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Excerpt

Health Matters

52 Ways to Get Your Body to Love You Back

By Rosie Bank, Board Certified Integrative Nutrition Health Coach

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Dear friends, clients, and family,

As many of you know, I will be bringing out a new book, *Health Matters*, in the first quarter of 2016. In fact, it went to the publisher yesterday to begin the editorial review process. This excerpt has not been polished by a professional editor yet. The final book will glisten with (near) perfection.

I chose to share this chapter at this time for a couple of reasons:

1. This is allegedly “flu season” if you can believe that a season has a flu attached to it. I’ve heard from people that they simply expect to become ill. You’ll see what I mean.
2. We moved to production mode this week. To use a pregnancy analogy, that is like going into the third trimester. This baby... er, book... is coming soon.

Enjoy *Your Mindset for Being Well*.

Here’s how to connect with me:

Voice/text 650-740-9500

www.RosieBank.com/FreeEbook (best way to know when *Health Matters* is available)

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Wishing you a healthy and happy holiday season and beyond,

Rosie Bank

Week # 30

Your Mindset for Being Well

“The way you think, the way you behave, the way you eat, can influence your life by 30 to 50 years.”

Deepak Chopra

I am excited about this week because I am going to reveal something very personal about me. My reason for doing this is because I believe that if you borrow from this, it will become one of those layers that could change your life, your health, and your ability to move with confidence out into your world. I see you being the best you can be, and bringing your body along with you to support you in a richer, bigger, more beautiful life.

By way of introducing this week’s lesson, I’d like to share a real-life story for you to consider. In a women’s group where I am a member, I received an email recently from a member who was announcing that she would not be at the meeting that was scheduled for three days from now. Today is Tuesday and the meeting is on Friday. She has the flu, and expected that she would still be under the weather as well as the covers *in three days*. As you will see, I propose a different way to plan our future if our body is in a healing mode.

I am going to teach you a technique that my body made up. I did not learn it from a text book, classroom, video or somebody’s website. Like the Bio Day, my body taught me this one.

Real life example: As I am writing this, it is Monday. On Thursday of last week I began to feel a cold in my nose and a bunch of junk in my throat. By Saturday my nose was like a faucet and I was pretty clogged up. Last night I sent an email to a client saying I probably wouldn’t be able to give her a session the next day, which was today. Follow along.

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As soon as I sent the email, my body said to me, “*Rosie, you are planning on not being well tomorrow!*” I suddenly remembered a three-part technique that I had used a few years ago on a Friday night, wrapped under blankets with the chills, the night before I was to teach a nutrition workshop. Using this technique, I taught my workshop the next day feeling absolutely fabulous, and as recently as today, I enjoyed a spectacular session with my client.

It works like this. Let’s say that you are feeling sub-par. Nothing life-threatening. Perhaps a bit under the weather. Maybe some part of your body aches, your nose is a bit stuffed, or your throat is scratchy. It’s just enough for you to consider bailing on your activities the next day, or perhaps cancelling something you had planned that evening. You have begun to imagine clearing your calendar because you are sick, maybe even for the next few days. You *expect* that you will not be well enough to attend that meeting, or go to a family reunion, or whatever else you are scheduled to do. Maybe you can relate to this, or perhaps you employ a different strategy. But if this reminds you of how you might have thought about a situation similar to this in the past, then go to the next step with me.

Ask yourself this question: “*What’s in it for me to be unwell tomorrow? What is the benefit?*” And you will get whatever answer you get. Listen carefully to the answer. (Hint: something as subtle as anticipating *not* having to make your spouse dinner if you are sick might be in the back of your mind as a subliminal benefit. Perhaps the sympathy or attention you will receive appeals to you.)

Envision your body mending and healing during the night and waking up to the joys and benefits of feeling vibrant and alive.

