

WELLNESS PRESENTATIONS 2017-2018

INCREASING PERSONAL ENERGY AND WELLNESS
NATIONAL EMPLOYMENT COUNSELING ASSOCIATION
<http://employmentcounseling.org>



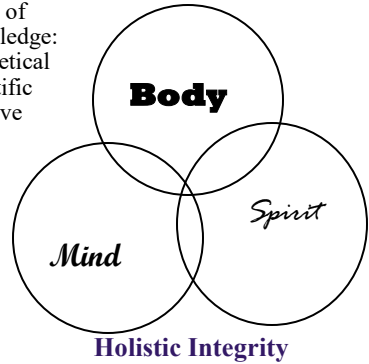
What if you have the power to [heal your body](#) just by changing the how you think and feel?
There is no illness of the body apart from the mind ~ Socrates Lisa Rankin MD



Endorphins = [Endogenous Morphine](#) Triggers: Sunshine Exercise Meditation
Massage Laughter and Smiling

Types of Knowledge:
Theoretical
Scientific
Intuitive

Universe Filled with [Interconnected Forms of Energy](#)



Not Just Talking—Healing is Easier when you [Engage the Body](#).

[Human Genome Project](#) US Department of Energy [NEUROPLASTICITY](#)
SNP (snip) Permanent Genetic Change Epigenetic Tags temporary markers
We Are All Unique [Albert Ellis A-B-C](#)
[Probiotics](#) <http://www.bluebiotics.com/> Yogurt, Kefir, Sauerkraut, Dark
Chocolate, Microalgae, Miso, Pickles, Tempeh, Kimchi, Kombucha Tea

FASTING

[Healthy at 100](#)



[Food Incorporated](#) [Super Size Me](#) [Fat Sick & Nearly Dead](#) [Food Matters](#)



BENEFITS OF JUICING
Weight Reduction
Improves Metabolism
Reduces Hunger
Detoxes
Balances Hormones
Controls Blood Sugar
Reduces Inflammation
Reduces Body Fat
Increases Energy
Reduces Body Odor
Improves Hair & Nails



Peace
Knowledge
[Success](#)
Prosperity
Long Life



Breathe
Unconditional
Love
Bathe

TUMERIC

<http://www.nutrition-and-you.com/healthy-herbs.html>

Vagus Nerve
5-7-8 Breathing

[Pilates](#)
[Diaphragm](#)
Breathe
Alignment
Bridging

<http://orthomolecular.org/>

cholesterol

cold pressed
COCONUT OIL

[EFT](#) (forgiveness)

Integrative Medicine <http://www.drweil.com/drw/u/ART02054/Andrew-Weil-Integrative-Medicine.html>
New Age Doctors & Healers Association <http://www.nadanet.org/> <http://www.wellbeingjournal.com/>

EXERCISE:

20 Minute 3 Times a week = Minimum Cardio Walk
Lift Some Weight Move Your Body Use it or Lose it!



OR



[LAW OF ATTRACTION](#)
[FORM FOLLOWS THOUGHT](#)
[PROCESS OF CREATION](#)

Healthy personality is manifested by individuals who have been able to gratify their basic needs through acceptable behavior such that their own personality is no longer a problem to their self. They can take their self more or less for granted and devote energies and thoughts to socially meaningful interests and problems beyond security or lovability or status.

~ SIDNEY MARSHALL JOURARD (1926-1974)

- Duane P. Schultz Healthy Personality <http://www.texcpe.com/cpe/pdf/il/ILHP.pdf>
1. Capability to consciously and rationally direct one's behavior.
 2. Being in charge of one's own destiny.
 3. Knowing who and what one is and being accepting of strengths and weaknesses.
 4. Being firmly anchored in the present.
 5. Pursuit of challenge through new goals and new experiences.

YOUR BUDDY



Michael C. Lazarchick PhD <http://mlazarchick.com> Michael@mlazarchick.com