

Bioresonance & Food Sensitivity Testing

Homeopathy & Low Dose Medicine

Acupuncture & Kinesiology

Plant Based Diet & Fasting

It pays to be positive

Please control your negative thinking. This can be accomplished in the following 11 ways (print them and stick on your mirror):

1. Forget about yourself. **Focus on others.**
2. Forget about your losses. **Focus on opportunities & anticipate the best outcome.**
3. Forget about your difficulties. **Focus on your progress.**
4. Forget about the 'future'. **Focus on your today.**
5. Forget about who you were. **Focus on who you can be.**
6. Forget about events. **Focus on your responses.**
7. Forget about what's missing. **Focus on what's available.**
8. Forget about your complaints. **Focus on your gratitude.**
9. **See the glass as half full** rather than half empty.
10. **Stay in the middle ground.** Don't view everything as either fantastic or a catastrophe. This will help you reduce your highs and lows.
- 11 **Accept that you are the human** and mistakes happen. Negative people blame themselves for every bad occurrence whether it was their fault or not. Don't let this be you.

I suggest reading that list a few times every day. Maybe copy it out by hand and tack it up in places where it can constantly remind you?

Consciously resist negative thinking. Be cognizant of and mentally avoid negative thinking. This will help you modify your behaviour.

Be nice to yourself. Unfortunately, some people say the meanest things to themselves. If you criticize yourself long enough, you'll start to believe it. This negativity can drag you down over time. It may be time to fire the critic and hire the advocate. Good luck.