



# **Use Your Body to Heal Your Mind: Revolutionary Methods to Release all Barriers to Health, Healing and Happiness**

*Ph.D Henry Grayson*

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"Why do I keep doing this when I know it's not what I want or need to be doing?"

Psychologist Henry Grayson has discovered that everybody wants a healthy and happy life, yet most people are unsuccessful in adhering to their doctor's instructions, or in maintaining healthy habits they know would help them to achieve their goals of happiness and health.

Through years of research and helping his private clients, Dr. Grayson has developed a step-by-step formula to identify what keeps them stuck repeating unproductive activities.

We unconsciously imbed a false belief system within our psyche about our selves and others while experiencing unavoidable life situations, negative encounters, traumas, and absorbing informational messages around us from others. The mind processes and stores these experiences in the limbic system, our survival brain. In those moments of experience, we automatically instill a false survival mechanism or thought about what is truly happening and the limbic system stores it like software in our brain. This unconscious survival procedure we now adopt as a solution to deal with extraordinary physical or mental stress is now reactivated each time a circumstance brings an emotional charge or stress. More often than not, we bring a machine gun to a little threat.

You will learn how to identify the origins of automatic, and most often, unconscious behaviors through informational questionnaires, easy to do exercises, and clear explanations on how to become more aware of conscious thought patterns that contribute to this vicious cycle of trying but not succeeding in long term positive actions. If we don't identify and clear out barriers, many of which are not conscious, then thinking positive thoughts, holding positive images, getting exercise and taking the right medications and supplements may do us little good. Cumulative traumatic or painful experiences are stored in our limbic system-- our survival brain-- and studies have shown a stunning connection between these and current illnesses.

This knowledge has been the source of groundbreaking scientific fields including biopsychosocial medicine, psychoneuroimmunology and epigenetics, all of which have changed the traditional reductionist view of allopathic medicine. In *Use Your Body to Heal Your Mind*, Dr. Grayson draws on his understanding of this work and combines it with new insights in Western Psychology, the mind-expanding inner wisdom of Eastern philosophy and the science of quantum physics to explore the core of what keeps us from embracing a healthy and productive life.

He explains how our bodies are made up of energy that respond to conscious thought, how those thoughts make us sick, and how to clear out past traumas (with proven meridian methods we can do ourselves) and self-destructive inner dialogs to open the door to self healing. Unlike television talk show psychology, which relies on superficial stories, *Use Your Body to Heal Your Mind* dives into the guilt-ridden waters of our deepest traumas that are often hidden from our conscious minds. He works to clear away these blocks through techniques that have proven as effective on combat veterans battling post traumatic stress disorder as on civilians plagued by depression, chronic illness and disorders previously thought to be untreatable. The result is more than a return to good health-- it is the understanding that we deserve health and happiness and have the methods to make it possible.

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