Next, ask yourself this question: “*Regarding this event (meeting, obligation, lunch date with a friend, etc.) do I really want to go, or does being sick give me a good out?*” Listen to the answer. It might surprise you. (Being sick is an incredibly popular excuse for not being expected to do things or attend events. If you really don’t want to go or do whatever was on your calendar, you might choose to not go or not do, but discover that you don’t have to be sick to make that choice.)

Next, ask yourself this question: “*If I were completely well tomorrow (or later that evening), what would I love to do that I wouldn’t be able to do if I am sick?*” You will come up with something. Listen carefully.

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Then *choose*. You can envision calling in sick and cancelling on your plans. You can envision getting well and making changes to your calendar. Or you can envision your body mending and healing during the night and waking up to the joys and benefits of feeling vibrant and alive. *Whatever you envision will be more likely to come to fruition.*

When I went through this process last night, I discovered that I really wanted to see my client today and that I really wanted to do my favorite exercise routine in the morning that had been on hold for a couple of days. By listening, I heard that in fact there was nothing in it for me to be sick. There was no benefit or payoff whatsoever. That was all I needed to rest and repair during the night, raring to go this morning. I got excited about waking up feeling great, and indeed I did.

LEAVE YOUR EGO AT THE DOOR

Consider that this exercise is not about proving anything to you or someone else. At least this is how it works for me. Sending my body loving messages with positive energy and inspiration is not a showy thing. It is personal and internal. I am suggesting that you consider that your dialogue with your body be uplifting and, frankly, between you and your body.

Truthfully, sometimes when I use this technique I bounce back with astonishing speed. And sometimes my body takes a day or two to fully process my feel-fabulous self-talk and self-encouragement. It's important to avoid considering that one is right and the other is wrong. Getting well is a process.

Most of us use the word *mindset* and most of us know what it means. Positive thoughts or negative ones? Self-encouragement attitude, or self-sabotage? Optimistic or pessimistic? Images of vitality or pictures of being sick? Do we build ourselves up with our self-talk, or do we break ourselves down? Your expectations are part of this discussion and have an impact on your body's response.

When you apply your mentality and thoughts to *being well*, your body is listening in, often ready to respond. If you have already been in the practice of striving for a more positive mindset, applying this to your body and your health is glorious and perhaps the next layer for you to explore.

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There is no shame in having a cold or the flu. And it happens to the best of us. If you are feeling under the weather, you may or may not be able to influence the speed with which your body bounces back. But you won't know until you practice this.

To reach for the stars means exercising your ability to be well on purpose.

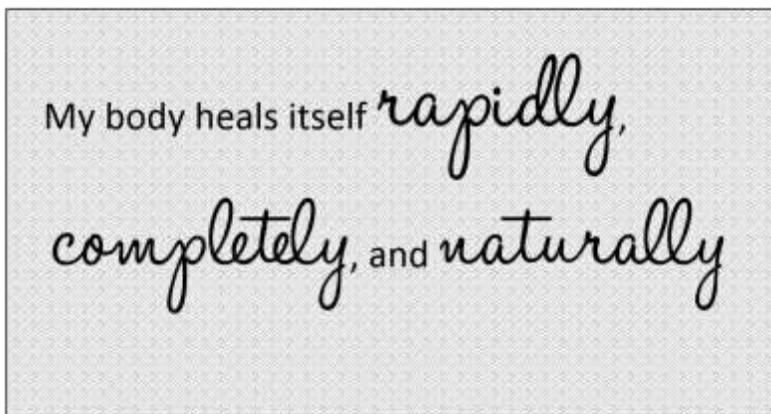
To reach for the stars means exercising your ability to be well on purpose. At the very least,

you can inspire yourself to be as energetic and have as much vitality as possible, when you keep these qualities in mind, literally. Your body has a mind of its own, and this week is about feeding positivity to that part of you.

YOUR OWN INCANTATION

My most cherished mantra is *my body heals itself rapidly, completely, and naturally*. It never hurts to declare that, and it often makes a huge difference. I recommend that you do something like this with, using your own words, and ones with which you resonate.

