**THE BIO-BREAKTROUGH**

**Decoding Your Illness and Heal Your Life**

**We all have hidden unresolved emotional conflicts.**

**Six Underlying Causes of every Medical Condition**: Nutrition, toxins, infection, structural issues, genetics and emotions.

**Diseases often occur shortly after a perceived Trauma**

* The link between unresolved emotional conflicts and illnesses
* Unresolved conflicts are embedded in the DNA (imprinted in our bodies)
* The physical body is affected by the mind

The subconscious programs that create our challenges, and how we move past those challenges will affect our mind, body and soul.

**You have the power to change the subconscious programs that influence the choice you make in life and the health you experience. We are not victims of circumstances, but instead have the power to change the subconscious programs that influence our health and direction in life.**

**Advances in integrative medicine and evolutionary healing methods are showing us that our unresolved emotional struggles can be at the root of health disorders.**

**Disease is the consequence of either a sudden, highly acute, and isolating shock or an intense and prolonged emotional stress.**

**The type of illness an individual triggers depends on his or her felt experience during a stressful event or shock**.

Your brain is like a computer, it stores everything you see, hear, feel, smell, taste is stored in our memory, the experience that will order a specific biological response in the body that will express the emotional struggle. The brain alleviates stresses that we experience as unmanageable by expressing solutions within our biology. As human beings, we tend to define our emotional struggles in a metaphorical or figurative sense, subconsciously using primal language sets of representations and emotions. For example: we might consider an experience to be “**disgusting**” (which corresponds to the colon), “**suffocating**” (lungs), “i**ndigestible**” (stomach) “**staining”** (skin dimension), “**stinking”** (sinuses), and so on. As one expresses emotional stress, information can be gathered about the “felt sense” of the difficult or traumatic experience. Our felt experience guides our brain to select the most appropriate response, according to a particular emotional distress.

**Why don’t we all respond emotionally to the news in the same way?**

The felt experience is directly connected to the emotional significance that people, places and circumstances and events hold for us. The determining factor of their individual perceptions and emotions related to issue is a matrix of influences that resides within their subconscious mind. The subconscious contains their life stories, including all the beautiful and painful memories. It is the keeper of the beliefs and values that are aligned with their different religions, traditions, cultural influences, and personal conditioning, as well as the ancestral and gestational programs.

**Diseases are not triggered by circumstances; instead, they are triggered by our perception of the circumstances. Our thoughts, brain and body do not operate independently.**

**Stress or shock is experienced simultaneously on 3 primary levels:**

1. **The psyche** (the conscious mind) expresses the meaning of the traumatic event
* **The conflict –** whether real, imaginary, symbolic or virtual
1. **The brain** expresses the location of the disease/illness through the isolation and alteration of the group of neurons correlated to the targeted organ, thus manufacturing a cellular change in the organ simultaneously.
2. **The body**  express the biological meaning of the “**conflict**”.

**The brain will adapt to the experience in accordance with our perceptions and emotional state.**

**As human beings, we experience a certain amount of stress in our daily lives, weather it’s driving in traffic, arriving places on time, paying our bills, meeting work deadlines, maintain a harmonious relationship, or raising children. We adapt to these ordinary stresses, including coping with the momentary anxiety and fears that often accompany them.**

**Unfortunately, sometimes the level of stress can exceed the limits of what we can humanly bear, such as the death of a loved one, a divorce or separation, the loss of a job and security, or a betrayal by someone we trust. An event we did not anticipate that creates and acute, isolating shock (meaning an experience we cannot fully process or express to others) can trigger a peak state of stress, which can create illness and disease in the body.**

**For as long as a solution to a conflict has not been attained, the biological response (dis-ease) will be maintained. Sometimes through a change of circumstances or shift in perception, emotional conflicts can resole naturally, even when an individual is unaware of the emotional content their body-mined is processing. This can be explained by many spontaneous recoveries.**

**Wee have an emotional distress, which signals to our subconscious that we are not meeting our needs. We get ill based on our inability to attain our needs at a moment in time. When our needs are not being met, we adapt through cellular changes, thus leading to health disorders.**

