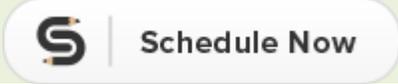


8 Simple Steps to Naturally Cure any Illness

from a minor ailment to an incurable disease

Excerpted from *No Such Thing as Incurable: Self-Healing Made Easy* by Annemarie St. Michael

Acronym - "BE HEALED"

Step	Action to be Taken
B – Befriend Your Illness	Write a prayer or note to the God of your understanding to thank your illness for coming thereby ending the war with your body.
E – Eliminate Pain	You can use visualization, ice or anything appropriately prescribed by your health care professional to stop the throbbing so you can do your next step.
H – Hear the Message	Quiet your mind and connect with your Intuitive Voice to receive the answers to the questions you pose as to what is the best course of action for your particular illness.
E – Evaluate Your Illness	Do some research on your illness. Also look for dietary changes and other possible treatments that can help, then run it by your Intuitive Voice and your health care professional.
A – Absolve (cleanse) all Four Energetic Bodies	<p>Physical – Do a full body detox under the care of your medical practitioner and ask about shifting to a more alkaline diet to create a clean slate to achieve your goals.</p> <p>Mental – Don't identify with your illness i.e. "My arthritis, my cancer etc." Believe in your ability to heal and stay positive.</p> <p>Emotional – Ask your Intuitive Voice what is the emotional root and to show you the heart of the person or situation involved in any feelings of guilt, anger or fear that you may be harboring. Then do a forgiveness ritual to release all that negative energy.</p> <p>Spiritual – Learn to connect with the God of your understanding and then move the energy in your body by laying hands on yourself.</p>
L – Line up Physical Assistance	<p>Ask your Intuitive Voice which are the best type practitioners to work with for your individual case then call them forth into your world as healing partners. Look for integrative, functional or naturopathic physicians and holistic practitioners. You can also schedule a "First 10 Minutes FREE Healing Session" with me here:</p> <p></p>
E – Execute Your Program	Write your own prescription for healing by creating a "to do list" with all the above aspects covered then check them off one at a time as you complete each task. Commit and don't give up.
D – Declare Thanks	Write a prayer of gratitude and bless the experience for all the good that you learned and accomplished.

These guidelines are not intended as a substitute for medical advice. Consult your personal health care professional before attempting any health initiative.

For more information about the book and tools to connect with your Intuitive Voice schedule a FREE Personal

Consultation with Annemarie here:

