

## 6 Benefits of ZYTO EVOX

Our limiting beliefs and perceptions often keep us from getting what we truly want in life. The **ZYTO EVOX** is a perception reframing tool that assists with overcoming these limiting beliefs. As an example, a person may feel excessive guilt for something they've done in their past. The result of this guilt is that the person feels like they don't deserve happiness and prosperity. And because of this limiting perception, the person may subconsciously do things and think in ways that sabotage their success and happiness.

We may be able to influence our subconscious thoughts through conscious activities like affirmation statements, meditation, or therapy, but the subconscious mind can be very stubborn and difficult to change. ZYTO EVOX, however, utilizes a **patented biofeedback process** that works on a subconscious level—helping you achieve the changes you want faster and with lasting results. In this article, we'll take a look at some specific areas in which EVOX can benefit your health and prosperity.

### Emotional health

Perhaps the most significant area that the ZYTO EVOX can assist and support is emotional health. We all experience stress and unbalanced emotions each day. These stresses and emotions can build up over time if we don't manage and process them effectively.

While speaking about a stress in your life to another person can certainly help, speaking into the EVOX can be even more effective. This is because the EVOX identifies the unbalanced energy in your voice related to a specific topic, and then sends energetic information to the body to help re-balance that energy. This process leads to a more complete perception of a particular stress or emotion you're experiencing, which can in turn lead to an improved reality.

In addition to helping relieve the stresses that burden and weigh us down, the EVOX can assist with past traumas as well. Traumas often create emotional barriers that prevent us from living our best life. Through perception reframing, a

person can break through painful traumas of the past that are negatively affecting their lives.

## Physical health



According to traditional Chinese Medicine, certain emotions are energetically connected to specific organs, teeth, vertebrae, and TCM meridians.<sup>1</sup> For example, the emotion of fear is energetically connected to the kidney, kidney meridian, urinary bladder, the front 4 teeth on the top and bottom, and several different vertebrae. What this means is that unbalanced fear in a person's life can lead to physical issues in any of these connected areas. And the reverse is also true: a physical problem with the kidney, for example, could cause someone to feel excessive fear.

Beyond these concepts of specific connections in the body, we all know that our thoughts and feelings can have a powerful impact on our health. Oftentimes, the key to becoming healthier physically has to do with our perceptions and attitudes. This

makes the EVOX not only a powerful tool for addressing emotions, but also the underlying perceptions and feelings about our physical health.

For example, a person may think, “When I try to lose weight, it never works. So I might as well not try.” Or they might think, “I always get sick. I have a bad immune system.” These thoughts can then become a self-fulfilling prophecy because they are what we consistently focus on.

With the EVOX, you can address persistent negative thoughts such as these that are preventing you from looking and feeling better physically. The process is as simple as speaking about your struggles with losing weight, as an example. Or you could even recite a positive [affirmation statement](#) related to weight such as “Every way and every day, I’m getting slimmer and fitter.”

## Performance

Whether it’s our job, competing in a sport, improving a talent, or something else, our mental roadblocks are often what keep us from performing at our best and achieving our goals. A mental roadblock could lead to a problem with confidence, which can affect performance. Or, we may have a certain perception related to a goal that makes that goal more difficult for us to achieve.

In many cases, we may not even be aware of the attitude or perception that’s preventing us from achieving what we want to achieve. This is why the EVOX is such a powerful tool. With the EVOX, we can reframe the subconscious thought patterns and perceptions that are preventing us from performing better and reaching our goals. A more complete perception can help us realize why we continue to fall short and open us up to new possibilities and avenues for improvement.

## Relationships



Research shows that both the quality and quantity of our relationships have a significant impact on our physical health, mental health, behavior, and mortality risk.<sup>2</sup> There are many things we can do to strengthen our relationships such as being vulnerable, expressing anger in a productive way, listening carefully, and letting go of resentment. When you're having a difficult time with a relationship, however, these things are easier said than done.

Relationships have a lot to do with our perceptions about the other person or about an issue we're having with them. These perceptions and problems can sometimes be difficult to resolve by simply talking things out. With the EVOX, however, we can change the limiting perceptions about the people in our lives that we feel are causing us grief or pain. Speaking about the relationship you're having problems with and going through the biofeedback process can help you let go of negative emotions and perceptions, leading to a better outlook and improved relationship.

In addition, many of the negative perceptions and emotions we have in our life are actually passed down to us from our ancestors. The EVOX allows you to reframe on these relationships using the Transgenerational Reframing Chart. This is yet another powerful way to assist the body in letting go of traumas or limiting perceptions that we have inherited.



## Addictions

Addictions come in many forms and can be incredibly destructive in our lives. Beyond the 35 million people who have a substance abuse disorder,<sup>3</sup> there are millions more that have other compulsions such as binge eating, Internet, pornography, and shopping addictions that can have dire consequences for our health and well-being as well. What's even more concerning is that the large majority of those who have serious addictions don't get help for them.



Like other habits, addictions become deeply embedded in our subconscious, making them difficult to change without a significant amount of help and support. EVOX is the perfect tool in these scenarios because it addresses the subconscious patterns behind the behavior and compulsion.

The EVOX can be especially useful for those who are fearful of talking about their addictions with others. Unlike with a therapist, the practitioner doesn't even have to be in the room during the voice recording. This allows for greater privacy and often greater freedom of expression without any perceived judgment.

# Financial Wellness

Data shows that there's a strong link between [financial wellness](#) and mental health. Financial stress not only increases the likelihood of depression, anxiety, and insomnia, but affects our relationships as well.<sup>4</sup>

When we have a high level of financial wellness and financial freedom, on the other hand, we have more options for pursuing things that improve our well-being.

Our ability to create financial wellness for ourselves is tied to our thoughts and perceptions about money. Like other things in life, our negative thought patterns about money become embedded in our subconscious, making them difficult to change. But with the EVOX, we can break through this negative feedback loop. All it takes is speaking about your issues or challenges with money. Or, alternatively, you may choose to speak about how you would like to have more money and more financial freedom.

With the [EVOX](#), you can also simply recite positive affirmation statements about money, such as "All the money I could ever want is flowing to me now," or "I deserve to have all the money I need." Many people have realized improvements in their financial situation after achieving a perception shift using this powerful technology.

Sources:

1. "[Seven Emotions.](#)" Healthcare Medicine Institute. Healthcmi.com.
2. Umberson, D., J.K. Montez. "[Social Relationships and Health: A Flashpoint for Health Policy.](#)" Journal of Health and Social Behavior 51 (2010): S54-S66.
3. "[UNODC World Drug Report 2020: Global drug use rising; while COVID-19 has far-reaching impact on global drug markets.](#)" United Nations Office on Drugs and Crime. Unodc.org.
4. "[Data Shows Strong Link Between Financial Wellness and Mental Health.](#)" Enrich™. Enrich.org.

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