**Basic needs:**

1. **Physical –** to breathe, eat, drink, regulate body temperatures, eliminate waste and reproduce.
2. **Physiological –** relationships, love, belonging, self-esteem importance in life
3. **Protection –** need for connection as well as boundaries (fear)
4. **Security –** financially, as well as environmental, stripped of power, danger

**Viruses and bacteria, etc.**

**Viruses and Bacteria:**

* Play an important role during the healing phase of certain diseases and act according to the solicitation of our system.
* The body knows how to repair itself, and it appears that bacteria play a specific role in our biology and are necessary for the restoration of our tissues.

**2 Phases of Illness:**

When a conflict is resolved, the resulting illness develops in 2 phases:

1. The active phase
2. The healing phase

**The Active Phase –** starts at the time of the conflict shock and continues for as long as the individual has not resolved the emotional conflict related to the disease. The higher the stress, the more an individual will undergo symptoms, such as sleeplessness, lack of appetite, coldness, and elevated heart rate.

 **At the moment the emotional conflict is resolved:**

**The Healing Phase** starts instantly and allows the body to access the repair phase un the control of the parasympathetic system. During the resolution phase, as soon as the conflict is resolved in the psychological realm (in one’s mind) the individual feels a great emotional relief, and the healing phase begins.

**Although all traumas do not seem to provoke an illness or symptoms at the time they occur, the brain memorizes them, and consequently they become subconscious imprints. Nothing is every forgotten emotionally, therefore past stresses are often precursor programs to illnesses.**

**The primary function of our brain is to keep us alive, and that is why it will keep in “storage” every biological solution and useful behavioral strategy, whether archaic, ancestral, parental, or personal and whether pleasant or unpleasant.**

**The human brain reacts to emotions based on our perception of reality during an event. Conflict has an important and specific meaning. It refers to an internal struggle, in which is the consequence of a perception that stops one from meeting his or her needs.**

**4 primary ways emotional conflicts can be experienced and interpreted in your mind. They are the conflicts:**

* **Toward another**
* **From another toward oneself**
* **With oneself**
* **From oneself toward all others.**

**What is Illness, after all”**

Disease can be compared to a biological emergency measure that increases or decreases the function of an organ in correspondence to an unresolved emotional crisis.

**One person cannot be made responsible for the health of another. True healing comes from a change within oneself.**

**If our belief system, and not our genes, controls our health, how could biological healing manifest when we hold on to the same limiting beliefs and perceptions about our issues or traumas?**

**It is what you choose to do with the object that determines the outcome. It is what you do that matters and not what you know. In the same way, it is not just what you know about your biological conflict that will create a shift in your biology and permit healing, but rather what you do about it.**

**Evaluate your thoughts: do you focus on your illness, or do you focus on the state of health you want to create? Thoughts trigger emotions, and the mind reacts accordingly. The role of the subconscious is not to judge whether the images you produce are good or bad, right or wrong. Its role is to comply with your command, the power of your mind can make you sick or heal!!!**

**Where do you go with your thoughts? Toward health or illness? Life or death? The direction your thoughts are taking is directly related to what you believe about your illness. The primary reason a negative prognosis can be extremely harmful is the power of beliefs, because a belief can easily become a self-fulling prophecy.**

**If you don’t create a conscious plan for your own life, you will be influenced by the suggestions and commonly held beliefs with the environment is bombarding you. Your mine will hear and react to the messages and meanings that you have tacitly agreed to. In order to stay on the path to health, you need to have clarity about what your objective is, and you need to support this objective with an adequate belief system.**

**Preparing for your new reality:**

Once you open yourself to learn about a new reality, you will be able to attract all circumstances to experience this new reality. **Remember: nothing has meaning in life except the meaning you give it!!!**

**It is essential to remember that the natural healing phase of certain conflicts can be challenging, individuals will benefit from the Western medicine as well as Holistic methods.**

\*(excerpts from Isabelle Benarous)