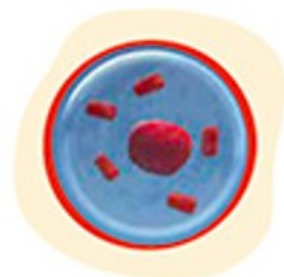


ARE YOU READY TO
feel good
MORE OFTEN?



You are created to function as a whole.



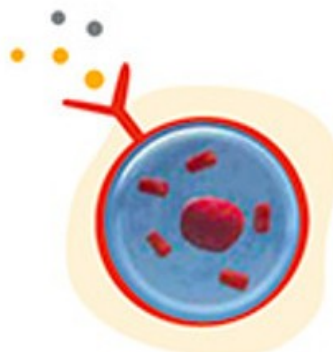
Your body is made of intelligent cells, wired to restore health.

EMOTIONS & YOUR BODY

"THE 3 BRAINS"

"The three brains... communicate with each other. [They] feed back to, and therefore influence the mind."

Dr. Caroline Leaf, Neuroscientist



EMOTIONS trigger peptides (information-carrying molecules) that bind to and react with cell receptors.



MIND "Logic & Intellect"

The subconscious mind directs over 90% of behavior.



HEART "Intuition"

There are more neuropathways that run from the heart to the brain than from the brain to the heart.



GUT "Gut Feeling"

90% of the body's serotonin and other feel-good chemicals are produced in the gut.



"Feelings are really chemicals that can help or hurt."

— Dr. Candace Pert, Neuroscientist, Pharmacologist

CONNECTION = WELLNESS

Connect the 3 brains
and feel good

EMOTIONS & YOUR BELIEFS

LIFE EXPERIENCE



PROCESSING



I have to figure this out.

I feel overwhelmed.

I'm stuck.



REACTION



Head tension

Conflicted feelings

Unsettled stomach



BELIEF



I'm not good enough.

What do I need to weed out?