

How to improve your health

Most minor aches, pains, colds and discomforts arise from body-tension. Falling ill is therefore a helpful signal telling you to slow down, take a break, take a rest. Deep relaxation techniques, massages, spas and floatation tanks are a quick path to recovery. Meanwhile, it is not helpful to label conventional medicine and doctors as “bad” because that sucks their effectiveness right out of them.

Try to reduce the energy caused by complaint and antagonism and increase the energy caused by appreciation, admiration and joy. Find as many things as possible that you can appreciate. Point them out. List them. The energy created, will help your body to heal more quickly. It is quite impossible to maintain a cold while your mind-body is feeling enthusiastic.