



**YOUR ROADMAP TO:**

**GET YOUR HEALTH BACK ON TRACK**

**From Diagnosis to Vitality**

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## Your Roadmap To: Get Your Health Back On Track

### From Diagnosis to Vitality

This is the checklist you've been after.

You've received the diagnosis, the 'label', and you feel somewhat relieved that you now **know** what it is.

Although at the same time your quest for answers begins.

- Is there an alternative other than drugs and what the doctors say?
- Do I have to resign myself to a lifetime of taking medications, juggling the many side effects, and constant visits to doctors?
- What should I do now?
- How will my life be different?

It's TIME to take your own health and your life back in your hands now.

There's always an alternative.

Why do I know this, because I'm proof that there is another way, and you can choose it too, like many others.

So what is it, I hear you ask.

I'm coming to that.



Hi I'm Sue.

Back in October 2014, I had a migraine that lasted 5 hours, and left me completely numb down the right hand side of my body, unable to feel my foot.

A month later I received a diagnosis of MS, multiple sclerosis, as I had 8 lesions on my brain.

Although I was recommended to take medication for the symptoms, the side effects of these drugs seemed much worse.

I was also told that these drugs 'might prevent future attacks from happening and they might not'.

To me this seemed like playing Russian roulette, why would I choose to take medication that might not even work, and to give my body MORE stress from the side effects of the drugs?

So I sought out alternatives.

I changed my diet, reduced stress, moved to a hotter climate, started meditating daily and had regular kinesiology sessions.

I retrained my body to feel my foot, started to run again and completed a marathon nine months later. The next month I was told that most of the 8 lesions I had, had completely disappeared and the few that were left had significantly diminished.

**NOW THIS WAS THROUGH NO MEDICAL INTERVENTION WHATSOEVER.**

I share my journey with you to inspire you that if I can do it then you can too, no matter what diagnosis you've received or where you're starting from.

Are you ready to regain your health and take your life back?

Then let's go!!!



## Let's keep it simple.

Life seems to be complicated these days with the array of 'health' information out there - what diet to be on, what medication to take in the hope of a 'cure'.

However the *quick fix Band-Aid solution* clearly isn't working.

If it was working then we wouldn't see these alarming trends and statistics:-

- Globally, there are more than 1 billion overweight adults, at least 300 million of them are obese. Ref – <https://who.int>
- Lifestyle diseases include atherosclerosis, heart disease and stroke; obesity and Type 2 diabetes; and diseases associated with smoking, alcohol and drug abuses are all on the increase. WHY?
- Life expectancy of children is estimated to be lower than their parents unless childhood obesity is reduced

Now do I have your attention!?!

So what's the answer? I believe we need to get back to basics .... To keep it simple.

To look for answers within ourselves, not looking externally for the answers.

Your body is amazing as there's a power within us all that keeps us going without us even consciously being aware of what it's actually doing.

Just think for a moment, as you're reading this....

Are you consciously telling your heart to pump blood, make red and white blood cells, digest food etc etc.

It's an automatic holistic process, an innate intelligence within everyone of us.

So it's best to treat things holistically rather than just a symptom.

The 'Dem Dry Bones' song springs to mind ....

Your toe bone connected to your foot bone  
Your foot bone connected to your ankle bone  
Your ankle bone connected to your leg bone ..... etc etc



And your body continues to work without you even consciously doing anything.

Don't get me wrong, I do believe there is a place for the medical profession, however only if the body is treated as a whole, rather than **just** looking at the symptom. Let's start to develop a relationship with our bodies and start to listen to the signs. Your body is ALWAYS a barometer to how you are truly feeling.

So if you have received a diagnosis, and have chosen to treat it without medication or perhaps you've chosen a 'traditional treatment' and are looking to take an active role yourself in returning your body back to optimal health and vitality, then the following seven steps are for you.

This had a massive impact in my health. I know other people who have followed these steps, who also have had great success in improving their health, as well as other areas of their lives too.

## Steps

- Intention
- Mental Rehearsal
- Act as if
- Remove blockages
- Grateful
- Internal - Tune in
- Repeat

So let's start with a brief overview of each step



## Step 1 – Intention

If I asked you, 'What do you want?' what would you say. And WHY do you want that?

**'Begin with the end in mind' *Stephen Covey***

It's SO important to know where you're heading ... your destination ... so then you can set your compass in that direction, and move forward. If you don't do this, you end up being at the whim of other people's ideas, dreams and intentions by default.

After all it's YOUR life, so let's get clear, right now where you want to head.

As an example, for me, when I received my diagnosis, I wanted more than anything to have a clear bill of health again, to feel whole, to be able to run again and to understand why my body had chosen MS.

It's going to be different for everyone, and only YOU know what is right for you.

## Step 2 – Mental Rehearsal

This is where the fun begins. Mental rehearsal, or more commonly known as visualisation, is when you start to 'play out in your mind's eye' your intention.

You actually get to 'bring it to life' with your thoughts and feelings.

