

# Thomas Rogers, D. C.

11701 Hobbiton Trail, Austin, TX 78739

Austin (512) 282-6628 ~ Houston (713) 990-9500 ~ Fax (512) 292-1444

[www.ThomasRogersDC.com](http://www.ThomasRogersDC.com)

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## Repairing Damage

1. My nervous is completely and optimally repairing all cellular damage right now.
2. My nervous system is healing all lesions (including all dystrophy, dysplasia, hyperplasia, hypoplasia, anaplasia, aplasia, metaplasia, sclerosis, scarring, calcification, toxic depositions, cysts, moles and other growths)and replacing them with perfect tissue 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.