

REALITY
BENDING
HEALTH SECRETS

BEND REALITY TO CREATE THE
HEALTH YOU DESERVE

DAVID ORWELL

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INTRODUCTION

Anyone can work hard to have great relationships in their lives while earning lots of money. However, there is one thing that many people often forget about in their lives.

People regularly forget about their health. People often focus too much on making money and finding romance to the point where they forget about their bodies.

You need to be healthy and active if you want to enjoy all the good things you are coming across in your life. Life is more fun when you feel physically great about yourself.

My goal in this brief guide is to help you understand the ins and outs that come with being healthy. I am going to talk here about many of the secrets you can use to bend your reality to your advantage.

I especially want to talk about how you can think carefully about having a new focus over your health. This includes knowing what you can do to improve upon how you think about your life.

The overall goal is to focus on healthy attitudes and behaviors. As you change your mentality and attitude around, it will be very easy for you to stay healthy. Your risk of becoming ill will especially be reduced.

PART 1 – REALIZING YOUR CURRENT HEALTH STATE

When aiming to improve upon your health, you have to think about what your health means to you at the start. What does it mean for you to be healthy?

More importantly, what do you think about your health?

You have to consider your ongoing health state in terms of what you are thinking about yourself and how positive you feel. Think carefully about what you are getting out of your life and that you are confident about your body and how it is functioning at a given time.

One good thing to consider when looking at your health state entails the attitudes you have towards it. You must focus on positive thoughts so it will be easier for you to have a healthier body and to avoid many of the physical problems that can come about if you think about far too many negative things.

As this part of this guide reveals, being positive about your mind and body can make a true world of difference. It is all about helping you to understand what you need to get out of your life and staying healthy.

What Do You Like About Your Body?

One good way to start is to think about the positives that come with your body. Look at yourself and consider the things about your body that you like the most. This includes how well your muscles might look, your figure or even how much energy you have.

Focus on these points and give your mind a better sense of control. As you do this, it should be easier for you to feel more confident.

The most important thing you can do when aiming to build a healthier life is to look at what you can do to keep your mind at ease with your body. Your mind and its thoughts can directly relate to how your health functions. When your thoughts are positive, you will feel healthier and become less likely to feel ill.

As you focus on the positive aspects of your body, you will begin to feel less stress and worry in your daily life. This in turn keeps you from feeling a sense of panic and worry in your life.

Besides, if you dwell upon the bad stuff, that negative energy that comes from it will only become worse. You don't want to think about things you don't like or else those problems will just become aggravated because you are thinking about those points far too much in your life.

Take Responsibility For Your Body

As great as it can be to think positive thoughts, it is also important for you to care for your body on your own. You have to do this to give yourself more control over how your body feels. Fortunately, when you do this, you will feel that it's not all that hard to get positive energy into your life.

You must also think about how you taking responsibility for your own health. You have to think about this so you will be in control of your mind and body alike.

This comes as not being responsible can result in you being abusive and hostile to your body by not treating it right or with the care that it actually deserves. This could only end up making it harder for you to have the positive energy you need to stay healthy and keep your body under control.

When you work hard towards treating your body the right way, you will see that your body isn't going to feel all that stressed out. You might notice over time that the effort you put into your body will make you feel happy and less stressed. This is all as you feel a sense of accomplishment in giving your body the support and help it needs for all kinds of purposes and intentions.

You can always work with a number of things to help your body stay comfortable. These include such helpful ideas as the following:

- Enjoy a healthy diet with plenty of great foods. You can enjoy organics if you want but the key is to just think about how well you're eating and that you're keeping your dietary plan under control.
- Exercise regularly to release chemicals in your brain that help you to feel happy. Such chemicals are known as endorphins.

- Enjoy sporting activities and other things with friends. This helps you to generate more positive energy as you are being with people who care about you and have a strong interest in working out with you.
- Be active outdoors and go on regular walks or do other outdoor activities regularly. Anything that helps you to get outdoors and relax and think about the world around you always helps.
- Know when to say no to things that might impact your body in a negative way. Don't assume that you have to accept every dangerous meal that is out there, for instance.
- Take time to rest each day. Don't think that you have to go through lots of stress in a typical day or else you will only harm your body and make it harder for you to feel comfortable with yourself.

