



Did you know that diseases are manifested in emotion? That's right! The Centers for Disease Control and Prevention (CDC) released an article stating that 85% of all diseases have an emotional element. Some experts believe this number is much greater. This means that our health is directly related to our emotions, and that before an emotion is created, there is a thought. Each thought leads to a feeling - or an action, which creates the present emotion. The great part about this is that we can control our emotions. It is as simple as making a decision. But, since we are creatures of unconscious patterns, we have to make a continuous, conscious decision to change our emotions until a new pattern is created.

Every time we have a thought or an action we create a frequency, and that continuous frequency becomes our "vibe," if you will. Why do you think certain people have a glow and attract others when they are healthy and positive, while other people repel with their negative energy and words?

I see it play itself out on a daily basis. That's why we interview people before we work with them. The right attitude is more important than anything else, and all successful people know that. Those that stay positive and focus on changing for the better get amazing results, and the ones that complain and focus on all things negative... don't.

Your emotions control how you react to situations in life. There are many things in our lives that can throw off our emotions, but balanced, positive emotions lead to a healthy body. Our body image is a manifestation of our emotions. Some emotions may create actions, such as overeating, procrastination, being slothful, all the things that create habits. Exercise is not only a healthy habit but it also helps create healthy, positive emotions (not only via the release of feel-good endorphins, but also through the results you see) leading to greater self-esteem and happiness.

When you emit any type of energy, you impact and influence someone else. So make a decision today to: (1) be positive, and (2) help spread that positive energy and emotion to others. Everything that you do to or for another person you do to or for yourself. Healthy, positive emotions will lead to a healthier, disease-free life.

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