

# How to Use MindBody Medicine to Heal Your Patients AND Yourself

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# 3 Truths About Healing Most Doctors Don't Know

- Body has ability to heal itself
- Mind and Body are connected
- Structure and function are related

# Medical Miracles?

- Have you heard about “spontaneous healings,” or “medical miracles” or “miraculous recovery?”
- What assumptions are you operating from in your practice?

# From the “Known” to the Unknown

- There is far more that we do NOT know about the body, medicine, and health than everything we DO know combined.
- Let this allow you to open and explore?

# Why MindBody Medicine Will Change Everything

- “Rational medical practice is based on these 3 truths” — Andrew Taylor Still
  - 3 Osteopathic tenets
  - Science has now formally proven them



# Why MindBody Medicine Will Change Everything

- We've learned more about the power of the Mind in *past 5 years* than in entire history of mankind before that
- Still not incorporated into conventional practice

# You ARE the Medicine

- Healing “them” begins in YOUR body
  - The “Mirror Neuron Affect”
  - Your chemistry: cortisol, oxytocin
  - Your physiologic affect on surroundings

# You ARE the Medicine

- What is the tonality within your practice?
  - staff, walls, furniture, website...
- How do you feel when you enter the room?
- How they feel in your presence determines your internal AND external states



# You ARE the Medicine

- Functions of YOUR Body on Healing Your Patient:
  - Receptor
  - Transmitter
  - Transformer

# You ARE the Medicine

- Your REAL Impact:
  - Body
  - Words
  - Energy

# You ARE the Medicine

- How to HEAL Using Your Body:
  - Get Present
  - Breathe Slowly
  - Choose Consciously

# Instant Elevation Technique

- A: Aware
- B: Breathe
- C: Choose

([DrKimD.com/acr](http://DrKimD.com/acr) includes bonuses with video on this!)

# Stuck Emotions As the Root Cause of Illness

- Energy MUST move
- Emotions are “energy in motion”
- Ideas, memories, beliefs...are all CREATIVE forces in body
- Do not underestimate their power to work against what you are doing for your patient!!

# “Incurable” Illness...and other lies doctors are told

- If you knew your patient could heal themselves, how does what you do support that?
- The culture of medicine and where it's broken
  - Fix me!
- A new premise for your understanding
  - What assumptions are you making?

# “Incurable” Illness...and other lies doctors are told

- Questions we should be asking:
  - What is the body really capable of?
  - Wh expand what's possible for this patient?
  - If it's already happening, HOW can I support that?

# How to Help Your Patient Heal In 3 Easy Steps

- A, B, C for Yourself
- Feel your body and scale your internal state (1-10)
- Clear your internal state using a MindBody tool
  - Self talk/Affirmation
  - Touch
  - EFT Tapping
  - Imagery
- Signal your MindBody System for outcome you desire



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# How to Help Your Patient Heal In 3 Easy Steps

- Signal your MindBody System for outcome you desire
  - You must have command over YOUR system to get leverage on your impact over OTHERS
- State, visualize, or feel your intended outcome

# MindBody Techniques to Use with Patients

- EFT Meridian Tapping
  - How it works
  - How to use it with patients
  - Further information/training

# MindBody Techniques to Use with Patients

[www.DrKimD.com/acr](http://www.DrKimD.com/acr)

- MindBody Toolkit (Bestselling book)
- Instant Elevation Technique
- 5 Instant Energizers
- EFT Meridian Tapping Training Series

# Blessings!!

# Thank you!

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- Questions?