As you engage in their behaviors, you will feel positive because you are not going to be at risk of feeling guilty about how you treat your body. You will feel relaxed and refreshed within your mind while also feeling as though you did something positive for your mind and body.

PART 2 – DEVELOPING AN ABUNDANCE MENTALITY

It is critical for you to think about being healthy. This includes especially being positive about your life.

Positivity is something that helps you to get through any day. No matter how tough things might be, you always have to keep a positive mindset going. This will help you to get great energy up into your life, thus keeping you from struggling and feeling worried over what you want to do with your life.

Your thoughts are the key to bending your reality. As you think more positive and happier thoughts, it will be easier for your reality to change to your benefit. It will become altered to the point where your health will not be at risk of harm.

When you use your mind, you can develop an abundance mentality. This means that your health is in good spirits and that you have plenty of great things going on in your life that will help you to stay healthy and active.

You can use this mentality to create the feeling that your health is always going to improve and that nothing difficult is going to come about. This in turn helps you feel confident and comfortable about your life. It makes it easier for you to go forward and feel confident with your life in general.

It also helps you to avoid thinking about everything bad that could happen with regards to your health. You will not feel the stresses that come with a difficult life if you just think carefully about what you can do in general with your life.

The Power of Thought and the Placebo Effect

It is particularly important for you to look at the thoughts you are trying to produce in your daily life. You should think only good things without feeling rough or hard on yourself.

By using the power of thought, you will have more control over your health. Think of it as medicine for your mind. It's like a placebo effect in a way in that you will not have to take any real medicine but you will feel better about yourself because you have positive thoughts where you are confident in your health.

The placebo effect is a simple concept that entails someone taking what they say is medicine but it is actually a sugar pill. The positive thinking that a person develops makes that person think one's problem is going away.

This does actually help to get a problem to go away in many cases. This comes as the positive energy that comes from one feeling that the body is to be healed can make a world of difference.

Positive energy can really help you out. When you are thinking positively, it will be very easy for you to have a better life without pain or various physical worries.

To make your thoughts work right, you have to avoid negative thoughts and behaviors. This is all about giving yourself control over your mind. The next few points you will read about here are all about using thought to your advantage.

Avoiding Negative Thoughts

Think about the last time that you were around someone who had a cold or was ill in some other way. You might have become obsessed with trying to stay away from that person. This is all about trying to keep you from being sick just as well. You might have stressed yourself out to the point where you were overly worried about being stuck near someone.

Well, those fears about getting sick can bring about negative thoughts in your life. This in turn causes negative energies to develop in your mind and body. It could be easier for you to become sick as a result. In other words, you will actually catch whatever it is someone else has.

It is critical to avoid any negative thoughts with regards to your health. You cannot afford to think about negative stuff or else it will be easier for negative energy to get in your life. This in turn can hurt your body and make it easier for you to become healthy and under control of your life.

In fact, the stresses that you could come about when you are around other people or situations that cause negative feelings can harm your body over time. Your body will start to release various chemicals such as cortisol and other toxins when you are stressed.

Such releases come about because you are struggling to keep your body healthy. This comes as you are too worried about all sorts of things happening in your life. These worries often translate to you struggling to stay healthy

This does not mean that you should avoid being around such people who concern you. The problem with going so far as to avoid people that way is that you might just cause more negative energy to come about in your life.

This comes as you are only adding onto the worries in your life. As these fears come about, you will only continue to be scared and therefore likely to draw negative energy.

If anything, you might be surprised at how avoiding negative thoughts can help. A major university in Japan found that more than 80 percent of people in a test were able to avoid the itchy responses to poison ivy that a person typically experiences. This could be thanks to that person not being focused on the pain or anything negative about it.

Think of it this way – normally you don't feel pain until you see something that looks painful on your body. It's a unique response that can really be specific and should be checked carefully.

If anything, you must look carefully at how well you are going to get rid of the negative thoughts that can harm your life. You must watch for what you will do in your life as negative energy will bring about harm to your body, thus making the need to be a much greater optimist front and center in your life.

But how can you get rid of those negative thoughts? That is the next that I want to talk with you about.

How to Let Go of Negative Thoughts

Of course, there might also be times when you already have negative thoughts that are in your way. You might be struggling to try and get them out of your mind. But it can always be tough to do this because of how pervasive some of those thoughts might be.

