

Mind-Body Medicine

HEALING THROUGH
SHIFTING YOUR
SUBCONSCIOUS
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Many of us do not realize that we move through the world through our subconscious programming. This programming has been put into place from a very young age. They are most often shaped by caregivers and family, but can also be formed by culture, religion, or society. These voices

fixate on ideas and beliefs about ourselves and about the world. Many of these limiting beliefs hold us back in life. Were you ever told that you were not smart, or artistic, or beautiful, or in some way not enough? What if you could break free from this programming and feel whole again?



Through modalities in Mind-Body medicine, we can start to release these limiting beliefs, and the holding of emotions and experiences that no longer serve you. Our bodies have a natural ability to adapt and to heal. This "innate wisdom" requires the right support for this healing to happen.

When we cut our finger, we do not have to consciously tell our body to stop the bleed, send platelets to clot the wound, and rebuild new tissue. There is an innate ability that initiates this complex cascade of responses to heal. However, if there was a piece of glass in the wound, we would need to remove this glass for healing to happen.

Mind-Body medicine is complementary to all other health care systems (conventional or non-conventional), but can be used as a stand-alone method.

Although we treat the person, rather than the disease, some health concerns that can be successfully addressed through Mind-Body medicine include:

- *Anxiety and Depression*
- *Allergies*
- *Athletics and Performance*
- *Chronic Fatigue Syndrome*
- *Chronic Infections*
- *Fibromyalgia and Chronic Pain*
- *Gastrointestinal issues*
- *Menstrual Issues*
- *Weight Loss ...and many more*

If you would like to improve your health, and really get to the root cause of your disease, a member of our clinic team would be honoured to be a part of your road to wellness!

Modalities in Mind-Body medicine such as the BodyTalk System and Body Intuitive look to remove some of these barriers (like the piece of glass), to allow for better communication within the system and for healing to occur. These barriers can be physical stresses or injuries, emotions, toxic exposures, traumas and deeply held experiences, as well as belief systems.



An expression of *dairy allergies* could be connected to story of when a 8 year old child was happily enjoying her ice cream while she was given the news of her parents' divorce. The manifestation of gut issues, diagnosed as irritable bowel syndrome (IBS) may be connected with not being able to fully process the loss of a close grandparent. In **Traditional Chinese Medicine (TCM)**, the large intestines are associated with the emotion of grief) These are the stories that can be held so deeply that it creates physical changes.

Through neuromuscular biofeedback, we are able to connect to the unique story and history of each scar or injury. By bringing forward the awareness of these stories held in the subconscious, we can begin to release their grip and let them go.

These systems integrate the knowledge of the highly recognized Eastern medicine (Traditional Chinese Medicine and Acupuncture, Yoga and Meditation) and Western medicine (Physiology, Neuroscience, Immunology, Psychoneuroimmunology) and much more.

The techniques used to restore communication and balance, and to release deeply held emotions, experiences and beliefs, are gentle and non-invasive. After connecting the different aspects of the stories, we focus and balance through breath work and tapping. Tapping over the head (brain), heart, and abdomen (gut-brain) activate many acupuncture points, along with encouraging the body and mind to integrate and store the changes.

