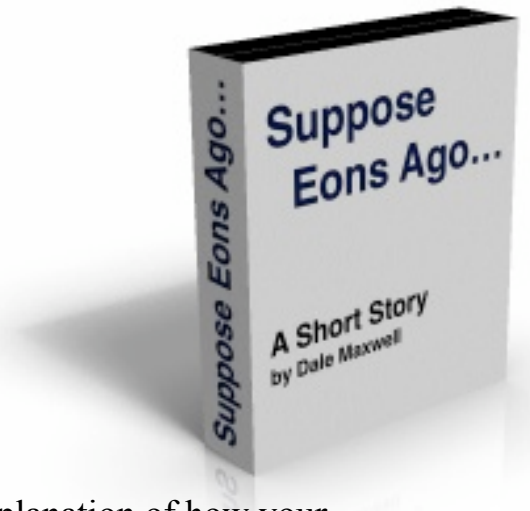


# Suppose Eons Ago...

## A Short Story

### by Dale Maxwell



This story is a speculation... examining one possible explanation of how your thoughts can create disease.

### **In the beginning**

Suppose eons ago our genetic forefathers had some kind of defense mechanism that included a chemical defense system. It could have been a spray like a skunk or maybe it included fangs with poison injectors like a snake. (Remember we are only speculating.)

As time moved forward we evolved into humans and as this happened we developed the ability to reason and no longer needed the poison to defend ourselves from aggressors.

### **Now**

Suppose some residual cells, just a few cells, exist that react the same way those protective mechanisms did, producing toxins to protect us when we become angry, fearful or uneasy.

We have no way to spray or inject, so the poison does not exit (as it used to when we were defending ourselves)... it lingers in our body and contributes to disease.

### **What to do**

Our ability to reason has provided us with the ability to learn how to:

### **Avoid producing the defense response**

Stay in conscious awareness of what in the past has triggered the defense response. Examine the table below and consider how participation in the activities stimulate defense response.

Learn how to respond to the stimulus in a positive way that does not trigger the release of toxins.

## **Develop skills for releasing**

Your body may be creating a defense response from some past event that poses no real current danger to you. Even though no current danger exists, when you "re-live" the event you are creating toxins in today's body. This contributes to ongoing disease.

There are many tools available today that allow you to systematically let go of the past event and heal. Seek out these tools and begin healing today.

## **Want more?**

For a complete system to learn and master stress releasing:

<http://www.yourhealthwiz.com/stress>

## Avoid the experiences that trigger toxin release

Here are two short lists to give you a tool today to improve your life by understanding some common triggers:

### Embrace:

#### Sounds

- Music
- Happy Jazz
- Big Band
- Happy Singing
- Laugh

#### Visual

- Comedy
- Positive Educational
- Cooking (not contests)
- Travel
- Construction
- Do It Yourself
- Exercise

#### Visual Printed

- Building
- Cooking
- Technical
- Travel
- Educational
- Mathematics
- Opportunity
- How To

#### Self Talk

- Positive

### Avoid:

#### Acid Forming Audio:

- Country Western
- Rap
- Dramatic
- Talk Radio
- News

#### Acid Forming TV and Movies

- Crime
- Talk
- News
- Drama
- Hospital
- Soap

#### Visual Printed

- News
- Rag Sheets
- Tax
- Government

#### Self Talk

- Negative

## Resources

Training material and coaching are available here:

A proven system for fast effective recovery from loss:

<http://www.healingyourloss.com>

<http://www.yourhealthwiz.com>

Free Videos on youtube by Dale Maxwell

<http://www.youtube.com/user/yourhealthwiz>

More about the author:

<http://www.practicebuildingcoach.com>

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[www.yourhealthwiz.com/stress](http://www.yourhealthwiz.com/stress)

### Free Open Question Calls



<http://www.askdalemaxwell.com>