

# **Reduce Inflammation**

**Increase Overall Health**

[mindpersuasion.com](http://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:

[mindpersuasion.net](http://mindpersuasion.net)

# **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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