

Change Your Mind Change Your Health

by
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Do you suffer from aches and pain? Are you sick frequently, chronically tired or depressed? Are you bothered with allergies or chronic illnesses? Do you feel like “if it’s not one thing...it’s another”? Do you feel like you’ll never get any better than you are right now? Do you feel trapped inside your body? Are you tired of feeling this way?

The real question is “Do you want to be well?”

The truth is: **Wellness is a choice**, as well as an opportunity to accept personal responsibility for one’s health. If you don’t like what’s going on with your health...it’s time to choose again, because what you’re doing now is not working for your highest and best good! (*Maybe greater good*)

Helping people embrace “wellness” as a way of life and say “goodbye” to illness and physical ailments will always come down to helping them see themselves differently and changing how they see the rest of the world. Gently guiding each individual into a “wellness mindset”, encouraging healthy thinking, creating new and healthy ideas that in turn create enthusiasm and momentum towards achieving a healthier self are key components to an effective “wellness program”.

If you want to get healthy, the first and most important thing to change is your mind.

Thoughts and emotions create chemical “cascades” of neuropeptides and hormones throughout our bodies. How we think, what we think and the intensity of the emotions around our thoughts directly and measurably affect our physical and mental self. These “chemicals” in turn can be highly detrimental to one’s health depending on what type of thoughts and emotions generated them. (For further info see Dr. Candice Pert’s work, “The Molecules of Emotion” at the National Institute of Health)

The Wellness Center & Spa is committed to supporting individuals in reaching their wellness potential. Learn how to change your mind and help yourself heal at the weekly, Saturday seminar series “**The Quest for Wellbeing**”. The classes are FREE, open to everyone and **reservations are required**. Please call 770-966-8000 to register.