

Tame Your Brain Toward Health!

~ By Jan Tincher

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How to forgive and begin to heal

How to change beliefs that don't serve you

How to stop building problems into your healing

How to make decisions in your life

How to respect other people's germs

These techniques and strategies are so good,
you'll wonder why more doctors aren't teaching this.

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Are You Ready To Forgive Your Way To Health?

~ *By Jan Tincher*

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NOTE: Many people don't understand that if we don't allow ourselves to forgive, it's harmful to our health.

Are you ready to forgive?

No? Have you asked yourself this question? What happens if I DON'T forgive?

What happens is: Your Body Suffers.

See, when you are angry and are holding that anger inside, your body IS affected. Now, if you don't care that you are affecting your health, your body, your life, then maybe this article isn't for you. (But I think we all care, we just don't know what to do about it.)

Chances are, if you're angry now, you've been angry before, maybe lots of times.

If so, you have weakened your cells. They aren't happy cells.

If you get angry often enough, your cells respond to your anger by blocking together in a very unhealthy manner. I would be wary of nurturing my anger.

NOTE: If you have a problem with anger here is an article that can help.

[Http://www.tameyourbrain.com/anger.htm](http://www.tameyourbrain.com/anger.htm)

Stop being angry and start forgiving. Every evening before you go to bed, say, "I forgive anyone who has ever hurt me in the past, who is hurting me in the present, and who will hurt me in the future. I know they are a function of their

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programming, as I am, and I forgive them and live in peace." Do this until it becomes automatic.

Get rid of your anger, and nurture your forgiveness. Watch your health improve and your life change for the better. How can you NOT forgive when it means better health for you?

Let me know how this works for you. I care.

Thanks for reading.

Jan

P.S. Here's what I've found to be the best methods for handling stress:
<http://www.tameyourbrain.com/stressEcourse/stressoffer.php>

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Do You Have Beliefs That Don't Serve You?

~ By Jan Tincher

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What is a belief that doesn't serve you?

How about these: "I can't shake this cold." "Every December I come down with a cold and I miss the holidays altogether." "My immune system isn't the greatest." "I just always seem to be sick." "I'm always hurting somewhere."

Any of them sound familiar? Well, guess what. If they do, realize this: None of them serve a positive purpose in your life.

In fact, they all are negative. And you know what? These aren't just sentences you say, they are what you think. They are a belief you hold, no matter how flippantly you say them.

If you have doubts on whether your belief serves you, ask yourself these questions about anything you say on a regular basis:

Is there anything about this belief that is good?

Why do I believe this?

If I let go of this belief, what will happen in my life?

If I let go of this belief, what will happen to my loved ones, my friends, my associates?

Now, once you figure out a belief you have isn't helping you, ask this question: What belief do I want in place of it? (Because if you take away a belief, you need to replace it so that it doesn't come back.)

Once you've figured out what you want your new belief to be, ask yourself these questions to make sure it's right for you.

Is there anything about this belief that is negative?

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Why do I believe this?

If I keep this belief, what will happen in my life?

If I keep this belief, what will happen to me, my loved ones, my friends, my associates?

Now, reinforce your new belief by visualizing the benefits it will yield. For instance:

What would happen if you felt well enough and in control enough? (See, hear, feel, smell, touch, taste what would happen as you visualize this.)

What would happen if you could do the things you didn't think you could?

(Imagine seeing, hearing, feeling, smelling, touching, tasting what would happen as you do the things you didn't think you could because you were always in pain or sick.)

What steps could you take right now if you actually decided to become the person you want to be? How would your new beliefs support that action?

How did your OLD beliefs NOT support that action?

Look at the differences and make the decision to go with beliefs that support you in all that you do.

Rejoice in your new beliefs. Feel how it feels to be that new way.

Thanks for reading.

Jan

P.S. If you are interested in healing phone sessions with me, check it out here:

<http://www.tameyourbrain.com/healthphsessions/phsession.htm>

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Don't Build Problems Into Your Health

~ By Jan Tincher

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People who have doubts in their abilities to heal profoundly affect their abilities. When you think of your health, write the problems down on one side of the paper and the solutions on the other. From now on, when you think of your health, only think of the solutions. I'm not saying ignore your problems. I'm saying acknowledge your problems, but focus on the solutions.

