The Art of Being Well

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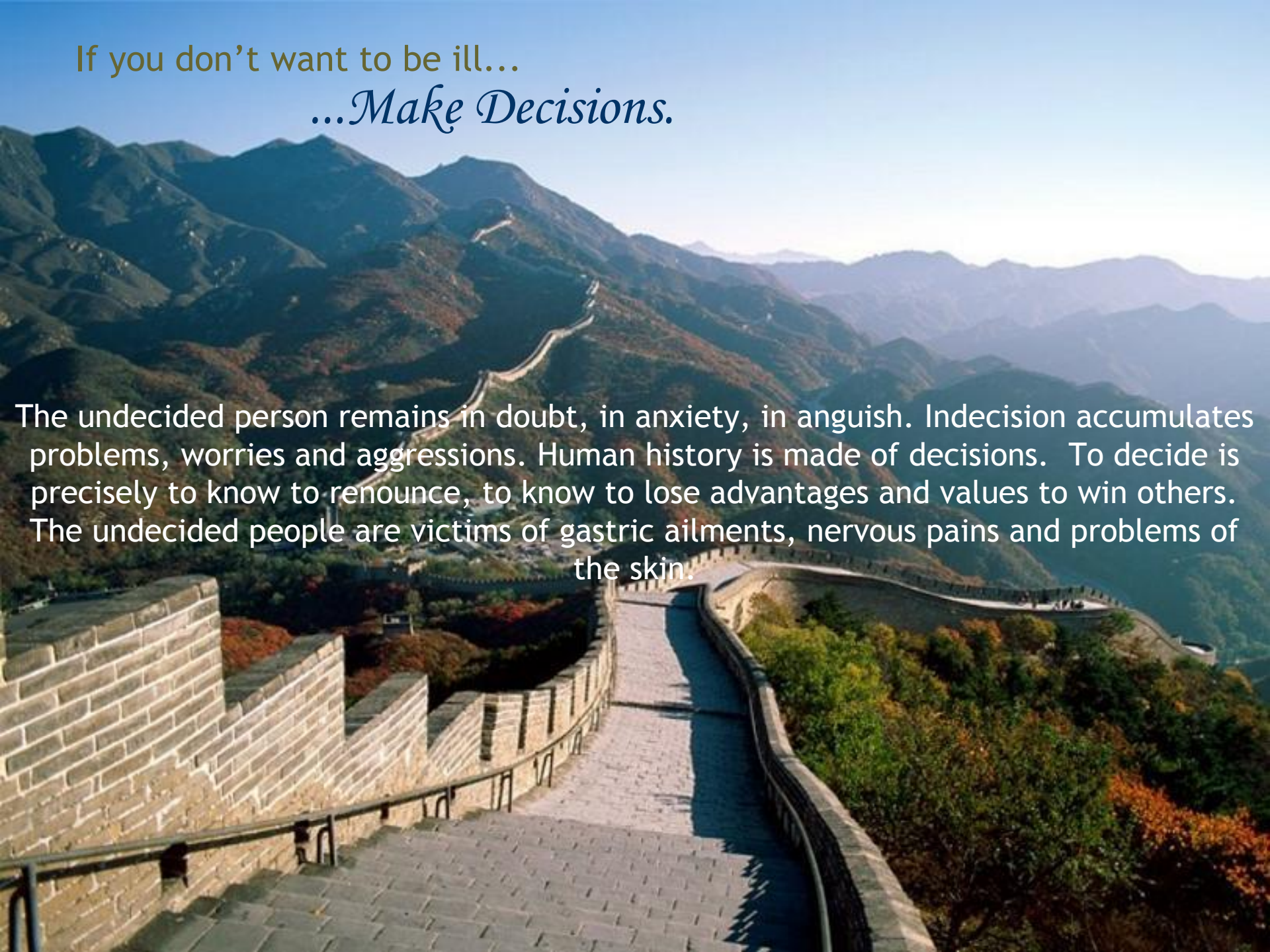
If you don’t want to be ill...

...Speak your feelings.

Emotions and feelings that are hidden, repressed, end in illnesses as: gastritis, ulcer, lumbar pains, spinal. With time, the repression of the feelings degenerates to the cancer. Then, we go to a confidante, to share our intimacy, ours "secret", our errors! The dialogue, the speech, the word, is a powerful remedy and an excellent therapy!



If you don’t want to be ill...

...Make Decisions.

The undecided person remains in doubt, in anxiety, in anguish. Indecision accumulates problems, worries and aggressions. Human history is made of decisions. To decide is precisely to know to renounce, to know to lose advantages and values to win others. The undecided people are victims of gastric ailments, nervous pains and problems of the skin.

If you don’t want to be ill...

...Find Solutions.

Negative people do not find solutions and they enlarge problems. They prefer lamentation, gossip, pessimism. It is better to light a match that to regret the darkness. A bee is small, but produces one of the sweetest things that exist. We are what we think. The negative thought generates negative energy that is transformed into illness.

If you don’t want to be ill...

...Don’t Live By Appearances.

Who hides reality, pretends , poses and always wants to give the impression of being well. He wants to be seen as perfect, easy-going, etc. but is accumulating tons of weight. A bronze statue with feet of clay. There is nothing worse for the health than to live on appearances and facades. These are people with a lot of varnish and little root. Their destiny is the pharmacy, the hospital and pain.

If you don’t want to be ill...

...Accept.

The refusal of acceptance and the absence of self-esteem, make us alienate ourselves. Being at one with ourselves is the core of a healthy life. They who do not accept this, become envious, jealous, imitators, ultra-competitive, destructive. Be accepted, accept that you are accepted, accept the criticisms. It is wisdom, good sense and therapy.

If you don’t want to be ill...

...Trust.

Who does not trust, does not communicate, is not opened, is not related, does not create deep and stable relations, does not know to do true friendships. Without confidence, there is not relationship. Distrust is a lack of faith in you and in faith itself.

If you don’t want to be ill...

...Do Not Live Life Sad.

Good humor. Laughter. Rest. Happiness. These replenish health and bring long life. The happy person has the gift to improve the environment wherever they live. “Good humor saves us from the hands of the doctor". Happiness is health and therapy.

Send this email to your friends so that they don't become ill!!