

Strong Immune System

**Defeat and Purge Illness and
Disease**

mindpersuasion.com

Instructions

Listen with headphones and eyes closed. Visualize any situation where you are healthy and your body easily and effectively rejects illness and disease.

Tips for Success

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

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

mindpersuasion.net

Affirmations

I easily resist illness

I easily resist disease

my body quickly destroys illness

my body quickly eradicates disease

I am healthy

I am well

My body is a fortress of health

my body is a fortress of wellness

I purge disease from my body

I purge illness from my body

I recover quickly from illnesses

I recover rapidly from illnesses

I recover quickly from colds

I recover rapidly from colds

I have a powerful immune system

I have a resilient immune system

I have an efficient immune system

I have an incredibly powerful immune system

my immune system is unbeatable

my immune system can defeat any invader

my immune system is healthy

my immune system supports me

my immune system works 24 7

my immune system keeps me healthy

my immune system keeps me happy

I have rock solid health

I purge all illness

I purge all sickness

I purge all disease

my body is healthy and happy

my mind is healthy and happy

I release all stress

I release all anxiety

I release all disease

I release all illness

You easily resist illness

You easily resist disease

your body quickly destroys illness

your body quickly eradicates disease

You are healthy

You are well

Your body is a fortress of health

your body is a fortress of wellness

You purge disease from your body

You purge illness from your body

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You release all disease

You release all illness