

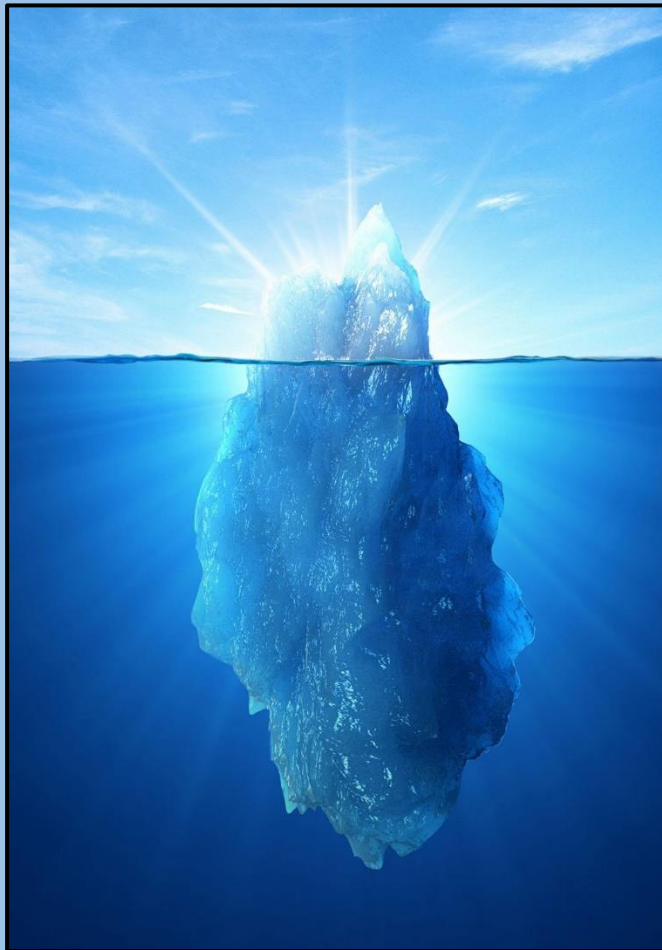
# DIGGING DEEPER: For a Healthier You!

**Daily symptoms, chronic symptoms and conditions**

**TIP OF THE ICEBERG**  
Your Symptoms & Conditions

**Symptomatic Relief Options**

Traditional & natural therapies  
Visualization/Meditation  
Energy therapies  
Botanical therapy  
Aromatherapy  
Physical therapies  
Meditation  
Prayer, Faith  
Yoga, Tai Chi, Exercise  
Diet/water changes



**Underlying Contributing Factors**

Genetic factors  
Environmental factors  
(toxins, endocrine disruptors, etc.  
Body pollution  
Nutrition/water  
Emotional factors  
Stressors  
Trauma  
Blockages  
Interference  
Spiritual factors  
Beliefs, Denial  
Acceptance  
Habits  
Lack of resilience  
Lack of optimism  
Lack of balance  
Negativity  
Relationship issues

**BASE OF THE ICEBERG**  
Underlying Contributing Factors

**Digging Deeper Solutions**

Educate, Investigate & Protect  
Detoxification: two part  
Power of the Subconscious Mind  
Energy therapies  
Aromatherapy  
Botanical therapy  
Balance therapy  
BodyFeedback™ Interview & Therapy (root causes)  
Logotherapy  
Gratitude therapy  
EMDR therapy  
Reverse Engineering Longevity  
Visualization system restore  
Visualization corrections  
Customized visualizations  
Visualization Epigenetic Therapy  
Cellular Essential Oil Therapy  
Plant based diet  
Healthy water  
MRT for health protection

<http://mybodycanhealitself.ca/wordpress/?p=3389>