I relied on my chant and recovered from an orthopedic sports-related shoulder surgery *six weeks earlier* than my surgeon predicted. When he told me I would be



My body heals itself rapidly,
completely, and naturally

back on the water-ski slalom course at the end of June, my immediate thought was *"I have a secret weapon!"* I was referring to the way I think and my good intentions. I knew my practices of excellent nutrition and my habit of taking consistent good care of myself made a difference. I was on the slalom course mid-May skiing like a champ because I believed it was possible. I planned on a rapid and complete recovery. My body got the message, and so will yours when you practice this positive self-talk and mindset.

You can come up with your own incantation that resonates with how you feel and what you want. I taught this technique in a workshop and each participant was given the chance to create her own mantra. They were all different. The point is to activate your subconscious mind to facilitate and optimize your health and vitality.

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Here are other examples.

- I trust and know that my body is a self-healing, self-regulating entity.
- I see a healthy image of myself with increased energy, vitality and grace.
- My whole body feels healthy, vibrant and alive.

As in everything in *Health Matters*, I want for you to have this tool. This bit of self-affirming, self-empowering, rock star health and vitality can be a new level for you. You have nothing to lose and so much to gain by, at the very least, putting your positive thoughts into practice. In general, it is better to anticipate and visualize being well than to expect to get or remain ill.

FIGHT OR SURRENDER?

All of us have heard someone describing their fight with a cold, or their fight with something more serious, like cancer. Perhaps you can recall thinking this way yourself at times. Please do not think I am categorically disparaging that approach, because everyone and every situation is different. Certainly many individuals fight their cancer and win. It is beyond the scope of this book to review thoroughly all of the considerations in recovering from a serious disease. But I would like to offer another way to consider dealing with a health upset.

At first glance, *surrendering* to a cold or a flu might look like the condition is going to overpower you, rendering you helpless. As if you are the victim of what is happening in your body. Try to embrace this thought. What if you *relaxed* into whatever experience your body was going through, visualizing the best outcome, putting yourself in charge of the result, and inviting the condition to simply move through you? Simply stated, instead of fighting whatever is going on, you simply *release* it. Then, whether you choose bedrest, herbs, vitamins, tea or a more traditional medical course, you are employing your higher consciousness to work for your personal benefit.

What I love about this is the environment you create in your body. Relaxing and releasing with confidence is worth exploring and learning. It sounds to my ears like a way to get the most potentiality from your immune system. It feels very loving, as well. It may seem counterintuitive to thank a cold or a sore throat for the visit, and then ask it to kindly vacate the premise. But it is logical to your subconscious mind.

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If you do face a challenge, a positive attitude and your personal incantation work best in combination with excellent physical practices. Just because you *think positively* does not mean you get a free pass to ignore taking care of yourself. On the contrary, getting plenty of rest, drinking lots of fluids, and taking in good nutrition are the perfect complement to believing you will get better quickly. Do not tempt fate. Rather, be “all in” when it comes to getting back to your highest potential for radiance, energy, and vitality. Be aligned.

When you practice this, as it is with all distinctions, be patient as your body responds to your loving gestures of self-healing. As an example, perhaps you are used to an annual two-week bout of the flu. Let’s say you begin to feel familiar flu-like symptoms. By applying a positive mindset and the techniques I have offered, you feel yourself recovering more quickly and easily. Be sure to underscore this with a positive assessment of the results. A half-full cup perspective will empower you moving forward. You will get better at influencing your body to be well.

Be patient as your body responds to your loving gestures of self-healing.

If your annual two-week knock-down flu turns into a mere three days under the covers, then you know you are progressing in the right direction. Noticing and being grateful for little victories add up as you acknowledge yourself for getting better results on purpose.

I hope you are excited about this. Loving your body and getting into the practice of anticipating your radiant good health is good for every part of you. Your winning mindset never hurts, usually helps, and frequently is the linchpin to your astonishing yourself by how good you can really feel. *Do* try this at home.