You know how this works? The minute you take the blinders off, in other words accept that there is a solution, a solution starts to form. Just keep writing until all the words on the solution side outgrow the problems concerning your health. Usually, the solution takes over and addresses the problems that you had only just written down, but hadn't considered yet. The trick is to just keep writing.

What are you thinking about? Check that at all times. If you are thinking about the problem, you are attracting the problem. Just write the problem down, but think on the solution. You are not ignoring the problems, you are addressing them, by concentrating on the solutions. And something you should always do is find something good in the situation. Why? Because what you are thinking about, you are attracting.

If you are having a difficult time finding a solution, write down everything good about the situation. If you can find one thing good about it, you'll probably find more.

Thanks for reading,

Jan

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I Do Not Want That To Happen ~ By Jan Tincher

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The experts say that your unconscious doesn't hear the negating factor, the NOT in sentences, like the title of this article. Knowing that, do any of these following scenarios pertain to you and your thoughts?

Someone you know has developed cancer in his/her body. Do you find yourself thinking, "Oh, I hope that doesn't happen to me."

An older person you know has fallen and broken her hip, and you see how much pain she's in. Do you find yourself thinking, "Oh, I hope that doesn't happen to me."

You watch the news and see that a person was high-jacked, that some people were injured in an earth quake, that someone was killed in a drive by shooting. "Oh, I hope that doesn't happen to me." Or even, "I'm glad that's not me."

Your unconscious doesn't hear the negating factor, the NOT. That being the case, what are you continually saying to yourself, if you say the above sentences? Well, here's how you find out. Take the NOT out and see what you may have said to yourself more times than you can count. "Oh, I hope that does happen to me."

That may not be what you were thinking, but it IS what your unconscious mind was hearing. If you tell a two-year-old, "Don't eat that cookie." What is the two-year-old hearing? "Cookie!" If you say to yourself, "I'm not going to eat that

second piece of cake” what do you usually end up doing? Eating the cake. Or what if you said to yourself, “I’m not going to smoke, I’m not going to smoke, I’m not going to smoke.”? What is your brain hearing? “Smoke.” What is it visualizing? Cigarettes. What are you going to do unless something comes in to prevent it? Smoke!

If you find yourself saying anything like the above sentences, the minute you realize you are about to say it, change it to “I am so happy I am healthy.” If you feel you are being selfish saying that, in light of other people’s bad fortune, change it. How about “I am so happy I am healthy, and they (whoever you had read or heard about) are getting better and better.”

Watch the words you say. If they aren’t saying what you want, change them until they do. Take charge of your future. Make sure the words you are saying aren’t describing your yesterdays. Make sure they are forecasting the tomorrows YOU want.

Thanks for reading,

Jan

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Do You Have Germs? You Bet You Do! Do You Respect Other
People's Right To Have Germs? You'd Better!
~ By Jan Tincher

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Do you have germs? Yep, you do. Everyone has germs.

Did you know that everyone is susceptible to certain germs?

For instance, there are *Smith* germs at the Smith house, and *Jones* germs at the Jones house. If *Smith* germs come to the Jones' house, the Jones' immunity may not be what it takes to overcome or ward off the *Smith* germs. That means that the Smiths could make the Joneses sick -- literally. And vice versa.

Why am I telling you this? Because there are cooks out there who lick their fingers and tell themselves that they are clean people, that people won't get sick if they come and eat their food. Or the people at the pot luck won't get sick from their salad. Or Jeanie's little kindergarten friends won't get sick from her treats. That it's the "dirty" people who spread the germs.

Some people take umbrage at being asked if their hands are clean. But, really . . . if their hands aren't clean, they could be making someone sick and not even realize it. Old people, sick people, and babies, whether Smiths or Joneses, are very susceptible to germs. "Are your hands clean?" is not an unreasonable question. However, there is a way to ask that doesn't offend.

One way to ask the question might be: "Are your hands clean? Grandma's immune system isn't very good and germs we can handle will be bad for her. Why don't we go wash our hands together?" Or this: "Are your hands clean? The flu is going around and we should all make sure we do our part in not spreading it."

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Or this is a good one at parties, “No double dipping, please.” Which means that you don’t put a carrot in the dip, take a bite, then dip it again. If you like a lot of dip, spoon some on a plate. Your hostess will thank you for it.

When you help others, you help yourself. Do your best NOT to insinuate that the “other” people are dirty. We all are when it comes to germs.

Thanks for reading,

Jan

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