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## Optimising Immune System

1. My immune system always easily and completely destroys and re-moves all infectious agents.
2. My immune system always finds, destroys and removes infectious agents that are altered, cloaked and hiding.
3. My immune system perfectly uses bioresonant frequencies when needed to destroy infection.

## 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.