

CLEAR, CALM BRAIN

VIDEO SCRIPT

Hi I'm Dr Price, integrative and holistic physician and owner of beyond good health medical clinics.

Today, I'd like to talk to you about regaining your brain power so that you can think clearly, calmly and effectively again...

Would you like that?

Do you ever have periods of forgetfulness - times when you forget where you put your keys or parked your car?

Or times when you struggle to find the right word, and you need to give your brain time to catch up with your mouth?

Have you ever had times when you felt confused, and it seemed like your brain was just a tangled mess?

Maybe you've experienced those terrible times when you don't feel in control - and you get really angry for no reason, or you feel this urgent impulse to just run away - or stress just shuts you down completely and you can't process anything, think anything, or feel anything...

If so, I feel your pain and anguish...

And I think I can help...

When these brain function issues happen to us, it's usually during a period of mental or emotional overload, and it has to do with our brain processing power under stress.

When you experience these problems, you are likely suffering from subconscious programming conflicts that are short circuiting your brain function.

Fortunately, there's help...

You see, during our early childhood, we, our parents and other key people in our lives, installed subconscious beliefs in us - beliefs about the world around us, and how to respond to it. And as we grew up into adults, emotional and traumatic experiences, as well as the influences of people around us, also 'educated' us subconsciously with beliefs that determine how we are to react to what happens to us in life.

Some of these beliefs are positive - like '*You can do this*' or '*You love this*' or '*You're powerful*'.

But many of these beliefs are fear-based. This is because our parents, and our own innate self protection, prioritised pain avoidance over everything else. So, your subconscious pays more attention to something that scares you, or that you feel might hurt you, than anything else.

These beliefs have been installed in our subconscious minds. They operate outside our conscious awareness, so we aren't usually even aware of them or what they're doing to us.

These beliefs function automatically, 24 hours a day, seven days a week, every year of our lives. They automatically determine our response to the world around us - they silently influence our behaviour - and they unconsciously direct our lives...

They're like computer programs or phone apps that, when activated, automatically perform a lot of functions at once.

And just like an app or computer program, when your subconscious programs are activated, they tell your body's operating system to perform functions - functions like raising your heart rate, pouring adrenaline into your blood, widening your blood vessels, and increasing your perspiration. In this way, your subconscious mind directs a physical response in your body.

I like to call this the mind-body connection effect. This is because you cannot disconnect your feelings, beliefs and thoughts - in other words, your mind - from your physical body. Every thought, belief and emotion has a measurable physical effect. When your beliefs, emotions and thoughts are positive, your body responds in ways that are healthy and empowering. However, when your thoughts, beliefs and emotions are fear-based, the opposite occurs.

And this mind-body connection phenomenon powerfully affects our most important information processing organ - our brain.

What happens to your computer or smartphone when too many apps or programs are running at the same time? That's right - it slows down or crashes.

When you've got too many negative subconscious programs operating, or these programs conflict with each other or your conscious desires - you get problems... Problems like...

Brain fatigue

Forgetfulness

Confusion

Inability to find the right word

And even the three stress responses of fight - flight - or freeze

These are all symptoms of subconscious program overload. When this happens, you need help.

Fortunately, we can dissolve the mind-body stress that surrounds limiting beliefs, and we can reduce all the internal noise that's causing your brain to crash.

On Saturday 28 July, I'm holding a full-day, live workshop where I will help you get back a Clear, Calm and Effective Brain.

I'll help you clear the stress that's present with the limiting self beliefs that are impacting on your brain function.

When the stress is removed, it's like wiping your brain stress whiteboard clean - or like resetting your computer back to the factory settings.

You'll have a much more efficient and relaxed brain - so you can think clearly, be calm under pressure, and work more efficiently and effectively than ever before.

So join me on 28 July for this incredibly powerful and liberating workshop - and regain a Clear, Calm Brain again.

Just go to the BGH website to learn more and secure your seat.

You'll be amazed at what will happen for you when you attend Clear, Calm Brain....

Thanks for listening....