

## Optimising Biochemistry

1. My nervous system always keeps my body free of toxins.
2. My nervous system is maintaining optimum cellular biochemistry, comprising pH, reduction-oxidation, osmotic pressure, mineral concentration and availability, cellular protein synthesis, cellular metabolism, carbohydrate metabolism, fatty acid biosynthesis, cholesterol biosynthesis, amino acid metabolism and bioresonant processing at all times.
3. My nervous system is continually healing and correcting all age-related biochemical faults and compromises including glycolization, oxidation, chemical and free radical damage and adducts while simultaneously restoring all my tissues to their ideal state.
4. My nervous system is establishing and maintaining the optimum production, timing, release, metabolism, distribution, tissue concentration, quantity, morphology, functioning, transport, receptor function, degradation, bowel elimination, bowel re-uptake and all controlling templates and setpoints for all my hormones at all times.

## Praise and Gratitude

Praise and gratitude is essential for healing. We suggest that praise and gratitude outnumber complaint and blame by at least 4 to 1. Generally the best way to express praise and gratitude is to keep it short and put as much enthusiasm in it as possible. Praise and gratitude should be directed at both oneself and others.

Visualizations and Affirmations for Neuromodulation Technique Patients.

Say (silently or out loud) or write these to help you get well. While saying or writing these you can also feel and visualize them if you like. We may suggest certain ones based on what we are currently treating for you.