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FUTURE MEDICINE

"Dr. Nelson has an uncanny ability to make the complex simple, and to teach anyone these amazingly profound healing methods... The Emotion Code has had a profound effect on myself, my family and my patients..." - Green Light, MSW, Arlington, VA

THE EMOTION CODE



**How to Release Your Trapped Emotions
for Abundant Health, Love and Happiness**

DR. BRADLEY NELSON

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Bradley Nelson

The Emotion Code



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In *The Emotion Code*, famous holistic physician and lecturer Dr. Bradley Nelson skillfully lays bare the inner workings of the subconscious brain. He reveals how emotionally-charged events from your past can be haunting you by means of "trapped emotions"; psychological energies that actually inhabit your body. The Emotion Code is normally a powerful and simple method to rid yourself of unseen baggage. Nelson clarifies obviously and concisely how trapped feelings can create pain, malfunction and eventual disease. Releasing trapped emotions often results in the unexpected disappearance of physical problems, self-sabotage, and recurring romantic relationship difficulties. Perhaps the most important discovery that Dr. Filled with real-world examples from a long time of medical practice, *The Emotion Code* is usually a definite and authoritative new function that's destined to become an instantaneous classic on self-healing. Dr. In addition, trapped feelings can exert a dramatic effect on how you believe, the choices that you make, and how effective you'll be. Nelson has produced is that trapped psychological energies will often gather around the center, creating a "Heart-Wall" that may block you from offering and receiving love freely.



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Wow, What an incredible Healing Tool! Wow, wow, wow, what an incredible book. To begin with, Dr. Nelson haven't jumped on a band wagon so fast in my own life! I could question myself (or the universe? Then comes this book. At first I thought it couldn't possibly work, but the more I did so it, I started to see there's really something to it! After releasing several feelings I was sense noticeably better! I am using muscle testing to discover what supplements are best for my own body, what foods are finest, whether or not I should continue with the physical therapy I'd been going to without success (and the reply was "no"), the sources of my insomnia, and so forth. The book will probably be worth it just for this little bit of wisdom alone! But the book is REALLY about how just about everyone has trapped emotions that trigger all kinds of emotional and physical ills and how exactly we can launch them with a straightforward technique using muscle testing and an ordinary magnet - a good refrigerator magnet will continue to work. Dr. Nelson provides example upon exemplary case of how he's effectively used muscle tests in his chiropractic office. Reading about those examples were very useful to (a) obtain my skeptical brain to start thinking this technique could actually work, and (b) provide me ideas of all kinds of encounters that can lead to a trapped emotion and all the numerous physical and mental ailments that may derive from a trapped emotion. Truthfully, I was expecting absolutely nothing but this reserve has helped my health tremendously. I've surely got to say, I believe this does work! First I released a few emotions and found out when and how (meaning that which was the situation) they were trapped. Fascinating! I QUICKLY worked on the heart wall structure and released 7 feelings which were trapped there. According to muscle testing, my heart wall is gone. Now every few days I'll focus on releasing another emotion or two, and I plan to do this until my own body says there are no more trapped emotions. I breezed through it in a day. Great information and easy to use techniques I've lost 50 pounds, which rocks!, but the despair has hung in there and no supplements, positive affirmations or substitute therapies seemed to work. I felt like a whole new magical world was opened up if you ask me.) anything and obtain answers. makes you feel just like an addict. There were three things that were pressing me. I cannot wait to try the technique on some close friends to find if it can help them as well. All of these queries had been resolved by the analysis of imbalances and an issue called the "heart wall. This publication is such a gift! & makes you feel just like an addict Muscle testing has been a regular part of my family's lifestyle nearly 10yrs. It has assisted me in my own journey to heal from PTSD/agoraphobia & chronic disease. I'm so grateful for the wisdom within this book. phrase based affirmations to access energetic/emotional modification. If you have ever acquired a compulsion - you'll understand it triggers anxiety, emotional upheaval, & To give a little background, I've a history of issues with major depression and anxiety. That being said, it has been incredibly helpful! Awesome book. Tapping is helpful but I had not been getting the results I wanted. This book easily explains the energy of releasing trapped emotions and how to do it yourself. He also will not benefit as much from visualizations (for different personal factors). Whether you are not used to this work or been doing it for many years, most of us should go back to the basics from time to time. Nelson offers you a can't fail guidebook to getting the answers you want from your body, then providing you the precise process to clean it clear away! Can't provide it a five Although this appears to be a workable system. 1 session using Nelsons method and I discovered that my disorder wasn't mine at all - however the result of trapped feelings used on from a member of family when I was youthful. You do not need to be certified to start out releasing trapped emotions and curing yourself and others. food since. There was very little in this book that I did not already understand. NOW I AM not out of the woods yet, but again my body tells me I still have trapped emotions to release. Now, I could respect myself, control any organic cravings and feel confident in MY options. Bradley Nelson, through this book, released me to the beautiful world of muscle mass testing. Im now dependent on clearing old negative feelings! Lol I very clear everything around me from my canines, cats, husband, horses. I have a equine that was abused in her early years and suffers main panic and anxiety. This method has already been showing results - her demeanor is even more steady, her back