Again, using myself as an example, every day in my morning meditation, and sometimes throughout the day, I would imagine the following scene.

I would be sitting in my neurologist's office with my neurologist. We were chatting, and he was showing me the brain scans of my 'before and after scans'

Before – 9 months ago, my brain scans had 8 white spots (lesions)

After – my brain was completely clear

In this moment, I felt so happy, so blessed, so grateful, that I did it, all the visualisations, the healthy eating, the mindfulness, removing old stored emotions trapped in my body, the meditations.

I was complete.

I was whole.

I was healed.



Tears of gratitude flowed down my face. I was totally in this scene, as if I was actually living it.

That's the beauty of 'mental rehearsal', your mind doesn't know the difference between an 'actual' event and an 'imagined' event, to your mind it thinks it's the same.

This event actually took place, at my next neurologist appointment. It actually felt like 'deja vue' when it 'actually' happened, because I rehearsed it so many times, over and over again on a daily basis.

So what are you going to choose to mentally rehearse on a daily basis. It's time to get clear and to start creating your future, your intention, today.

### **Step 3 – Act As If**

Every single day, you have to 'be' that person that has created the intention.

If you were already that person today, ask yourself:-

- What would you be doing?
- What would you be thinking?
- What would you say to yourself?
- What daily habits would you have?
- What people and would you have around you?
- How would you hold your body?
- How would you communicate to yourself and others?
- What would be important to you?
- What would you choose to let go of?

When you know those answers, then you can choose to 'BE' that person on a daily basis, as best you can 'moment by moment', hour by hour. Practise makes perfect, and repetition creates momentum. So start TODAY.

Using myself as an example, as I mentioned earlier, my intention was to have a clear bill of health, to run again and yes to build back up to marathon training. At the time when I was 'mentally rehearsing' this intention, I was so far from this, as I couldn't even feel my foot, let alone run 10km.



However I knew that if I was to be able to run a marathon again I had to think, eat, train and recover like an 'elite athlete'.

So I started seeing food as fuel that would nourish my body. I gradually coaxed my foot to feel the ground beneath me, propelling my hip forward like a piston, and then gradually I developed a run/walk exercise routine.

I devised a training plan that would support me not punish me. I also incorporated rest, recovery, massages, yoga, strength and flexibility exercises into my program. I developed more of a 'can do' attitude, and trained no matter what the weather was doing.

So what can you think, who can you be and what can you do differently on a daily basis that embodies the person you want to become, who's already achieved the intention.

## **Step 4 – Remove Blockages**

Do you really believe 100% that you can achieve your intention that you set early? If you believe it 100%, then awesome, well done you, because your mindset is a critical element in the success of anything you do. In fact, studies show that mindset is 80% and strategy is 20% of success.

***“Whether you believe you can or you believe you can't, you're right”  
Henry Ford***

If you don't believe it to be true, then you have a 'blockage'. Put simply I'm referring to the self doubts, 'the little voices in your head', your inner critic who tells you, you can't do something. It all comes from your subconscious mind – patterns, beliefs, values etc that you've formed from a young age, that are still playing out in your adult life.

You might also be influenced by your friends and family, who don't believe in your vision and dream. You choose to believe them, more than you do yourself.

Firstly become aware of what specifically the blockage is. There are many techniques you can use to remove emotional blockages – NLP techniques, tapping, kinesiology to name a few.

Put simply, whatever emotion is holding you back, you can choose the opposite emotion, to propel you forward to achieving your intention.





## **Step 5 – Grateful**

Research has proven, that the emotions of love, joy and gratitude can improve the human spirit and psyche. Like attracts like, as what we focus on expands. Most people take the things in their lives for granted and then focus and complain about everything in their life that isn't working. Does this sound familiar?

If you're not doing this already, start a daily 'attitude of gratitude' for everything in your life whether it's big or small. You could write it in a journal, say it out loud to yourself in the car, during your daily exercise, in the shower etc.

Throughout your day become aware and ask yourself what you are grateful.

## **Step 6 – Tune In**

Become aware of your body and its needs. How do you feel after you eat certain foods, full of energy or lethargic? Are you reacting to certain situations in your life? Our bodies are barometers of our feelings and emotions. You might have experienced a tight chest, lump in your throat, pain in the neck, 'butterflies' in your stomach. These are common things that people say.

First become aware of the feeling you have in your body. Then look at the situation/event that has just happened that you've reacted to. Once you're aware of the feeling in your body, ask yourself if feeling this way supports you or not. If it doesn't support you ask yourself how you want to feel instead and make a conscious choice to feel this way instead.

Life really is too short to hold on to 'old wounds' of the past, grudges towards people and harbouring emotions such as anger, frustration, hate, unworthiness, shame, guilt etc. It's time to let it go, trust me your body will thank you.

## **Step 7 – Repeat**

Repeat the 6 steps above, until you have achieved your desired result.

If you want more detailed support on these steps to bring your vision alive then email me at [sue@insideoutint.com](mailto:sue@insideoutint.com)

And remember

Wish It ... Dream It ... Do It  
Sue xo