

DISCOVER YOUR ULTIMATE BODY SECRET - PART 1



BY JENNIFER ATKINS

Are you always looking for the answers that will change your body and your life? Are you constantly on the hunt for that new program, product or miracle cure that will have you looking and feeling great NOW?

Well, the good news is you already have it!! Yes, that's right. It's time to get excited and tap into the power of your mind to unleash that beautiful, healthy, fit body that is within all of us. This discovery will not only change your body, it will change your life!

What you think can influence your emotions and/or your physiological responses, or conversely what you experience through your body can influence your emotions and your thinking. When you know this you are empowered to live your life more fully and begin to create that fit, healthy body you have always wanted. Without this awareness you hand over your power to others to fix and continue on the roundabout to find the answers to your problems. It is difficult, or you could even say impossible, to take responsibility for your wellbeing, if you do not have the

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knowledge and awareness of the Mind/Body connection.

If you are always thinking and analysing but are generally disconnected and dissociated from your body and emotions, the only time you will notice your body is when it hurts or is uncomfortable in some way. The result is that the relationship you have with your body is a negative one, leading to a destructive potential upon your physical wellbeing. The goal is to learn to embrace all aspects of yourself, to understand the close relationship between the way you think and how you feel and how the body responds to this. To achieve this understanding and awareness allows a sense of control and empowerment. By understanding and accepting the connection between your mind and body, you can create an improvement in your overall wellbeing and be in the driver's seat in your pursuit of health, fitness and healing.

So how does this work? In our body are neuropeptides, which are chemical messengers that travel through the body in response to our thoughts. When our thoughts are angry, critical or negative, the chemicals they produce depress our immune system. When our thoughts are loving, empowering and positive the chemicals they produce enhance our immune system. Your mind is constantly relaying your thoughts

to the cells in your body. So every moment you are either consciously or subconsciously choosing healthy or unhealthy thoughts, which are then resulting in a healthy or unhealthy body.

The first step on your path to your ultimate body is to accept where you are at and acknowledge that you were the one that got you there. You are not a result of circumstance but rather a result of how you have reacted to your circumstance. By being fully accountable and taking responsibility for your current situation allows you to gain all your power back and puts you in the best

place to start making the changes you need to create your dream body and life. It is important to take the time to do this – you will feel immediately better and be ready to tackle the next step which we will talk about in the next Oxygen edition. You will learn about nurturing the most important relationship you can have, and how this is a key step to creating your ultimate body and life. Until then, take care of you. ☺

Jennifer Atkins is a qualified Life Coach, NLP Master Practitioner, Personal Trainer and the founder of Genesis Mind & Body. Jen has a Diploma of Health Science, certificate of weight loss nutrition and has 20 years experience in health-related fields. Coming from a successful career in the health industry, Jen has found her true passion in her business Genesis Mind & Body, where she hopes to have a positive impact on women's lives worldwide by helping them be healthy, happy, fulfilled and achieve the life they desire and deserve. Jen believes an outstanding life begins with optimum health and the correct mindset and so she has created Genesis Mind & Body for women to excel.