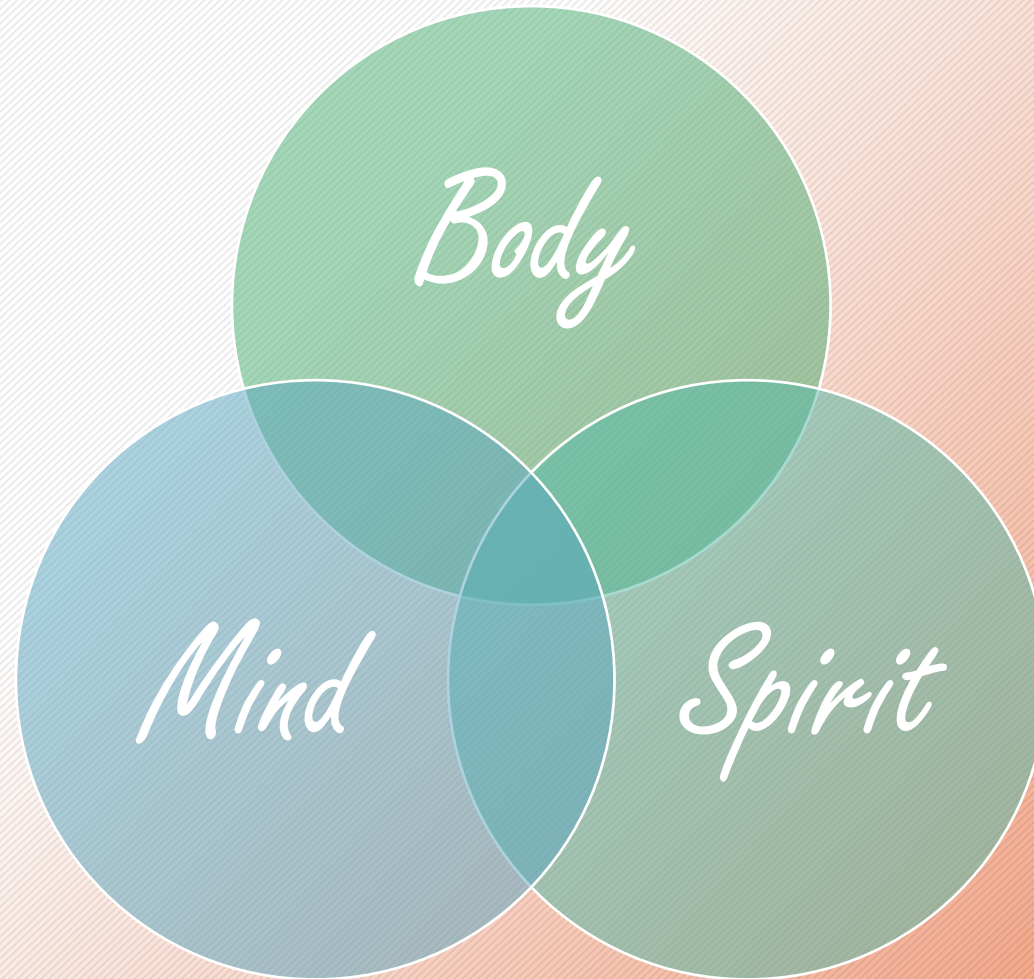


# *ReclaimME! Webinar Workbook*



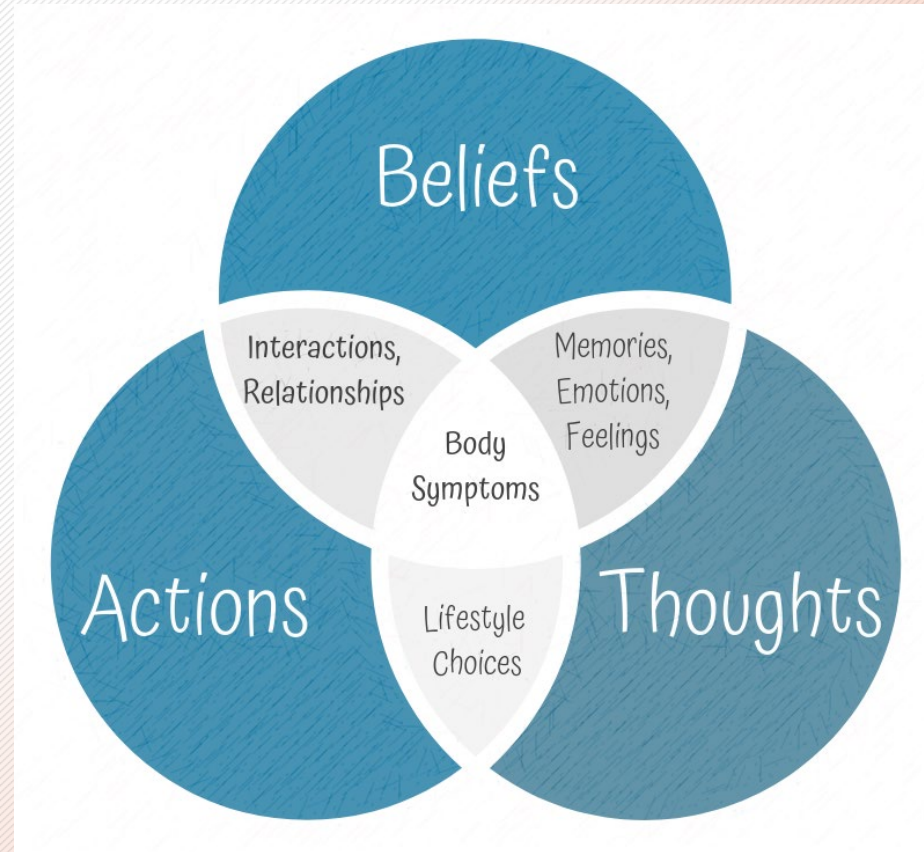
# Beliefs

2

- A general statement claims beliefs are created by the age of \_\_\_\_\_.
- Our beliefs come from many sources, some close to us such as \_\_\_\_\_, \_\_\_\_\_ & \_\_\_\_\_.
- Social conditioning by our \_\_\_\_\_ & \_\_\_\_\_ & \_\_\_\_\_.
- Generational transference is real and means beliefs and their side effects can be passed from one generation to another.

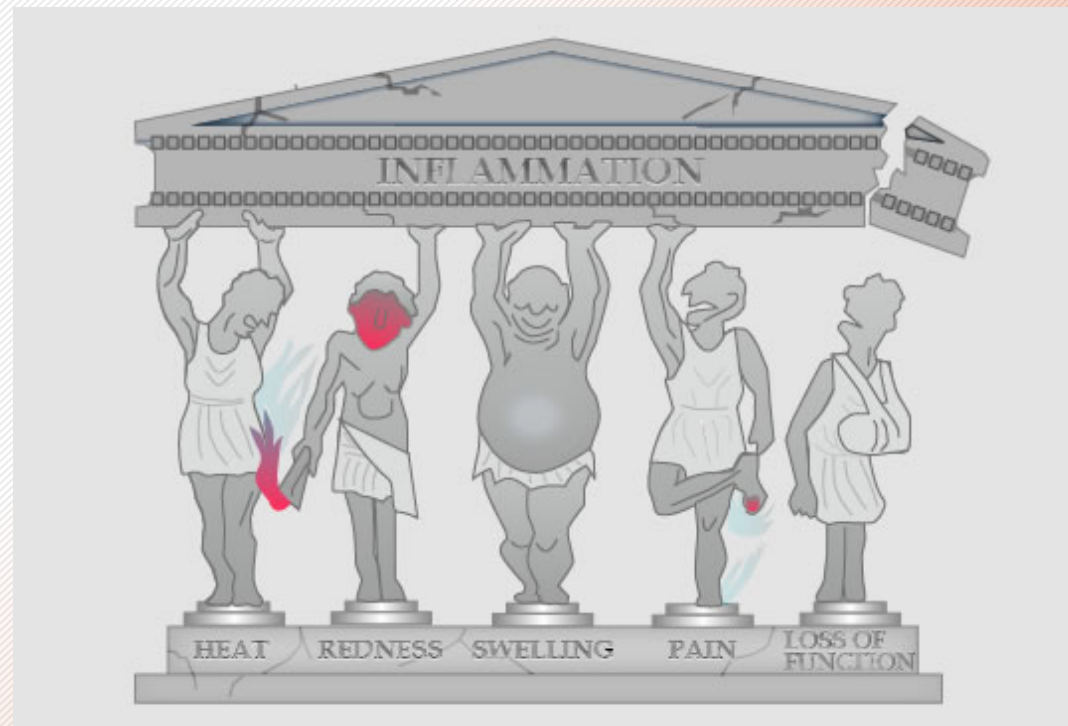
The very core our life are our beliefs.

3



# Inflammation

4



(C) Steps to Change Introduction of ReclaimME! Program

# Inflammation Drivers

5

- \_\_\_\_\_ deficiencies
- Too \_\_\_\_\_ or too little \_\_\_\_\_.
- \_\_\_\_\_, physical or perceived stress
- Physical Damage - break, cut or tear including surgery
- Immune triggers - food, environmental & ingested chemicals,
- Gut Integrity, Hormonal \_\_\_\_\_.
- Hidden emotions and memories. Trauma, fear and other heavy emotions

# Inflammation is

6

The driver of all healthn maladies but You control the triggers, and this makes you more powerful than you realise!

