

Chapter One

How Emotions Precisely Appear in Health Issues

Disease and illness don't just happen to us by some unknown mystery. Since the day we were born, our human bodies have had very strong endurance and immune systems readily available around the clock to do healing and repair. Even for those who neglect and even abuse their bodies, it doesn't take much positive change to see positive results.

I invite you to apply these steps I have outlined to similar situations you have experienced in your past or that are currently happening in your life. May you find common sense life-changing answers that you can readily apply to prevent, heal, and claim emotional and physical wellness for yourself. Consider how you make decisions; stay open for possibilities, because what I'm going to share with you is rarely ever talked about and normally overlooked.

Keep in mind that if you suffer from auto-immune disorders, acne, rosacea and/or random mild to extreme health challenges, *something interrupted your emotional wellbeing to cause these symptoms*. Regardless of your age when it occurred, you are about to read how this happens and find answers.

I'm going to illustrate to you in baby-step details what has taken me a lifetime to figure out: *physical health challenges can have emotional causes*. I am an emotional wellness coach with 20 years of advanced training in solving health and lifestyle challenges. I have finally figured out answers that I previously missed.

In order to demonstrate what I have discovered, I am going to use my own life story. I had years of working long hours for Fortune 500 companies as a young female executive with large employee staffs to direct and many responsibilities. I rarely if ever got sick enough to go to a doctor, perhaps once every two years, if that.

Following this career, I innocently volunteered to support my husband while he worked on his ministerial degree. He suggested that with my corporate skills, I could work and support his college, his child

support for two children, our housing and food. Way before I had met my husband, I longed to go into missionary work to share my leadership skills and co-train others to become empowered to live their full potential. I pondered the possibility of doing so after he graduated, and thought this might be the greatest thing that ever happened in my life.

Upon moving to the University City, our financial difficulties started immediately. I inquired about work; there were no large corporations, and most jobs had been already taken by students and their families. I had signed on to something in blind faith and excitement, but it wasn't realistic.

I invite you to the sequence of events I lived through, interwoven with ideas for you to reflect and ponder. Take your background and see how you have made commitments and decisions that have taken you to a crossroads of life, where you have to choose or felt you had no choice, where you have worked way beyond what is reasonable, or pushed yourself beyond your limits.

Step One: Instantly, my healthy mind and body felt overwhelmed. *This threat was unexpected, and it caught me off guard.* This was not a normal, everyday stress situation I am addressing here.

My life was good and then *I was given a responsibility I was incapable of handling logically*, but I requested to do it anyway, and the assignment started immediately. I felt I had no choice; it was my duty to perform. Like a circuit breaker that gets overloaded and instantly blows a fuse, *I couldn't have anticipated the conflict* that this caused or the instantaneous shock to my core.

Step Two: Like a circuit breaker, under high voltage stress, this became a traumatic assignment and event in my life. My brain and body connection, which included my nervous system, adrenals, organs, chemistry, with my biggest sensory organ being my skin - were all super activated. My obsessive thoughts day and night with roller coaster emotions became dramatically overloaded. This was *not an "error of nature"*; it was the natural consequence of a very precise

traumatic event in my life. *It was an internal organic alteration that was taking place inside of me.*

Step Three: The brain is the control center in which every organism is coordinated. Taking a whole body approach, every system works together as an amazing team, governed from the control center. When trauma overloads our minds, simultaneously the psyche, brain, and organs respond. The nervous system activates in optimal capacity to allow the individual to react to the emergency that has caught him/her off guard.

Step Four: *Emergency response.* Lifetime personal perceptions, attitudes, values, training, beliefs, along with imagination, any self-devaluation or self-value patterns surface. Thoughts of being less than or empowered, *become key in how we re-act out of old programming, or have clarity in the moment and take care of ourselves,* depending on if we have been in a military type of environment or conditioned to believe that everything in life is more important than we are.

