# When You've Tried Everything to Heal Your Body: The Emotional Side of Chronic Health Symptoms Transcript

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## Introduction to Bloating and Chronic Symptoms

If you're dealing with bloat, weight gain, your pants don't fit, you are stressed out, or you have pain or other chronic health issues, and you dont know what to do anymore and nothing seems to work, I get it.

I've been there. And I know how frustrating it is to feel so uncomfortable in your body. Hi, I'm Jody Dilleen and I used to look nine months pregnant for 19 years and i was not pregnant and now I have a flat stomach and feel great in my body.

## Jody's Personal Healing Story

How did I do that? Well after trying everything for nineteen years like diet restrictions, doctors, other alternative modalities, i actually went deeper within myself and healed the unresolved wounds i had from childhood trauma and then boom my stomach got flat.

I was shocked all those years of trying EVERYTHING Turns out the root cause of it all was emotional.

## Emotional Roots of Physical Symptoms

So I know firsthand what past wounds and traumas do to the body. The energy of those unresolved wounds get trapped in there and they show up as symptoms.

Yeah, your body's speaking to you, just like mine was all those years. And I that you've been holding on to hurt no one saw, to shame you don't talk about, the fear of asking for help, sacrificing your needs and what you want.

to the fear of speaking your voice. And you hide, you feel alone, and you can't trust anyone. You feel guarded and feel you have to protect yourself to feel safe.

Sometimes you just feel like you're a piece of shit.

## How Body Freedom Mastery Helps

Yeah, I get it. That's not you, that's the moon's talking. And now your body feels like it's working against you. You're tired, frustrated. you're trying so hard and nothing is changing.

I can help. i know exactly what it takes to feel good in your Body again to get your health back. created a process called Body Freedom Mastery that permanently clears emotional stress from the body so your symptoms can finally let go.

My clients include doctors, nurses and other health care professionals. When you heal the unresolved emotions underneath the symptoms, your body naturally resets and knows exactly how to heal.

## Call to Action and Free Session Offer

You don't need to try harder. And you just need give your what it's really been asking for. So if you're ready to finally feel good in your, not someday, but now here's your next step.

Just click that link you see and schedule your complimentary Heal Inner Wounds session with me. Let's get you the body, the health, and the freedom you deserve.

I can't wait to connect with you.