You must get rid of the negative thoughts in your life if you want to feel your best. The stresses that come from those thoughts can actually do more to hurt your life over time. This comes as you will be struggling to enjoy your life and feel confident in yourself.

Negative thoughts can especially persist and become worse if they stick around for a while. More importantly, these thoughts will start to make you feel worried and afraid to do the things that you want.

Fortunately, it is not as difficult for you to get rid of your negative thoughts as you might expect. There are a number of good things you can do in order to get rid of those troubling thoughts.

Here are a few things you can do to keep your life under control:

- Talk out whatever negative feelings you have in your mind. Look at how irrational some of those feelings might be.
- Exercise often helps you to get rid of those negative thoughts. This comes as you are working hard to get the stresses in your life out of the way.
- Get into a different environment when you are struggling with negative thoughts. Go into some place that you feel isn't going to be overly negative or hard.
- Don't stick around people who try and tear you down. People who are naturally negative often make it easier for people to become just as negative and upset with their lives.

- Establish a positive statement that you know is a go-to statement for your life. This could be something that makes it easier for you to feel comfortable about your life and whatever situation you are in.
- Think about where those negative thoughts came from. Are those thoughts coming from places that might actually be confusing or otherwise illogical?

By using these points, it should be easier for you to keep negative thoughts out of the way. This is especially to give you a better idea of how well you are thinking without being at risk of hurting your life in any way.

Getting rid of those negative thoughts in your life does not have to be all that difficult for you to handle. Be certain when thinking about what you want to do that you focus only on positive things that you know are easy to follow and use in your daily life.

The Power of Your Heart

You might be surprised to find out that love is something that can make your health even better. Love is one of the most powerful healers in the world. It's something that proves that you will have something great for your life and that you are not going to struggle with any mental blocks that might come about over time.

When people love, they feel better about their lives. If anything, being in love and loving others can be even more powerful than many of the medications that people often take. Best of all, love doesn't cause any extremely difficult side effects.

You would be surprised at how well you can get love to take control of your life. The heart is truly the most powerful organ in the body in that it does more than just get blood moving. It helps you to give something special to others in your life and to make everyone feel great.

Love helps you to feel positive about other people. When you are in love, you will have a stronger attachment and relationship with someone that you truly care about. This can help you to reduce your stress while giving you a more positive meaning to your life.

When you are in love, you will feel more confident about yourself and appreciative of everyone who is around you. This can make a real difference as you won't feel stressed out or worried in any manner.

But there are a few different points to see with regards to how great love can be. These are positives about love that prove just why it is so important to have it in your daily life:

- When you're in love and caring for people, your blood pressure will go down. This comes as you are not as likely to feel a great amount of stress over time.

- You will not be likely to fall into depression when you have people who love you and the other way around. This could help keep you from being at risk of using various substances like drugs or alcohol.
- You won't feel overly anxious over time. You will not feel worried about stuff because you have someone who actually cares about you.
- Your immune system may also improve, thus making you less likely to suffer from colds and other common health issues.
- Various wounds around your body can heal faster with the power of love. This is thanks to how you will feel less stress around your body. This keeps the stresses and issues that come from any injuries you have from being worse.
- There's also the benefit of your mind feeling more optimistic. This comes as you know you aren't going to be alone.

Love can make a true world of difference. Be certain when working hard to improve your health that you know what you can get out of love. Being willing to love and to give love is always something that makes you feel happy and comfortable with your life.

Reduce Stress to Extend Your Life

Stresses can be difficult to bear with in your life. But when you are able to get rid of stresses in your life, it will be easier for you to stay healthy and to feel your best.

Stress can be a real problem as it comes from anything difficult that happens in your life. More importantly, it can come about when you are feeling overly worried or concerned about all sorts of stuff that can occur in your life. This could add something extreme and painful to your life that is often far too hard for you to bear with depending on how difficult the condition is.

Those who suffer from less stress are less likely to bear with heart rate and blood pressure issues. It is also harder for the body's immune system to function when the body is too stressed out.

As a result, it is a necessity for you to reduce your stresses in your life so you can stay healthy. You will be impressed at how well you can keep your mind and body comfortable when you reduce your stress levels in general.

You can always reduce stresses in your life to help you feel better and to reduce the negative thoughts in your mind. This in turn helps to attract a healthier life and better attitude your way, thus making it a whole lot easier for you to enjoy your life over time.

