

My body heals quickly and easily

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My body deals quickly and effectively with any illness or injury. **The healing capacity of my body is virtually unlimited.** I recover quickly when there is an anomaly in my body.

I rarely get sick. Those few times I am sick, my immune system quickly deals with the challenge to my health. I feel better sooner than expected and recover fully feeling better than ever. My body amazes me.

My body is resistant to injury. I am unharmed by incidents that would harm most other people. I may suffer an occasional injury, but my body knows what to do. It calls upon its vast resources and repairs the injury.

My body intuitively knows the best way to deal with sickness and injury.

I support my body's efforts to heal by getting enough rest. I avoid overextending myself. **I know when I need to slow down and take care of my body.** The nutritious food I eat gives my body the building blocks it needs to make important repairs.

I give my health the attention it deserves.

My body does an excellent job of taking care of itself. I am fortunate to have a body with such wisdom and capabilities.

Today, I allow my body to heal naturally. I get the rest my body requires and only eat nutritious foods. I make my health a priority.

Self-Reflection Questions:

1. How much sleep do I get each night? Is it enough to maximize my health?
2. Am I eating properly? How could I eat even better?
3. Am I making my health a priority? What can I do to strengthen my health?