

**Imagine the stretched rubber band as the battle between your body's healthy scavengers and those invading pathogens trying to gain territory.**

**Hold an unwavering belief, attitude and image of YOU – every part of you choosing health, not believing in, or succumbing to, illness.**

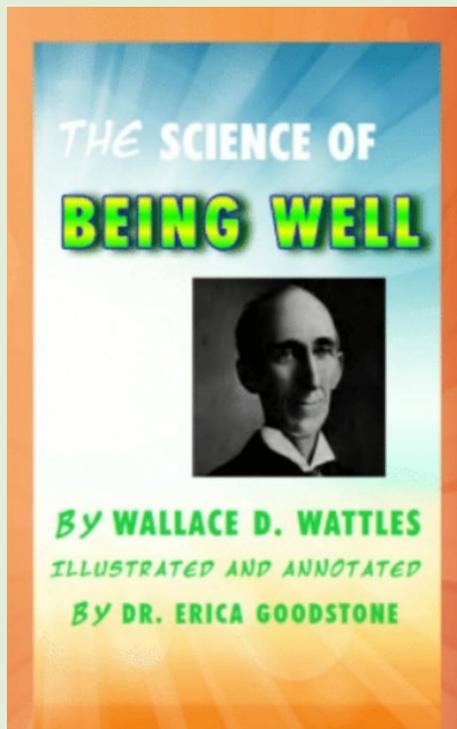
**Hold on to your healing beliefs and images as if your life depends upon it – because it does!**

## **NOW**

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- **NOW You Can Create Your Future Health**
- **Seek Help And Partnership With Your Healthcare Providers And Hold On To Your IMAGE OF HEALTH AND HEALING!**

# READ THE SCIENCE OF BEING WELL

<https://LoveNow.life/ScienceBeingWellBook>



## APPLY FOR A HEALING THROUGH LOVE COMPLEMENTARY SESSION

<https://LoveNow.life/healingthroughlovesession>



# GET STARTED WITH THIS AUDIO SERIES

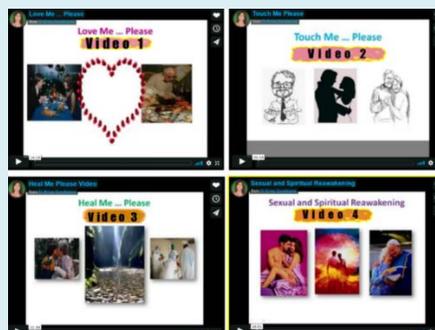
Explore Your Own Healing Potential



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# DEEPER EXPLORATION WITH VIDEO SERIES

Discover The Underpinnings And Blocks  
To Health And Intimacy With Self And Others



[HTTPS://LOVENOW.LIFE/LOVETOUCHHEALVIDEOS](https://LOVENOW.LIFE/LOVETOUCHHEALVIDEOS)

**ALIGN YOUR THOUGHTS, BELIEFS,  
FEELINGS AND ACTIONS  
ONLY WITH HEALTH  
AND KEEP ASKING IN EVERY MOMENT:  
WHAT WOULD A HEALTHY PERSON DO  
NOW?**

**REMEMBER ...**

**Health and healing is a journey  
A personal journey  
From where you are  
To where you want to be  
Health and healing are a marathon  
Consistent practice  
Not a sprint  
Begin your healing journey now  
And don't stop until you know you are  
healed!**

**MAY GOD BLESS YOU AND GUIDE YOU!**