



Quintessential Health Care

An Integrated Health Resource

3 Proven Natural Cure-alls that Cost ZERO Dollars

Greetings!

We often spend so much time focusing on the physical manifestations of disease and creating health, that we forget the importance of the invisible, vibrational, or emotional aspects of healing.

This month's newsletter focuses on three of the most effective and well-researched aspects of vibrational healing: gratitude, forgiveness, and positive attitude.

We hope you enjoy reading about how these 100% free "natural cures" can help you be happier, prevent and overcome disease, and maintain your health for the long-term.

Enjoy!

-Milly and the QHC Team

Message from Milly

Day in and day out I have the honor of meeting so many remarkable people .

Recently, I have been struck by the caliber of conversations I have had with a number of my clients.



Regardless of background or beliefs, the degree of communion I've experienced with these precious ones often transcends superficial banter. And there is such joy in finding that place where there is agreement, rather than a focus on what separates us.

In This Issue

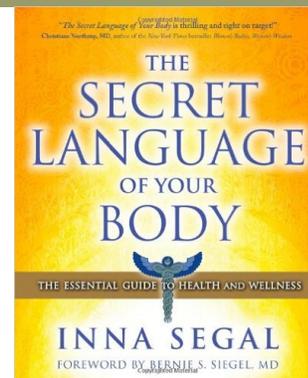
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Heal Thyself and Never Stop Learning



Book Pick of the Month:
["The Secret Language of Your Body"](#) by Inna Segal

This is one of our favorite "newer" books on how negative emotions or traumas can manifest as disease, and what you can do to heal them from the inside out.

Author Ina Segal does an excellent job explaining how the mind-body connection works and offers practical solutions for healing a wide variety of ailments, including pain.

Such moments are a treasure to me, as I'm sure they are to those with whom I am sharing the conversation.

During one such occasion, the topic of the healing power of gratitude came up and I thought it would be valuable to look at some of the attitudes that have been proven to facilitate the healing process.

Gratitude/thankfulness, forgiveness, and a positive attitude are paramount among them.

The attitude of gratitude can change one's perspective allowing one to understand elements in a conversation or situation that could not be perceived without it.

I am always blown away by the courage and grace of those clients who have found a way to be grateful for their ailments—no matter how debilitating or burdensome—by seeing them as an avenue to further their personal growth and understanding.

Thankfulness, forgiveness, and a positive attitude are the key starting blocks to set up the right vibrational patterns that allow the healing process to begin.

Don't get me wrong, I understand that feelings of denial, despair, victimization, and even anger commonly surface when one is faced with a serious diagnosis.

But, the point is to not linger in these negative attitudes for long as they will keep you from entering that healing space. I have some exciting and eye-opening research to share with you that validates this statement in the "Attitude of Health" below.

I have often had the privilege of meeting some desperately sick people, and because of the sheer radiance of their attitudes you would have never known they were sick at all. And these are the people that often defy the odds when it comes to healing and longevity.

Read on to learn more about these simple yet essential solutions that can not only prevent chronic disease and/or set the stage for healing, but can transform the very fabric of your life.

In deep appreciation,

The book is formatted in reference style, making it easy to look up a specific physical ailment and mental/emotional solution fast. An excellent read!

PsychologyToday

A Helpful Article on The Science Behind the Healing Power of Positive Thinking:

We mention Dr. Lissa Rankin's article: ["The Nocebo Effect: Negative Thoughts Can Harm Your Health"](#) in The Attitude of Health below.

You can read the full article by clicking the link above, to learn how incredibly powerful our thoughts can be in saving us from chronic disease, pain, and even death.

If you click one link in this newsletter, click over to this article...it could save your life.



For the evidence-based-science-junkies...impressive research on the health benefits of gratitude:

[This study, published in Frontiers in Psychology, showed the positive effects of gratitude on the well-being of teens](#), including inspiring their goals and pursuits, promoting participation in school and society, and helping them

-Milly

The Attitude of Health

The Nocebo Effect: How Negative Thoughts or Suggestions Can Either Kill You or Save You...

There are a couple old sayings you have probably heard or experienced before:

"The diagnosis killed him." or "She lost the will to live."

These "old sayings" have now been scientifically validated by what's known as the "nocebo effect".

You have probably heard of the *placebo effect* before: where a group of individuals in a controlled drug study, for example, are given sugar pills in place of the real drug, yet still experience the benefits and/or side effects of the drug being tested.

The *nocebo effect* is similar, and refers to the psychosomatic effects of *belief* on our health and mortality outcomes.

In a *Psychology Today* article entitled: "The Nocebo Effect: Negative Thoughts Can Harm Your Health" Dr. Lissa Rankin, author of the best-selling book "Mind Over Medicine", refers to studies where test subjects were given saline solution they believed was chemotherapy and threw up and lost their hair.

Another study compared the outcomes of patients who were absolutely convinced they would die in surgery versus those who weren't fixated on that result, and guess what happened? **The majority of the patients who believed they would die did die.**

Similar studies have observed the nocebo effect on levels of pain and discomfort in patients undergoing medical procedures or drug therapies.

Those who believed they would experience terrible pain (often based on poor or insensitive communication from their doctors) did, while those who were less concerned about pain did not.

We share this with you today to raise awareness about how powerful our

generate a richer social network and greater academic performance.

[This study from The American Psychological Association](#) showed how an attitude of gratitude promotes heart health.

And [this study published in Applied Psychology: Health and Well-being](#), proved that gratitude journaling for just 15 minutes a day, can improve your sleep by helping quiet the mind and reduce worry.

This is just a small sampling of the amazing evidence behind the health benefits of a gratitude practice.

Ancient Wisdom Modern Medicine

Flower Essences to Inspire Gratitude and Forgiveness



Flower Essences are homeopathic preparations of wildflowers designed to heal the emotions associated with disease and imbalance.

Formulated by English physician Edward Bach, they have blessed millions of people on their way to overcoming limitations and emotional setbacks.

There are three flower essences (all contained within Energetix' **Fields of Flowers**) specific for helping one cultivate an attitude of gratitude and acceptance/forgiveness of others and self:

beliefs are when it comes to healing and surviving a serious disease or procedure.

The same holds true if we are ever faced with an unwanted diagnosis.

Based on the nocebo effect, if we believe we "can't be cured" or will certainly "die within 6 months", then we may very well become a self-fulfilling prophecy.

The takeaway in all this: take care with what you believe, partner with doctors who believe in miracles, make the time to practice mindfulness and become aware of your thoughts, always get a second opinion, and **know that quite possibly NO disease may be incurable with the right attitude.**

Sources:

Rankin, L. (2013, August 06). *The Nocebo Effect: Negative Thoughts Can Harm Your Health*. Retrieved June 08, 2017, from <https://www.psychologytoday.com/blog/owning-pink/201308/the-nocebo-effect-negative-thoughts-can-harm-your-health>

Horsfall, L. (2016, January). *The Nocebo Effect*. Retrieved June 08, 2017, from <https://www.ncbi.nlm.nih.gov/pubmed/27145562>

Impatiens: just as the name implies, impatiens helps one have more patience and compassion for oneself, others, and circumstances, which opens the doors for forgiveness.

Gentian: helps one focus on the blessings in life, instead of what may be lacking. Instills feelings of encouragement.

Willow: helps shift feelings of blame, resentment, and self-pity into a more balanced state of accountability, peace, and forgiveness.

As Milly always puts it: "Herbs heal the body, flowers heal the mind and heart."

To order your bottle of **Fields of Flowers** call: 770-446-1140, [email us](#), or [stop by](#).

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