Step Five: In the moment that the conflict strikes, these are two scenarios that could happen. Using my story, as an example:

a. If I had been a strong, confident, proud person with the clarity of honoring my true worth and realistic capabilities, I could have stood up for myself and refused to take on this assignment, or backed out of it if I had already agreed to take it on, or asked for help and options, being true to self.

b. Having a history of devaluing myself and placing all others' needs before mine, not knowing how to say no to the assignment, and having been taught that women don't have choices, doing work I didn't enjoy, with great resistance I accepted, even though *I had no rational solution,* all in the name of money being of greater value than my life.

What happened in my past conditioning to convince me my only value was to be a servant, fearful of doing anything differently? I believe being sexually abused and raped as a teenager left me with deep wounds, and in order not to feel, work was my drug of choice to

stay numb. I didn't know for years that I carried a sense that I didn't matter, because my inner emotional and spiritual self had also been raped and robbed. This story of my being sexually abused and the profound damaging ways it shows up even years later can be found in my *The Rosacea-Acne Natural Remedy* book.

Devaluation shows up differently for each person. It is more poisonous than being physically beaten, turning black and blue. Devaluing yourself changes the internal structure of your inherent chemistry throughout your body. It is radically abusive and not natural. Remember the impulse to devalue always signals a diminished sense of self, a learned, false core belief you were not born with.

Step Six: **Health issues follow extreme upsets in life.** When your circuit breakers blow with the constant conflict of emotions, obsessive thoughts, and prolonged churning in your stomach - *the wisdom of your body tells it to release the pressure you are feeling – by giving you health issues.* This can cause anything from fever, flu, colds, sinus, allergies, constipation, acne, rosacea, auto-immune disorders, pain, vision loss, tumors, heartburn, high blood pressure, diabetes, nausea, bouts of running to the bathroom, and/or weird rashes to both mild and/or extreme symptoms. On another level you, might experience cold hands, feet, and skin, lack of appetite, weight loss, and insomnia along with fatigue. Remember your body is overloaded; your brain is overworked. This is pouring out from its release valves.

The major body releases that show up as disease symptoms are not obvious overnight, because they take place internally and gradually unfold. However, the milder body releases happen pretty fast related to the trauma; release comes for me in instant bouts of sneezing and allergies. Remember the pressure from the trauma gets naturally released throughout all body systems. The good news is the body also knows how to reverse those physical symptoms.

Step Seven: *Unprepared innocent response.* All my life's training, up until the time I was first diagnosed with allergies, was in business. I

could run a corporation, but sadly enough, had zero training in protecting my best friend, my body. Without vital information about the natural healing process, I became powerless. I was instantly diagnosed with severe allergies, and I was given three allergy shots a week for five months.

Step Eight: *With a better understanding of this concept, I would have known how important it is to quickly resolve the issue and thus be able to reverse my allergies.* You can resolve the conflicts of your life and automatically improve a physical condition caused by a shock to the internalized systems. The more pronounced and prolonged the shock is to the body system, the more likely the creation of larger, longer lasting health issues. By God's incredible design, the body can heal itself; the conditions can go back to the nothingness they came from. Praise God!

I felt as though I had stepped into a whirlwind. I had no clue why or how all this was happening to me, or how to support my own healing. New feelings of helplessness and distrusting my body to perform differently took over. I was overwhelmed, anxious, mad, raging inside of myself, sad, lonely, numb, fearful, confused, and feeling abandoned. *As a result, five months later I developed acne.*

Step Nine: *Remember, the more intense and longer a trauma lasts interrupting the natural inherent immune system, the more intense and long lasting the health issues that follow. Remind yourself this can be avoided. The trauma in general is caused suddenly, unexpectedly, acutely, and dramatically. The person feels helpless or isolated.*

