

50 Results/Benefits of Cleaning up Your Mindset
Learn To Heal Yourself – online membership program
<https://www.DrJoAnnTully.com>

1. Better sleep
2. More energy
3. Better mental clarity
4. Reduce or eliminate pain
5. Reduce or eliminate depression, anxiety, panic attacks
6. Reduce or eliminate the need for medications (with prescribing Dr.'s guidance)
7. Reduce or eliminate the need for supplements, herbs, enzymes, essential oils, etc.
8. Reduce or eliminate the need for other treatments (chiropractic, acupuncture, massage, energy healing, etc)
9. Experience more peace
10. Experience more joy
11. Experience more harmonious relationships
12. Hormones that are better balanced naturally (reduce or eliminate the need for assistance)
13. Better digestion
14. Re-connect with intuition/inner guidance
15. Confidence
16. Feel more empowered
17. Ability to love yourself more
18. More time available
19. Learn how to let go of emotions that are harming you
20. Learn how to diffuse anger so you can finally move on (*as though nothing ever happened!*)
21. Learn how to see fear in a different way so you are no longer paralyzed and stuck
22. Learn to use your physical symptoms as a message – symptoms tell you that you are ready to heal a thought or emotion. *Finally* be done with that damn message!
23. Learn how to use your emotions as an informational feedback loop – if you feel better then keep doing what you've been doing; if you feel worse than it's time to make a "course correction"
24. Learn how to use your life circumstances as an information feedback loop – if you like what you see & experience then keep doing what you've been doing; if you don't like what you see & experience then it's time to make a "course correction"
25. Learn to heal yourself – literally! Stop ignoring your body's messages. Take that symptom as a message, learn from it and move on. Learn to do this in as little as 10 minutes!
 - a. Headache
 - b. Neck pain
 - c. Eye Issues
 - d. Sinus/Nasal Issues
 - e. Jaw pain
 - f. Ear ache
 - g. Tooth pain
 - h. Skin issues/rashes
 - i. Shoulder pain
 - j. Elbow pain
 - k. Wrist/Hand pain
 - l. Upper back pain

- m. Mid back pain
 - n. Chest pain
 - o. Stomach ache
 - p. Constipation
 - q. Diarrhea
 - r. Low back pain
 - s. Hip pain
 - t. Knee pain
 - u. Ankle/foot pain
 - v. Infections
 - w. Gallbladder attacks
 - x. Bladder infections
 - y. Reproductive issues
 - z. Colds/flu
 - aa. Autoimmune Disease
 - bb. Cancer/Tumor
 - cc. High Blood Pressure
 - dd. Lung Issues
26. Have an accident or anything else that requires medical attention (like a bleeding wound or a broken bone)? Seek medical attention, and then learn WHY you attracted the accident or scenario to you. Stop the lesson from needing to occur again.
 27. Improved immune system
 28. Learn to listen to your own guidance and be led in how best to heal yourself from any chronic illness
 29. Discover your purpose in life
 30. Reduce or eliminate the constant negative mental chatter in your head
 31. Learn how to use your inner guidance system to question your beliefs
 32. Discover how to find your own truth, and not have to rely on what others believe
 33. Learn the basics of Quantum Physics
 34. Learn the basics of A Course In Miracles and Law of Attraction
 35. Get your life back
 36. Be able to function again
 37. Be able to work again (and love what you do!)
 38. Enjoy life again
 39. Enjoy indescribably better sex (if you want)
 40. Restore trust, joy and peace in your relationship with others (significant others, kids, parents, co-workers, pets)
 41. Learn what is really going on when our children & pets become sick
 42. Learn how to meditate in the best and most productive way for YOU
 43. Enjoy the journey
 44. Learn how to be open to infinite possibilities
 45. Discover how you have been boxing yourself in, blocking good things, and basically getting in your own way – then learn how to stop doing this!
 46. Heal yourself from addictions – food, drugs, alcohol, smoking, sex. Learn that the void you were trying to fill was to love yourself, then learn how to move safely in that direction
 47. “Bad” genes are turned off. Example: methylation issues gone
 48. Create healthy cells within a healthy mental environment
 49. Things that used to bother you no longer do
 50. People that used to bother you, like in-laws and ex’s 😊, no longer do