

# THE EMOTION CODE

Say goodbye to health & emotional issues and stress!

The Emotion Code is the simplest way to get rid of your emotional baggage, helping you to feel freer, happier and healthier!

The technique was created and refined by a chiropractor, Dr Bradley Nelson, who realised that his patients' aches and pains were more than just physically based – they were emotional. Dr Nelson coined the phrase 'trapped emotions' – negative emotions that become trapped in the body during intense emotional events. Because the body is actually made up of pure energy, the negative energy of trapped emotions can exert a damaging force on the body, which worsens over time. Trapped emotions cause pain, self-sabotage, emotional problems and all kinds of emotional problems and disease.

Janet Thornton is a Certified Emotion Code Practitioner has been trained to help you discover and release your trapped emotions, which will help your body's natural ability to heal itself, often resulting in reversal of the disease process and the disappearance of emotional and physical ailments. The Emotion Code has been able to help all kinds of difficulties, including but not limited to all those listed below.

The Emotion Code is non-evasive, totally safe and requires very little time and effort on your part. No dredging up the past is required, which makes it very cost effective compared to other kinds of therapy.

## **How does it work?**

The subconscious mind is the ultra-intelligent computer system of the body; it knows just what you need to be happy and healthy. The Emotion Code combines 3 main elements: 1) Specific questioning and muscle testing (kinesiology) to find information about trapped emotions from the subconscious. 2) The modern technology of therapeutic magnets and 3) The ancient principles of energy meridians in Chinese medicine. First a trapped emotion is identified. Then a magnet is used as a carrier for the practitioner's intention to release the trapped emotion. When that magnetically charged intention energy enters the body via the Governing Meridian (a major energy channel), the trapped emotion is released instantly, never to return. The process is quick and powerful, and the effects are long lasting.

Great for kids and pets too!

## **The Emotion Code has helped:**

ADD/ADHD, Addiction, Allergies, Back Pain, Bedwetting, Blood Pressure problems, Cancer, Carpal Tunnel, Chronic Fatigue, Eating Disorders, Fibromyalgia, Headaches, Hormonal problems, Infertility, Insomnia, Learning Disabilities, Morning Sickness, MS, Neck Pain, Night Terrors, Obesity/Overweight, Parkinson's Disease, Skin problems, Tennis Elbow, Tinnitus, Thyroid problems, Vertigo, and much more.

## **What can I expect?**

Most people say The Emotion Code helps them feel lighter and freer, and we frequently see the disappearance of major health and emotional issues too! Your results will depend on how many trapped emotions you have and how quickly your body responds after they are removed. Releasing trapped emotions can help restore balance to your body, enhancing your body's natural healing abilities.

To book a session, please contact: Janet Thornton on 07795 483462.

Or email [info@janetthornton.co.uk](mailto:info@janetthornton.co.uk), or see website at [www.janetthornton.co.uk](http://www.janetthornton.co.uk)

**DISCLAIMER:** We do not claim to cure any medical problems. Our aim is to help provide healing for issues that are causing stress and discomfort in your life at the moment. Results of any of the sessions mentioned above may provide relief or elimination of symptoms, or cause of any issue, although no guarantees are made. **If you have concerns about your health, please visit your doctor.**