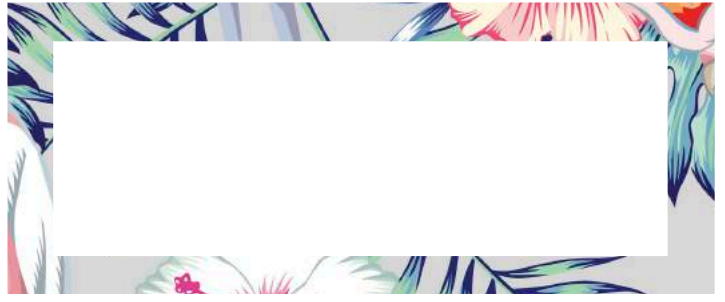


Positive Affirmations for Healing

*Instead of thinking of healing as a battle, reframe your mindset. Be there for your body. Be careful with labeling and claiming your symptoms.
Instead of saying, "I have Lyme, SIBO, Candida," or any other diagnosis, say, "I'm dealing with symptoms of _____" or "I'm healing from _____."
When you find yourself in a negative feedback loop, retrain your brain to think of something you're grateful for, instead.*



*Fill in each box with an affirmation. Affirmations are present tense, positive, and written like it is already that way.
For example: I am strong and healthy. In all situations, I am peaceful. My body is healing more and more every second.
Hang this on your bathroom mirror, or somewhere you'll see it every day. You can also cut these into card to keep in your wallet. Repeat these affirmations to yourself often.*