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Heal Your Traumas

This book guides you to recognize and heal both physical and psychological traumas using the innate Healing Force within. Learn practical techniques to deblock energy flow, improve overall health, and restore vitality by addressing scars, emotional wounds, and past traumas.

Dr Ivo Ego

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Mind-body connection and healing

Recent research underscores this mind-body connection. A groundbreaking study published in JAMA Psychiatry by Professor Beate Ditzen and her international team demonstrated how emotional closeness and oxytocin—the "cuddle hormone"—can accelerate physical healing. Couples who combined oxytocin nasal spray with daily affectionate touch showed significantly faster wound healing and lower stress levels compared to those using either intervention alone. This research highlights how deeply our relationships and emotional states influence biological processes.

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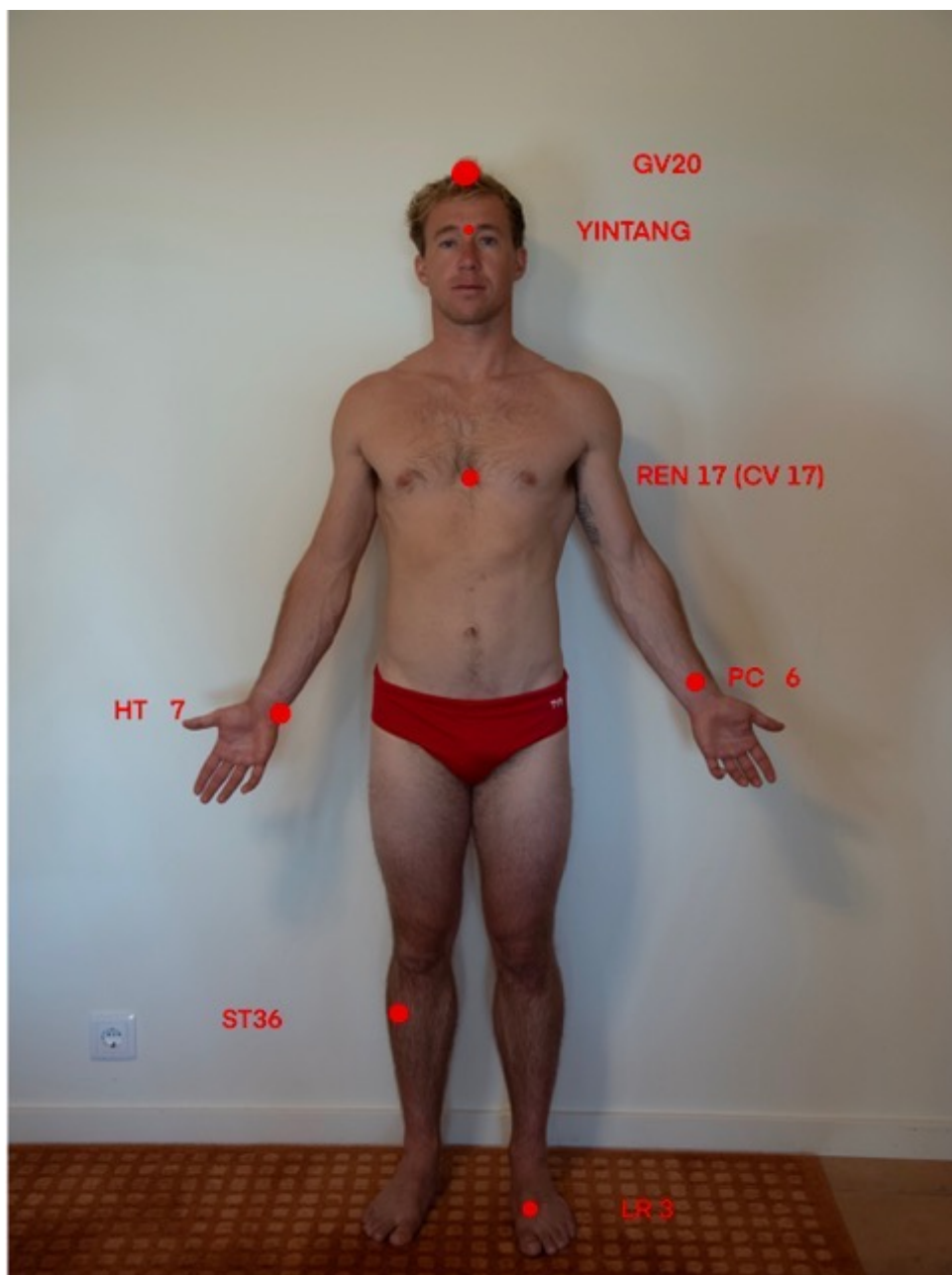
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Key Acupuncture Points for Trauma & PTSD

Acupuncture offers powerful tools for releasing trauma stored in the body.

The Reliving Technique: Step-by-Step

1. Recall Vividly: Close your eyes and mentally re-enter the traumatic event. Notice where you feel tension in your body—this is where energy is blocked.
2. Describe Raw Emotions: Use unfiltered language ("I wanted to scream but my throat locked"). Avoid judging your feelings.
3. Include Sensory Details: Describe textures, temperatures, and sounds. For example, "The pavement scraped my knees, and the metallic taste of blood filled my mouth."
4. Note Unfinished Business: Write what you wish you'd said or done. This could be a letter to a deceased loved one or an apology to your younger self.
5. Reframe the Narrative: End with a healing statement, such as, "I survived, and this pain no longer defines me."
"Trauma is not what happens to you, but what happens inside you when

r chronic conditions.

Practical Sound Healing Modalities

Classical Music in Healing

- Mozart's Sonata for Two Pianos (K448): Shown in studies to enhance spatial reasoning and reduce seizure activity
- Bach's Cello Suites: Particularly effective for emotional regulation and stress reduction
- Beethoven's Symphony No. 6 ("Pastoral"): Demonstrates calming effects on the autonomic nervous system

Solfeggio Frequencies

- 396 Hz (UT): Releases fear and guilt patterns
- 417 Hz (RE): Facilitates change and undoing situations
- 528 Hz (MI): The "Love frequency" known for DNA repair and transformation
- 639 Hz (FA): Enhances relationship harmony and connection
- 741 Hz (SOL): Promotes problem-solving and expression
- 852 Hz (LA): Awakens intuition and returns to spiritual order

Rhythmic Therapies

- Shamanic drumming (4-7 Hz): Induces theta states for deep emotional processing
- Heartbeat rhythm (60-80 BPM): Synchronizes with resting heart rate for

Foods That Harm vs. Foods That Heal

Not all foods support the healing process. In fact, some can actively hinder it by promoting inflammation, disrupting gut health, or destabilizing blood sugar. Here's a comparison:

Foods to Avoid:

- Refined sugars and processed carbs (increase inflammation and mood swings)
- Trans fats (found in fried foods and margarine, impair cellular repair)
- Excessive caffeine (exacerbates anxiety and adrenal fatigue)

- Alcohol (depletes B vitamins and disrupts sleep)
- Artificial additives (may trigger hypersensitivity in a stressed nervous system)

Foods to Embrace:

- Colorful v