Step Ten: **Diagnosis is the worst kind of traumatizing shock!** For me it was worse than the original shock I had when I couldn't find a good paying job and was overloaded with large financial responsibilities. **When I was diagnosed with rosacea an incurable disease it felt like a death sentence,** the word 'incurable' means the cure is impossible. My diagnoses felt emotionally paralyzing and caused all circuit breakers within to explode my immune system, and I progressively got worse year after year. Nothing I tried with dieting, detoxing, fasting, or taking supplements caused any noticeable

improvement. I went to numerous dermatologists over a six-year period, asking for information on how my immune system could heal and repair. I asked simple questions: "If I have a healthy cell today and a diseased cell tomorrow, why can't they be reversed? If my body is remaking new cells every day of my life, then how can anything be considered incurable?"

I never felt I received answers that made common sense from the medical authorities. They only wanted me to take prescribed drugs. When they mentioned the side-effects, taking the drugs didn't make sense. Why would I possibly do damage to my healthy liver and kidneys when my issue was on my face? In the meantime, I went to every holistic practitioner and doctor asking these questions. "Can I talk with anyone who has healed anything using natural remedies and find out what they discovered in order for them to heal?" *I believed that our bodies could not be that complicated.*

I desperately wanted to heal holistically and never be placed in this helpless, powerless position again. I felt sad holistic healing hadn't been offered in any classes I had ever heard of or attended in my life.

Step Eleven: **Enlightened doctors** could have turned this whole story around and helped me totally avoid the traumatic pain, embarrassment, shame, and extreme suffering I had with rosacea.

If only my first allergy doctor had been educated on a whole person approach, rather than just trained in isolated physical issues like allergies. If only he had been trained in how emotional stress and its effect on physical health issues is actually the body's way of asking for help - not only trained but had proven experiences in reversing allergies, being aware of the emotional messengers. Then he would have immediately looked for the story behind my allergies. He would have asked honest, direct questions such as: "*What is happening in your life which is so overwhelming that it feels unsafe to simply breathe?* Your soul is crying out for help from your inability to breathe freely. Are you actually allergic to someone who denies you and/or is using you?" He would have known the natural principle - to start asking questions about the person who is closest to me.

Such direct, straight-forward questions, speaking truth rather than hedging, might have shown me the emotions behind my health issues. What they would have been telling me was the honest truth of what was going on in my life. I could have denied the truth and run away from the doctor, never to return, even blaming him to ever think my allergies were caused from my being extremely traumatized, or I could have let the truth speak to my heart and let it be a wakeup call and take action.

Step Twelve: *Doctors are normally trained in isolated physical parts of the body.* I didn't have an enlightened allergy doctor; I was given allergy shots as a quick fix solution. In my case, I went from seminary to ministering two churches and was unprepared for church assignment. Internally, the fuel behind the fire that appeared on my face as bright fire-engine red with feverish boils I lanced daily, continued to tell my true story. I spent six years of living with this devastating disease that devaluated my very core existence and affected my eyes to the point that I wasn't able to read or drive. *Traumatized, I never cried, but felt in my heart that suicide was a comforting thought to stop my suffering.* Emotionally, I was very lonely, disappointed, exhausted, and defeated. I lacked the power that might be found in seeing myself from a higher perspective. I had to prove nature had the answer and not give up.

God held me when I wasn't able to hold myself

Between the sixth and seventh year, I had the honor of meeting a doctor for one hour who diagnosed me totally differently than the multitudes of previous doctors. Dr. Lee, a medical doctor who specialized in the immune system and how to self-heal, said, looking at my chart and hearing my story, that I had to find peace within at whatever the price it took to achieve it, that I had to stop researching rosacea and stop listening to doctors who were filling me with fear. He didn't know if I would heal, as the emotional trauma had upset my body and left a 24-hours-a-day internalized quiver. *He said I would*

never heal with this quiver taking and restricting my natural flow, harmony, and organ communications. The very intelligence in my immune system had been sacrificed. He said skin is the largest organ, that my face was the last place something would appear, that 100% of the time, the skin problem is driven from within. He said "Take your focus off your face; the 'effect,' it is not the answer."

