

## **THE MAGIC OF YOUR MIND**

Have you noticed that when you're angry your stomach churns? When you're stressed the muscles in your back and neck tighten up? And when you laugh a lot, your whole body feels better. Ever wondered why?

Dr. Georgina Cannon explains "We sometimes forget that the mind and body are powerfully connected. The subconscious part of your mind, which makes up 80 percent of who you are, runs all of the systems in your body. Your heart, your lungs, your endocrine system even rallying histamines when the mind perceives the body to be in danger – which incidentally is why we have allergies – notice the word perceives. So to heal, we need to bring the mind on side – the subconscious mind. Which is where hypnosis comes in.

Think about the habits you have and how they affect every aspect of your life. Your eating habits, the way you walk and talk, your relationship habits, your work habits and your health habits.