

Episode 4 – Transforming Physical Health & Nutrition

Growing Stronger: Rising Beyond Fear Podcast



“The doctor of the future will give no medicine, but will instruct his patients in care of the human frame, in diet, and in the cause and prevention of disease.”

Thomas Edison

Key Insights from this Episode

1. We need to listen for the ‘downloads’ that will guide us on our true path
2. We are called to be true to ourselves by being ‘forged in fire’
3. Empirical knowledge is at the heart of every ancient healing tradition
4. Physical healing must encompass mind, body, spirit and soul in balance
5. Stress and anxiety will impact cytokines & the body’s inflammatory response
6. Disease will never occur in a healthy body
7. Changing our attitude and choices can transform our health & vitality



Questions for Awakening

1. How am I encouraged to ‘forge’ something greater at this time?
2. Am I willing to listen to the healing intelligence of my body?
3. What am I most grateful for in my life right now?
4. How can I breathe more deeply and eat more mindfully today?

Core Message from this Episode

The great shift we are all going through is a wake-up call to humanity to turn inward and listen to the healing intelligence within. Your body needs vital sustenance on all levels – mind, body and spirit. By returning to whole foods, movement and balanced nutrition we boost our natural immunity and give ourselves the greatest opportunity to thrive and prosper.



The one insight I’ll implement this week is ...

