

ARTHRITIS



&

Coherence 123



Arthritis & Coherence 123

Here are some alternative healing tips for arthritis.

Integrative Medical Doctor

First and foremost it would be good for you to find yourself an integrative MD. An Integrative Medical Doctor does the western medicine diagnostic tests on arthritis and can also help to treat it alternatively.

Over time arthritis can progress very easily and sometimes with medication the treatments work and sometimes they don't.



If you can do it alternatively, it will be much better for you.

Magnesium Oil

Magnesium oil is really good because it helps to alkaline the body. People with inflammation tend to be too acidic.

You can use magnesium flakes or Epson salt in the bathtub, spray magnesium oil into water or directly onto your body.

Meditation

Meditation is really important because it keeps you relaxed.



Anti-Inflammatory

An anti-inflammatory diet or supplements can help alkaline the body. It's so, so important that you look into this.

Emotional Blocks

Feeling unloved or criticized, seeing yourself as a victim, feeling victimized or feeling bitter about life are some of the things that affect arthritis.

I also know from my mother, she had terrible rheumatoid arthritis and she had repressed a lot of rage.



Rheumatoid arthritis equals rage. Get yourself a therapist as soon as you can to deal with the psychological aspect of arthritis or it can increase overtime.

The inflammation will increase and obviously we don't want to do that. We don't want to just keep increasing medication and painkillers as a solution.

Earthing

Earthing can be fantastic, getting your bare feet on the earth and feeling the connection. There is a book on earthing, Sinatra is one of the authors. (Check it out for yourself).



It's very powerful for treating inflammatory conditions, including arthritis.

Sprinting

If the pain is not too great and you can get yourself sprinting, it will strengthen the immune system, the heart and the lungs.

I recommend 3 x 30 seconds sprinting 3 times a week. If you're not in shape build-up very, very slowly.

Do 3 or 4 seconds of sprinting and then build up overtime.



Coherence 123

We also recommend Coherence 123 a program you can access through Global Healing Exchange. It includes EFT, tapping and Psych K, (which is psychology kinesiology), integrating the left and right hemispheres of the brain and left and right elements of the body.

We also use the modality called 9 positions where you can access trauma, emotional traumas that are stuck in the brain and body. It can be a wonderful relief.

The wonderful thing is that you can treat yourself using this technology.



I wish you all the best in the turning your
arthritis around. Living in pain or
inflammation is no fun.

**I hope these tips will help you have a much
healthier and full life.**



**This Ebook is a collaboration between
Robert Kirby from Robert Kirby.com
& Global Healing Exchange**

