

Health Affirmation

Dr. Cory A. Webb
Palmer Specific Chiropractic

To “**BE**” healthy you must “**ACT**” healthy. When you “**ACT**” healthy you will “**FEEL**” healthy and will, therefore, attract healthful things to “**DO.**” Then, when you “**DO**” the healthful things you attract, you will automatically “**HAVE**” the end result – **HEALTH.**

The following should be read **ALoud** 3 times a day (morning, noon, night), for the next 33 days: then twice daily for the next 22 days: then once a day for the next 11 days. Research shows it takes this long to convince or condition your subconscious mind that you “mean business.”

SAY TO YOURSELF:

“It doesn’t matter in the least what I have experienced in the past. Health is mine **RIGHT NOW!** I feel it pulsing through me with every drawn breath. Every organ, every tissue, every function of my body is charged with radiant health, vitality, and power. I know that Life is now operating through the creative mind within me, rebuilding every tissue that needs rebuilding, removing every obstruction, mental or physical, to my perfect health. Every thought of mine that denies perfect health is eliminated – **RIGHT NOW! THIS IS IT!!**”

“I let go of every sense of fear and anxiety. I relax completely and let Life operate through my body unhampered, fully and freely. I am completely relaxed. Life circulates normally and naturally through every tissue of my body. Every cell is alive, tingling with perfect health. I am grateful for my health.”

“Life right now is cleansing, purifying, and revitalizing every part of me. I am strong. I am well. I know there is nothing impossible to Life and I am Life. I depend upon Life. I trust it. The healing power of Life heals, strengthens, and perfects my body - **RIGHT NOW!** This I accept!”

“Every organ of my body functions perfectly. I love my body. I have faith in it. I trust it – every part of it. I think only good thoughts about my body, about other people, and about every situation. I hear only that which is good. I see only that which is good, and I endeavor to do only that which is good. I speak with wisdom, love and understanding.”

My new health allows me to do more of the things I love. I will _____ with my restored health. I will spend more time with _____. I love each and every member of my family (list the names of each member of your family)_____
I love everyone in my town of _____ including _____.

My personal goals are: _____

“I AM STONG. I AM WELL. I AM CONFIDENT, RELAXED, AND AT PEACE. I AM HEALTHY AND HAVE ABUNDANT LIFE – NOW!”

Date _____ **Signature** _____