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
You recover quickly from illnesses
You recover rapidly from illnesses
You recover quickly from colds
You recover rapidly from colds
You have a powerful immune system
You have a resilient immune system
You have an efficient immune system
You have an incredibly powerful immune system
your immune system is unbeatable
your immune system can defeat any invader
your immune system is healthy
your immune system supports you
your immune system works 24/7
your immune system keeps you healthy
your immune system keeps you happy
You have rock solid health
You purge all illness
You purge all sickness
You purge all disease
your body is healthy and happy
your mind is healthy and happy
You release all stress
You release all anxiety
You release all disease
You release all illness