In addition, it will also be easy for you to think about all sorts of things in your life without having lots of worries. Without stress, your life will be carefully organized and ready for anything. You won't be muddled up in lots of confusion or other frustrating points that might be a real challenge for you to work with at some point.

It helps to keep stress from being a threat to your life. There are a number of things you can do right now to keep stress from being a burden to you:

- Start by getting enough sleep in your life. When you have enough sleep, it is easier for you to relax and recover.
- Figure out traditional relaxation techniques that are easy for you to use. These include techniques that help you to focus on the more positive things in your life.
- Improve upon your social network. Find more friends that might be interested in you and talk with them on occasion if desired.
- Work with time management skills to see what you can do in a typical day. This includes knowing how to resolve different kinds of tasks that might take a bit of time to complete on average.

You will have a better life and enjoy it much more than usual when you know how to resolve stresses. As you handle stresses properly, you will have an easier time feeling comfortable and relaxed.

Curing From Within

You should look at how well you can cure yourself from within. You have more power over various problems in your life than you think.

As you manage your stresses from within, you will notice that it is not too tough to feel better about your life and at ease with whatever it is you want to get out of it.

In order to cure yourself from within, there are a number of things that you have to do to make it worth living:

- Start by taking a look at how much time you have for handling all sorts of events and other problems in your daily routine.
- Prioritize everything in your life based on what you feel is important to you. This is to help you keep stresses from many problems from persisting.
- Think about the positives that come with things that you come across in your daily life. These include positives relating to stuff that can be easy to manage and handle in your routine.

Make sure when taking care of yourself from within that you know what to get out of it. This is to make you feel a little more confident about your life and what you can do with it.

PART 3 – MANIFESTING PERFECT HEALTH

When there's love and happiness, there are always plenty of good things coming around the bend. You might be surprised at how well your life will feel if you think carefully about manifesting your healthy.

The process of manifesting perfect health entails several steps. It involves not only having love but also being willing to give it to others.

It also involves being thankful for a variety of things. You have to show a sense of gratitude throughout your life to give yourself an easier time with feeling happy.

You will have a better life in general if you focus on what you can do to get perfect health. As you will read in this third and final part of my guide, it is easy for you to manage perfect health when you think about how you can get it to work to your advantage.

Be Willing To Give Love

You already read about how you should be willing to have love in your life. Of course, you should know that love is not the two-way street that many people find it to be.

You have to be willing to share your love with other people. This includes sharing it in terms of telling people what you think about them and being respectful of others.

As you give love to others, you will show them that you are invested in their needs and that you want only the best for them. You will especially show that you respect them and their demands.

When you give love, you will spread positive energy out to other people. This also makes you feel great about yourself in the long run.

With enough positive energy, you will find that your life will not be all that rough. You will feel comfortable about yourself and more likely to have the energy you need for a more positive and controlled life all the way through.

Gratitude Is Critical

It is especially important to show gratitude to everything that helps to make your life a little better. You have to focus on the positive things in your life if you want it to be more enjoyable.

When you are grateful for other things, you will feel confident and happy with yourself. You will feel as though there's nothing that will hurt you or make you feel stressed.

There are many ways how you can express your gratitude for many things in your life:

- Have a heart to heart conversation with someone that you care about in your life. Be willing to talk about whatever it is that interests you and how that person helps contribute to those things.
- Be willing to help someone out during a difficult time in need. Whether it entails money issues or help with getting ready for an event, it helps to pay your attitude forward.
- Share more of what you have with others. Share things like a vehicle or some new gadget you've got. Let others feel as excited as you are about something of value.

By showing your gratitude, you are essentially telling people that you care about them and that you want only the best for those people. This will help you get the positive energy you need to keep your body healthy and in control for a long time.

Conclusion

I hope that you have learned everything you have ever wanted to know about improving your health through positive thinking. It is true that changing your mindset around can make a real world of difference.

When you draw positive energy into your life, you will be keeping yourself in control. You will have a better overall attitude without feeling hard on yourself.

Best of all, you won't have all that negative energy in your life that keeps you from feeling healthy. You will even get rid of all those stresses in your life when you work hard enough to keep them at bay.

Good luck in your efforts to stay healthy and to keep stresses and other mental threats out of your life.