



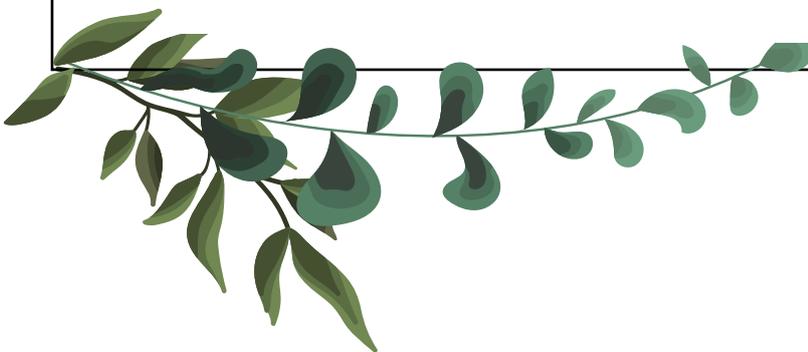
Sometimes we have to do more than detox, get 8+ hours of sleep, balance our hormones, eat right and move our body. Most times, there is more to the story.

Looking at the unresolved traumas and emotional residue we carry from our parents and grandparents can be the very thing that changes everything. Unbeknownst to us, this unconscious inheritance can be the software that is running our lives in the background. To continue the computer analogy, rarely are we born with a clean hard drive.

We've all heard that words speak volumes. But what if words – the very words we speak – can unlock the mystery as to why we're stuck? Stuck in our relationships. Stuck in our health challenges. Even stuck in a financial sink hole.

What if words could lead us to the missing piece of the puzzle that could help us feel better?

What if we could be free from our struggles and suffering?



**Until you make the unconscious conscious,
it will direct your life, and you will call it fate**

- Carl Jung

3 Ways to Tell If Inherited Family Trauma Could be Undermining Your Health

1. Channel your inner Sherlock Holmes and investigate your family tree.

When we struggle with fears, anxiety, depression, phobias, OCD, relationship challenges, financial issues and even people pleasing, it's important to explore our family tree. Let's say your grandmother lost the love of her life in a terrible accident. Or your father lost all the family's money. Did you or anyone else in a subsequent generation repeat their fate? Hidden secrets, untold stories and unhealed traumas are important events that must be considered so we don't blindly continue reliving the destructive patterns of our parents and grandparents. Ignoring the past creates fertile ground for these patterns to be repeated. However, when we explore our family history and make the link to our own issues, we can break the cycle of inherited family trauma.

2. The Ancestral Alarm Clock starts ringing

Life may be going along smoothly, and then suddenly, a curve ball comes out of left field. One of the most important indicators to consider is the sudden onset of symptoms or fears. This can happen at a certain age (the same age as an unresolved trauma was experienced in a previous generation) or when we reach a milestone in our lives, for example when we get married, start a family, move to a new place or get rejected by our partner. We can also be born into feelings or emotions that don't belong to us. A life-long anxiety or depression could easily have its roots in the traumas of a previous generation.

3. Your language as clues

The emotionally charged words we use to describe our complaints, symptoms, and fears create a breadcrumb trail that can lead us back to where the story first began – back to events that are often seldom spoken about. Exploring these events, and the language that arises as a result, can be powerful clues in healing the inherited trauma we carry. Until we widen the lens and bring the past into view, it can be like looking at the sky through a straw.

When I work with people I combine the wisdom of epigenetics, neuroscience and genealogy to help you break the cycle of inherited trauma.

LIQUID CALM

To down regulate your stress response and promote feelings of safety add the following to a 10ml roller bottle and fill with fractionated coconut oil:

8 drops Ylang Ylang | 8 drops Lavender | 8 drops Frankincense | 8 drops of Bergamot

Apply to back of neck, down the spine, or wrists.