



Conscious Body Conversations The Incredible Importance of Pathways

More and more often we are seeing patients with one common issue... their pathways of elimination are blocked. This comes up on Thermography tests, in muscle testing and in every conversation. Let me give you some examples:

- After an illness such as CoVid, symptoms linger for weeks and even months.
- No matter what season, allergy symptoms including post-nasal drip happen daily.
- Skin breakouts, eczema and hives happen frequently.
- Body odor or breath worsens.
- Brain has become foggy and it's hard to concentrate
- Daily fatigue even after a good night's sleep.
- Swelling in the ankles, feet and face are occurring frequently.
- Digestive symptoms such as bloating, heartburn and pain are happening regularly.

All of these symptoms have one thing in common. Congestion and blockage of a pathway of elimination. All it takes is for one or even two pathways to not allow the removal of toxins, dead cells and excretions from the body and chronic symptoms will linger and worsen over time.

Anytime we are exposed to bacteria, viruses, fungi, toxins, metabolic acids or any other toxic element, our immune system not only has to combat and resolve the challenge, but our bodies then has to sweep up the battlefield and eliminate the chemicals, toxins and dead cells that were the result of the exposure. This is the part that is often overlooked and underfunctioning. Think of tetanus infection. It isn't the tetanus itself that is the majority of the problem, it's the toxins that the tetanus releases into our system, disrupting our nervous system which can often be fatal.

How do I know when my pathways are blocked?

First, you will notice that a symptom appears and disappears frequently and will tend to be the same type of symptom each time. Second, these symptoms will tend to worsen when you add any additional burden, such as a stress, an injury, a second illness. Many of these symptoms will be mistaken for allergies, dermatitis, food sensitivities, environmental issues. In fact, your body just cannot process everything that it needs to. It's rather like trying to clear a garage full of yard sale items, but the main garage door won't open. So you have to try and shove everything through the small side door - it takes longer, you're exhausted and not everything can get out!

When a pathway first gets congested, the symptoms will be the result of that particular pathway. The longer it goes, the more symptoms will shift to those of the compensating pathways.

Initial Pathway Blockage Symptoms

- Liver** - increased allergies, skin rashes including psoriasis, eczema and hives, poor fat handling in food, sugar handling problems such as hypoglycemia or Metabolic Syndrome X, headaches.
- Bowel** - constipation, diarrhea, bloating, pain, bad breath, hemorrhoids.
- Lung** - asthma, environmental/pet allergies, can't get a deep breath, chronic bronchial illnesses, mucous/phlegm, chest pain.
- Skin** - acne, dehydration, hair loss, slow healing, wrinkles, premature aging, sensitivity.
- Lymph** - swelling of feet, hands or face, swollen or hardened nodes in the neck, under the arms or in the inguinal folds, weakened immunity, headaches, increased allergies.
- Kidney** - urinary tract infections, urinary incontinence, bladder or kidney infections, dehydration, high blood pressure, abnormal potassium or sodium levels.
- Female Menstruation** - in women this is an important pathway of elimination that cleanses the uterus, ovaries and urinary structures. Menstrual pain, fibroids, endometriosis, lower back pain, clots during menstruation, water weight gain.

Compensating Pathways

- Liver** - when this is blocked, skin, lung and kidney/bladder symptoms will begin.
- Bowel** - when this is blocked, skin, lymph and Female Menstruation symptoms will begin.
- Lung** - when this is blocked, lymph, liver and skin symptoms will begin.
- Skin** - when this is blocked, bowel and lymph symptoms will begin.
- Lymph** - when this is blocked, liver, kidney and skin symptoms will begin.
- Kidney** - when this is blocked, liver, Female Menstruation and lymph symptoms will begin.
- Female Menstruation** - when this is blocked, skin, bowel and lymph symptoms will begin.

So don't get distracted by troubling chronic symptoms. Instead remember to check out some of the ways in which you can open blocked body pathways.

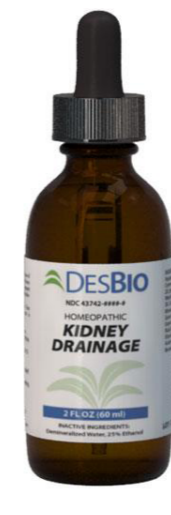
Pathway Cures



Home Infrared Sauna Blanket

Many of our clients have enjoyed our FAR Infrared saunas. There are hundreds of clinical studies showing the dramatic changes that regular Infrared Light saunas can have on pain, infection, weight, swelling, immunity and lymph. So many clients have said that they can't sweat or that they don't exercise enough to sweat regularly.

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Choose a Remedy for Your Pathway Problems



Two Incredible Therapies that Clear the Way!

Our two most important therapies are Decongestive Lymphatic Drainage and Cold Laser Therapy. Both of these therapies are core to our practice of Body Regulation because they are gentle, painless ways in which to gradually open the blocked pathways of elimination so that the body can detoxify and cleanse.

Often done together as one appointment, these essential therapies have ways of opening the Bile Duct for the liver, decongesting the lymphatic nodes and pathways, easing the bronchial airways to help open the lungs, stimulate the kidneys to clear excess mineral deposits, stones and bacteria.



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