

Women's Health

As women, we are naturally very emotional. We easily burst into intense emotional expressions. When we express positive emotions of joy and love; then, the female emotional nature can serve a great purpose in caring for and nurturing humanity. However, **due to this intense emotional proclivity, when we express fear, jealousy, resentment; we tend to hold on to these negative emotions deeply.** This makes it more difficult for us to forgive and let go. The remnants of **unforgiven negative emotions precipitate in the mind and over time form an Emotional Parasite.** The presence of this parasite and its' negative energy interfere with our physiology and mental health. **This underlying condition is the core basis for most chronic diseases that devastate our health.**

It is important to become more aware of our emotional tendencies. We incredibly benefit when we become more patiently observant of the situations that trigger our emotions, especially the negative emotions. By fully understanding our emotional nature, we can substantially improve our health and overall wellbeing. In order to build a strong foundation for good health, efficient healing, and strong immunity to disease; it is **crucial** to learn how to modulate our emotional nature.

We are here to assist you on your journey towards emotional modulation. As you become more aware and learn how to effectively use your God-given Conscience to resolve the emotional burdens; you will find relief from the negativity which may have been evident or subtle, hidden from your conscious. Then, the chronic diseases which were a result of the negativity, will fall away—you will find permanent healing. As you persist in this journey you will also boost your immunity thus improving your protection from disease.

As a woman, over 50 years old, a wife, and a mother of four children, I am passionate about dissolving stress because I am a benefactor of this practice. **My health and overall wellbeing were transformed after I learned to effectively dissolve stress and negativity.** For example, my mental clarity, emotional and hormonal regulation—tremendously improved! These physiological changes restored my reproductive health. Consequently, I had my children naturally without complications. And as I grew older, I was able to navigate through menopause naturally without requiring any medical interventions. The menopausal transition was accompanied with mild symptoms that were alleviated with sensible dietary adjustments and exercises. I have also applied this strategy to my family; it has and continues to remarkably improve my family's health.