

WEBINAR PREP + NOTE-TAKING

5 Steps to Heal Any Chronic Health Condition Naturally

with Christina Ammerman
The Core Wound Healer



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Before you join the webinar, fill out this page and the next one

SO READY!

I'm not sure

Are you ready to heal your chronic health condition(s)?

☐☐

Are you ready to finally know EVERYTHING that's causing your condition(s)?

☐☐

Are you ready to take action that you know will heal your body?

☐☐

Are you ready to have that action transform EVERY sector of your life?

☐☐

Are you ready to join the webinar and learn the COMPLETE steps you need to heal any condition naturally, including the one(s) you're experiencing?

☐☐

If you are ready, then this webinar is THE HELP YOU'VE BEEN CALLING IN.

I will show you the 5 categories of root causes you MUST address so that your body has everything it needs to heal itself.

Your Health

Before you join the webinar, fill out this page

What chronic health condition(s) do you want to heal?

What treatments and healing methods have you already tried?

How will your life be better when you heal this/these condition(s)?

How will your life and/or the lives of someone important to you be impacted if you don't heal this/these condition(s)?

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Step 1

Use this page to take notes during the webinar

Step 1 is to identify and resolve _____
_____.

These patterns didn't originate within you. They are all
_____ and _____.

Your subconscious mind believes these patterns make you
_____ and _____.

There are (#) _____ categories of subconscious emotional patterns. There are two types: _____ and _____.

The deepest category is the _____.

Step 2

Use this page to take notes during the webinar

Step 2 is to identify and resolve _____-related subconscious patterns.

These shadow patterns are believed to be encoded in our _____.

There are (#) _____ pairs of these patterns. They correlate with the hexagrams in the respected ancient Chinese text, the _____.

These shadow patterns must be mutated into their corresponding _____ (enlightened) state in order for your body to heal fully and your mind to permanently move out of ego consciousness (survival mode).

Step 3

Use this page to take notes during the webinar

Step 3 is to identify and resolve _____
_____.

The three main types are _____, _____
_____, and _____.

Step 4

Use this page to take notes during the webinar

Step 4 is to identify and resolve _____.

The four types are _____, _____, and _____.

Thoughts are _____. Emotions are _____.

Even with proper diet, the most common physical root causes are _____.

Proteins aren't just a healthy source of fuel. Your body breaks them into _____ which are used to make hormones, neurotransmitters, and more.

According to the science of epigenetics, DNA might only affect you if it's acted upon by a _____, which can be chemical, mechanical, electrical, or magnetic.

Step 5

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Step 5 is to _____ the _____
_____.

By design, your body can't heal when your nervous system is
in _____/_____ mode.

Here in modern times, the most common triggers to the
nervous system are _____.

Resolving the non-physical and physical root causes in steps
1-4 will automatically reduce your nervous system triggers by
_____% to _____%.

Next Steps

Use this page to take notes during the webinar

Learning new information creates results. ___True ___False

_____ + _____ = Results

An important way to avoid overwhelm is to identify the _____
_____ instead of trying to do everything at once.

Before trying to solve a problem, it's best to _____
_____ it.

Other notes: