The Origin of the Emotion Code & Body Code Transcript

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Introduction to Emotion Code and Body Code

So with the emotion and code and body code, it's a technique devised by Dr. Bradley Nelson. He is a retired chiropractor. And his theory is that anything can cause anything, especially when you when we're working with them mind and you know, there's so many more studies and everything that are evolving and things that But our minds, you know, can really kind of seek out to validate that truth of anything.

So it's almost like an idea allergy as well, that's a thing, and emotion code and body code, where your body can develop a physical allergy to anything, just because of that subconscious programming or whatever you may have taught yourself to think.