Reduce Inflammation

Increase Overall Health

mindpersuasion.com
Instructions

Listen with headphones and eyes closed. Visualize any situation where any evidence or indication of inflammation is decreasing. Visualize this from several perspectives.

Tips for Success

Keep a daily journal and record any objective evidence that you are becoming less affected by inflammation. Write down any positive comments others make.

Please visit our forum to share your successes, or to ask any questions:

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Affirmations

I release inflammation

I reduce inflammation

I release habits that cause inflammation

I release cravings for foods that cause inflammation

I sleep deeply

I love drinking water

I release need for fast food

I release need for processed food

I release cravings for sugar

I enjoy eating healthy food

I enjoy eating food that supports my immune system

I enjoy eating food that supports a healthy inflammation system

I release allergies

I release reactions that lead to inflammation

my body is healthy

my diet is healthy
my immune system is healthy
my joints are healthy
my tendons are healthy
my heart tissue is healthy
my gums are healthy
my organs are healthy
my brain is healthy
my brain tissue is healthy
I release disease
I release stress
I release disorder
I release illness
I release inflammation
I release all causes of unhealthy inflammation
every day I am healthier and healthier
every day my inflammation is getting less and less
every day my organs are healthier and healthier
every day my heart is healthier and healthier
every day my body tissue is healthier and healthier
every day my organs are healthier and healthier
every day my joints are healthier and healthier
every day my tendons are healthier and healthier
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You reduce inflammation
You release habits that cause inflammation
You release cravings for foods that cause inflammation
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