Step Thirteen: I took Dr. Lee's advice and turned my life around 180 degrees. I learned that the many events from early childhood throughout my history had been denied. I got into weekly emotional therapy - for months, which saved my life, learned stress management. I eventually took free Alcoholics Anonymous 12-step classes on subjects of work addiction, love addiction, and codependency to admit I was powerless over my own life, to better myself, and turn my life over to God. In those meetings were some of the finest, most honest people I have ever met, willing to heal their lives. Not only did I have professional massage therapy, but I learned to do self-massage, and I listened to children's story hours in bookstores - anything that brought me even a glimmer of joy.

I totally healed in the next year because I took myself out of the trauma and resolved the conflicts in my life. My eyesight came back to 20/20, and my capillaries and face totally healed. I learned about self-values, integrity, and how to be in touch with my intuitive decisions. I moved from pretending to be happy to understanding the importance of being congruently honest with myself, seeing the vital importance of my emotional health, spontaneously being able to cry, and feeling all my feelings, but no longer stuffing them. I dedicated my life to learning how suffering and pain were not normal ways of life; **having inner joy was normal.** I began to truly love myself for the first time in my life. I started loving the sound of silence, and I was willing to be still for the first time in my life. I had to learn to take all pressure off myself, allow myself to rest and learn to enjoy a simple life. God gave me a second chance, and I dedicated my life to sharing the gift of my healing and discoveries with others in hopes of helping them see the

serious consequences of self-neglect, devaluation, and the enormous possibilities and passion that come when living true to self.

The emotional reflections were my soul's cry for help. The emotions behind allergies which emerged were from being unable to cope with the stress in my life, acne that stemmed from a dislike of self, rosacea from not being able to face myself or face my life. Vision loss came from not wanting to see my painful reality and closing down the windows of my soul. These statements absolutely ring true.

I am not the exception in telling you my healing story; anyone can prove this. The people I have helped heal from acne, rosacea, and all types of common-to-extraordinary health challenges, have normally been able to transform their situation in 3 to 6 months. This all depends on their willingness and essentially their readiness to learn and follow instructions, depending on how much damage they have received from the side-effects of medications, healing internalized fear, addictions, and overcoming poor lifestyle habits. Success also depends on their belief in openness to change dramatically and let in emotional truth. Some will welcome the opportunity and others want to hang onto what is familiar and don't want to look at their hidden hurts. By doubting themselves and God, they stay stuck. *We can only help ourselves by believing in ourselves.* Remember, self-love is the greatest healer, believing in yourself to heal. Also loving yourself enough to learn to help yourself, can set you free. We can learn to stop suffering and help others do the same!

Step Fourteen: **Label yourself no longer.** Above all, eliminate the devastating labels that create health issues. Stand up to them and claim your freedom over labels. Learn to heal them rather than let them have power and rob your very core existence.

Finding the Answers

Step Fifteen: *To solve any health challenges from mild to extreme, remember, something must interrupt your emotional well-being to cause these conditions.* **Look there!** Blowing your inner circuits will

show up in health challenges. One can't have a stress-filled, intense lifestyle, while pretending to be happy, without your body keeping score. Something will break down; it is unnatural to think that you can go against nature. Diet and exercise play a part, but not nearly as big a part as your search to be emotionally fulfilled. Don't prolong the release by your own lack of interest in self-care or what makes you anxious, stressed, miserable, unhappy, depressed, sick and/or diseased.

Dedicate yourself fully to studying how your emotions manifest in physical health challenges, not to be feared any longer, but honored for their truthful guidance and how they can reverse your physical issues. Realize sometimes surgery is necessary. Remember to grieve everything that violates your sacred self. Insist on finding your passion and make sure to take some time to be mentored by someone who has lived through the experiences and is a role model of the good life you desire. Do not settle for anything less. If you feel something is always "missing in your life," be willing to explore what part of you got disconnected as a child and learn how to re-connect.

Take time to study Chapter (11) on the orphaned child, to see how childhood messages and programming mysteriously tie into your current life. You will read in other chapters about growing your own spiritual roots deep enough so the upsets in life don't uproot your true authentic self, as you learn what it takes to recover rather quickly.

Step Sixteen: **Physical symptoms get ignored**, become familiar and tolerated, or denied, of being in any way a significant indicator of being out of balance. Sometimes they appear silently, one at a time, begging to be understood and gently, lovingly assisted back to nature's harmonious balance. Here are a few samples of these physical manifestations: hair loss, joint pain, grinding teeth, hurting feet, yeast infection, cold hands, sleep disorders, unusual weight gain or loss, vision loss, stomach upset, sinus issues, indigestion, exhaustion, swelling, headaches, mucus in throat, constipation. All of these labels that are normally overlooked get to be isolated problems

and are denied any connection to the vitality of your whole body. These symptoms are lovingly crying for help.

There is more about finding these answers in Chapter (7) on Natural Hands-On Remedies. Included in this chapter are answers for auto-Immune disorders, depression and anxiety, along with many proven home remedies for you to enjoy. Added to this, I share about a request my mother made on her deathbed, when she asked me to 'teach her how to die,' I couldn't help her, I include my current quest to study this subject. May we learn to be enlightened and less frightened about all of life.

Refer to: *The Rosacea-Acne Natural Remedy* book for a health evaluation that covers both emotional and physical issues, where you can score yourself and learn.)

Having read this chapter, please do not hesitate to reach out and resolve the conflicts that roll around in your mind and stomach. *Self-punishment of all types has to stop.* Maybe you have taken on addictions to cover up your original pain, piling one hurt on top of another, with self-abusive behaviors. This means abusing yourself worse than the way you were originally abused or treated and not recognizing what you are doing to yourself. *Notice, unresolved issues and lack of self-forgiveness are the highest forms of self-abuse.* You have always done the best you knew how in any given moment. Without shame, you can now move forward. God rewards you with health and prosperity when you choose to represent yourself exceptionally well.

Read my story and hear my discoveries to determine how to prevent suffering, while protecting and healing your sacred vessel - your whole self. This body has been given to you for a very short period of time here on earth, to cherish, respect and adore, not to ignore. Invest your money in holistically healing yourself, and you will be rewarded not only by having your money multiply back to you, but also by learning that you can choose to have all things in your future in alignment with nature. This is truly a spiritual path in self-discovery.

Do not choose to stay stuck in convoluted, dishonest, abusive ways of not helping yourself and going against nature.

I suggest you visit the chapters in this book often to read about my clients' healing stories, many of whom at first felt healing was impossible. This will help you to validate the natural healing process for yourself, and never be caught unprepared. Choose to be empowered and "own" your wise, amazing, confident self. Take the challenge to prove the Infinite natural laws; they have been proven for centuries.

My dear friend, learn to heal to an even greater extent than I have. I would love to hear how you applied the ideas in this book to win your own victory over your valuable life. You can contact me through my web site, get on my e-mail list and keep in touch. I'm always delighted to hear back from my readers.

Take time to give the God of your understanding all the glory by being an example of the ultimate health and true inner happiness you can achieve. Above all, love yourself however you show up in life.

Blessings of love sent from my heart to yours. Be an angel helper and share my story and wisdom with others. *We can work together as a team signed up to be in the holistic special armed forces, where we can learn and co-train others to live their passion and not their pain.*

Your Creator has blessed you with natural solutions.

May you invest in them and apply them wisely.

May you reap the harvest of your own fruits.

Thank you for being part of a bigger picture, allowing my dream to come true of being in the missionary field worldwide, with the help of people like you.

Joy-Full Blessings Georgie Anna