problems are soothing, her gait is opening up. This method is reminding me of all the reasons I fell in love with energy work in the first place. It's the spark I had a need to keep going and continue steadily to help myself & life around me. Actually, I was truly just looking for another self-development book. I watched the film "e-motion" and was really impressed with Dr Nelson thus bought this book. So today I've finished the book, and in the last few weeks have experimented with releasing my very own trapped emotions. Five Stars Excellent book. I proceeded to go from working out pretty hard 5-6 days a week to not being able to workout at all. After using this book (and doing the exercises by myself, no practitioner or assistance), my body got stronger and now I'm working out nearly every day and feeling great. As time passes it got a little bit better but I still couldn't force myself or I'd obtain sick, each and every time. It's amazing! I was originally trained EFT/tapping technique, visualizations, & I recommend it. The Most Advanced Energy Healing Book! Coming from a household of Oncologists, I was extremely skeptical when I picked up this book. Wow, this reserve changed my entire life for the better! I'm the most optimistic than I am in a long, long time. My mom loss of life from pancreatic malignancy and having limiting beliefs before she passed away bothered me. Also, why people would sign up for businesses and why they might sabotage themselves remaining me curious. Finally, why my parents divorced after thirty years made me recognize that relationships are more technical and what would make this type of result happen? Again, Personally I think a whole new world has just exposed for me." This book changed our lifestyle and assisted many clients of mine all over the world. This is really the future of medicine. Great delivery process Good book I really like this book! Awesome book. This may change lives. This book easily explains the energy of releasing trapped emotions and how .. The publication inspired me to be on and get authorized in the Emotion Code. It was also hard for my husband to feel linked to that process. get it!! I cleared the emotions connected with that disorder and ive been in control of my body & Only need cert if you are going to charge. Great book! Very interesting book to read! Amazing info Planing upon using this .thanks! Despite 10yrs of work, ive continued to have a problem with an eating disorder. I'm afraid I can't give it a five star rating, as the links in the publication no longer work. Amazingly informative. What I have been struggling with the previous few years was ways to get past the murky/muddy aspects of asking 100 queries to get 1 answer. Good read. Back in 1994 after a yr of off the charts physical and psychological stress, my immune system broke down and I was diagnosed with chronic fatigue syndrome. Easy to read and stick to. I was on medication for twenty years, and over the past few years have weaned myself off all pharmaceuticals (prescription and over-the-counter) and have totally revamped my diet plan, taking in no wheat, dairy, sugar, alcoholic beverages, soy, yeast or prepared food and only feeding on organic vegetables, fruit, some meats, nuts, seeds and filtered water with no fluoride nor chlorine.



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