Do you have the right mindset for natural healing? Transcript

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Mindset and the Myth of a Magic Pill

Hey everyone, let's talk about mindset. That's right, mindset, why is that so important? It doesn't matter what modality or what avenue you go down to improve the quality of your health, there is no magic pill.

If there was, I would charge people a lot more to come see me. I'm joking. But there's no magic pill. So what do I mean by that?

Being an Active Participant in Your Health

Whatever it is that you're going to get involved in, whether it's the gym, yoga, acupuncture, chiropractic, nutrition, anything that may be going after to improve the quality of your health, you must be an active participant in the process.

There is no practitioner in this world that is good enough to overtake or overcome a poor diet or bad dietary habits. So therefore, when you get into working with somebody, especially with people like us at Synergy Nutrition and Wellness, we're not here to be dictators.

We're here not to bark orders at you. But what we are here do is become your partners, your teammates. We will guide you, we will teach you we, will educate you.

But in the time away from us when we send you back out into an environment in a world full of temptation and stress, We have to have a plan in place. That's right.

We can't go through this blindly just hoping and wishing. we have have plan and place to get over our dietary violations or our bad daily habits.

Partners, Not Dictators: Building a Plan

Our habits and our routines are really at the core what take away our health and vitality. So if we have the ability to confront our problems, we then have to ability change them.

But it takes a lot of self-responsibility as a patient so that a practitioner can do their job. I could give you the best information in the world, I can give the you best supplementation in world but if the moment you walk out of my presence, you go back to your previous habits and routines, That is why you get stuck in a vicious cycle just continuing to get worse.

So your mindset is everything. Your thoughts become your reality. You're intentions set the way. What do I mean by some of those things? How you speak and how you view things are tremendous players to what happens.

If I said to you, I want you to not have any sugar at breakfast.

Habits, Responsibility, and Breaking the Cycle

Can you do that? Will you that and you say to me, well I can try. See what you did there? I can try leaves you the out that you won't actually do that.

Hey, can you not have any sugar at breakfast? I will do that. There is a different intention set by that, so if you start changing your mindset, I can, will, have, do, versus maybe I'll try, kind of, sorta, those things are paramount in how you have the ability to change the quality of your health.

So the key points of this are, remember, in any modality that you go after, you must be an active participant.

Intentions and the Power of Mindset

You and you alone are responsible for your help. Not your doctor, not the government, and not your insurance company. Not me, but you. But with places like me and in my office, we will become your partners, your teammates.

If we do our jobs, you do your jobs. We set our mindset to it. Anything is possible.