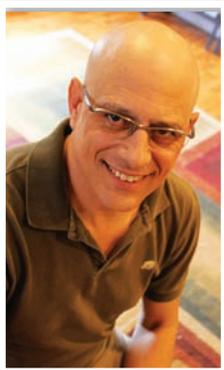


Set Your Body Free

BY IAN KENNEDY, TRUE WELLNESS OF PA



As Biological partitioners we diligently work to naturally address the primary stressors to the biosystem of the person who is experiencing illness or attempting to maintain good health. It is essential in this approach that the natural healing ability of the body is set free, to a large degree from heavy metals, chemicals,

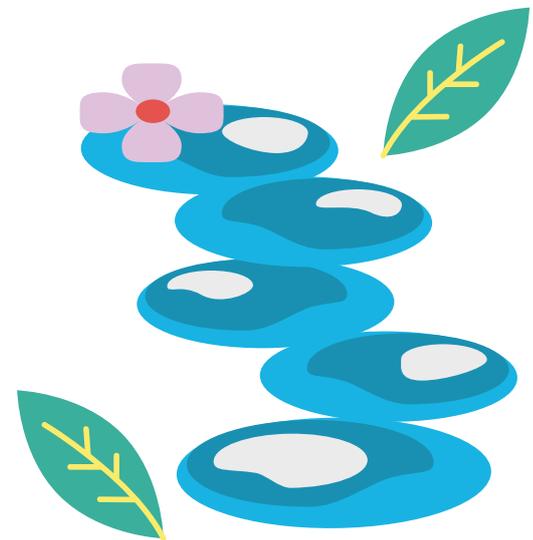
scar interruption, dental infection and dead teeth, intestinal dysbiosis, trace mineral and fatty acid deficiencies, food allergy and unsupportive psycho-emotional traumas and their imprints.

There is no debate that our emotional state of mind, emotional congruency in our life and the emotional patterning that have been imprinted upon us permeates the us on all levels. The vast majority of our actions and reactions are triggered by the unconscious mind. Traumas real or perceived create long lasting neurological reaction and effect the autonomic nervous system as well as the hypothalamus, pituitary adrenal axes. This over time can produce a wide range of physical and phyco-emotional manifestations. The most

common being unexplainable body pain and fatigue. In our office we have a saying that we teach to our clients.

“That which has been emotionally suppressed eventually becomes physically expressed.” That is not to say that clients are intentionally suppressing their feelings and thus becoming sick. It is a natural reaction for a person when experiencing a trauma to go through several stages of disassociation. This disassociation is a vital part of our survival mechanism, however, it can drive the event into the autonomic nervous system as an alarm trigger for future presentations of similar events. This then becomes a triggering mechanism loop for driving unconscious reactions.

Making the distinction between stress and trauma. Both affect our health in a negative way. Stress is like a slow leak of emotional poison. Trauma, more like a quick injection of poison. Stress is almost-always experienced over a long donation of time with the person generally having some control over it. If my job is to stressful I can quit. If my relationships are stressful I can change them. If I am stressed do to an overwhelming schedule I can manage differently it. With Trauma it is



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almost-always experienced in a short duration of time with high emotion, accompanied by a lack of control.

A good example of this difference can be understood using the example of a car accident. The crash at an intersection is traumatic, instant, violent, highly emotional and with no sense of control for the victims. This can leave us feeling nervous driving through intersections for months or years after the event. Being interviewed by the police at the seen regarding how the crash happened and who is at fault is stressful but not generally traumatic.

So how best address these toxic and confused imprints of information that no longer support our present lives that may over time manifest into pain or illness. There are techniques that are very effective that have been developed in accessing these synaptic pathways. There are also natural remedies and devices that have wonderful phyco-emotion properties to them that can gently help release these disruptive emotional triggers. Yoga therapy is very effective at releasing body memoirs as well as meditation, deep breathing, and reconnecting with nature and the natural magnetic frequencies which helps reestablishing our circadian rhythm.

For more information regarding emotional release techniques wwwbiologicalhealth.com

Restore Maintain Enhance

True Wellness offers a wide range of holistic and biological therapies and techniques that support the whole person in both mind and body.

Biological medicine is a comprehensive, holistic medical approach that integrates several important healing traditions into its approach. We consider the entire being, not simply the diagnosis or symptoms. Our focus strives to restore optimal health by eliminating burdens to the body.

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