

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Move Your Body From The Inside Out**

**By Stephanie Wood**

**Move Your Body From The Inside Out by Stephanie Wood**

You have permission to publish this article in your ezine or on your web site, free of charge, as long as the bylines are included. A courtesy copy of your publication would be appreciated.

**Move Your Body From The Inside Out**

Take the first step in getting started with Moving Your Body from the Inside Out by using this strategy: Every word you believe and repeat tends to shape what you become.

Use your thoughts wisely. Understand their power. Thoughts have a tendency to become their physical equivalent. This is one of the fundamental laws of the universe. Another one is the law of attraction, which states that "like attracts like." Because it is consciousness that creates reality, the kind of consciousness you hold, your vibration, actually creates the kind of life you're living.

Formula for you to explore:

Thought to a feeling  
feeling to a behavior  
behavior to a result .

So how does this relate to moving your body everyday? Here is an example:

If I tell my body the thought: "I feel fat today!" Then that thought becomes a feeling, and I feel heavy...so am I now motivated to move my body? I don't think so...and the result is that I go back to my computer and ignore my body and feel even more sluggish.

Versus this scenario which is the reverse. Think of a positive word: (opposite of fat may be "light" (for me that is). I feel light...the thought becomes a feeling: I feel better about moving...I want to move my body...and the result is that I put on some music and walk around the house.

What thoughts come up around the word exercise for you? If it is negative, use the same negative to positive formula. For example... I have to exercise = a negative; a non-motivating desire. Instead try: "I enjoy moving my body everyday" (this is a positive force to motivate myself).

## Move Your Body From The Inside Out

Now moving can take all sorts of forms...there is no right or wrong way...just move! Well there are correct ways of moving so that you do not injure yourself...but we will get to that later. The point is to put your thoughts into motivating action.

I encourage you to practice this "word" game with yourself...and see how you feel inside your body vs. what you think you should be doing; which in turn will propel you to naturally move in ways you really enjoy without having someone tell you what to do.

Your body is not created or put on from the outside. It is not attained through cosmetic surgery, deprivation, or compulsive exercise. It is accomplished by looking from the inside out.

Practice the liberating exercise above and see how your body becomes liberated to move...and your new body will start to emerge as a natural result of a healthy and balanced life.

I can help you create movement programs that can be naturally integrated into your lifestyle. Send me your challenges: I am here to help you move your body in a fun and enjoyable way everyday!

Stephanie Wood is a Lifestyles/Movement Coach, Mentor Coach and Personal Trainer; Creator of The Active Personality Style Profile © and Lean Sweep © Assessment and famous teleclass: "Resist Exercising? Want to Know Why?" <http://www.dancefitnessplus.com>; Call her at 908-654-8459 (Eastern Time ) for a Free Consultation or Email: [sw-dance@worldnet.att.net](mailto:sw-dance@worldnet.att.net)

### **Alternatively Endo**

**By Tammy Majchrzak**

### **Alternatively Endo by Tammy Majchrzak**

Yoga and Endo:

Yoga brings great benefits to anyone wishing to practice. It can be especially beneficial for those who, like me, have Endometriosis. I have found through regular practice that Yoga helps to bring clarity of mind, focus and stability. It is through this stability and grounding that we begin to look at our body and this disease in a new light. Postures that work on energising, waking, twisting and turning internal organs, releasing toxins, working the nerves, muscles, every part of every part of you begins a workout and greatly benefits. The beauty of Yoga is that it starts working from the moment you practice. Benefits are felt almost immediately.

"How can i do this when in such pain" – The key is to start small with gentle stretches to energise and wake up the body. for many it will be introducing the body to exercise again, in a gentle form. As you become more flexible and willing to practice you can move on to shall we say bigger postures that work to rebuild muscle, tone the body from inside out. Yoga is your personal journey and I personally feel it is a most valuable tool for not only those with Endometriosis but for anyone who wants to unite mind, body and spirit.

Qualified Yoga Practitioner and spiritual healer. Great interest in Alternative therapies, diet and nutrition, yoga, healing, meditation etc. Currently working to generate awareness of how alternatives can assist those with Endometriosis, through diet and nutrition, exercise and alternative ways of living we can help to manage this disease.



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**[100% Effective Natural Hormone Treatment](#)**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**