

Do you ever feel like something is holding you back from achieving your goals and living a healthy, balanced life?

Whether it's physical pain, emotional turmoil, or simply feeling stuck in old patterns, we all have areas where we could use some extra support. That's where The Emotion Code® comes in – it's a powerful tool for unblocking self-healing and restoring balance to both body and mind. Developed by renowned chiropractor and holistic physician Dr. Bradley Nelson, this approach to kinesiology offers a step-by-step method for identifying imbalances and correcting them at their source.

Here we explore how The Emotion Code® can help you to overcome obstacles to optimal health and wellness, so that you can thrive in every aspect of your life.

What is The Emotion Code®?

The Emotion Code® is a powerful approach to kinesiology that helps identify and release trapped emotions within the body. These emotions can manifest as physical pain, chronic disease, or negative thought patterns, and often stem from traumas experienced in childhood or later in life. By using muscle testing techniques, Dr. Bradley Nelson's method allows practitioners to tap into the subconscious mind and pinpoint specific imbalances.

Once an emotion has been identified, it can be released through a variety of methods, such as tapping on acupressure points or by using visualisation exercises. This process allows individuals to experience greater physical comfort and emotional well-being by removing blockages that may have been holding them back for years.

The Emotion Code® recognises that our bodies are energetic systems - constantly vibrating with different frequencies, depending on our thoughts and feelings. By clearing out negative emotions and replacing them with positive ones, we can create a more harmonious internal environment that supports optimal health and vitality.

The Emotion Code® offers a unique perspective on healing that combines elements of traditional Chinese medicine with modern science. Its simple yet effective approach makes it accessible to anyone who wishes to improve their quality of life through unblocking self-healing processes.

How can The Emotion Code® help me?

The Emotion Code® is a powerful tool that can help you unblock self-healing and achieve overall balance in your life. By identifying and releasing trapped emotions, you can experience relief from physical, emotional, and mental imbalances.

Through the use of applied kinesiology, Dr. Bradley Nelson's approach to The Emotion Code® allows you to tap into your subconscious mind to identify these trapped emotions that may be causing an imbalance in your life. Once identified, they are released through simple techniques like tapping or visualisation.

By identifying and correcting these imbalances one-by-one, using a step-by-step approach, you can start living a healthier life, both physically and mentally. The benefits of using The Emotion Code® are endless - from improved relationships with loved ones to increased energy levels throughout the day.

If you're looking for an alternative form of therapy that addresses not only physical but also emotional health, then incorporating The Emotion Code® into your routine could be just what you need to kickstart your journey towards healthy living.

Dr. Bradley Nelson's approach to kinesiology

Dr. Bradley Nelson's approach focuses on addressing the root cause of one's physical or emotional discomfort, instead of simply treating the symptoms.

Using applied kinesiology, Dr. Nelson tests muscle responses to determine imbalances in the body caused by trapped emotions. Once these emotions are identified, he uses a simple yet effective method to release them using magnets placed on certain points of the body.

Dr. Nelson emphasises self-healing through identifying and correcting any imbalances in energy flow within an individual's body. This step-by-step approach allows for long-term healing, rather than temporary relief.

Through his method of utilising the innate intelligence of our bodies, Dr. Bradley Nelson has helped numerous individuals unblock their self-healing abilities and achieve optimal health in both mind and body.

The benefits of using The Emotion Code®

Using Dr. Bradley Nelson's Emotion Code® in kinesiology practice has numerous benefits for self-healing and healthy living. First of all, it helps to unblock emotions that may be causing imbalances in the body. These emotional blocks can manifest as physical pain or ailments, which is why addressing them is important.

Additionally, using The Emotion Code® allows for a step-by-step approach to correcting these imbalances. It involves identifying specific trapped emotions and releasing them through various techniques such as muscle testing and magnetic therapy.

One major advantage of this approach is that it doesn't require medication or invasive procedures. Instead, it empowers individuals to take control of their own healing journey by addressing underlying emotional issues.

Furthermore, by releasing trapped emotions, individuals may experience increased energy levels and overall wellbeing. This can lead to improved mental clarity, reduced stress levels and better sleep patterns.

Using Dr. Bradley Nelson's Emotion Code® offers a natural way to address emotional blockages which may be contributing to physical ailments. By taking a step-by-step approach towards rebalancing the body's energies, without invasive procedures or medication use, one can pursue healthier living options while improving mental clarity; there is a subsequent increase in energy levels leading to positive psychological changes within oneself.

How to use The Emotion Code®

Using The Emotion Code® is a simple and straightforward process that anyone can learn. The first step is to identify the emotions that are causing imbalances in your body. This can be done by using muscle testing or simply tuning into your intuition.

Once you have identified the emotions, you can start releasing them using various techniques such as tapping, visualisation or affirmations. You may also use magnets during this process which help to amplify the energy flow and speed up healing.

It's important to remember that emotional release work takes time and patience. It's not uncommon for some people to experience resistance or discomfort during the process, but it's important to stick with it and trust the journey.

As you continue working with Dr. Bradley Nelson's Emotion Code®, you'll begin to notice changes within yourself: physically, emotionally, mentally and spiritually. Your overall sense of wellbeing will improve as your body releases old patterns of imbalance and opens up space for healing energies.

Incorporating regular Emotion Code® practice into your self-care routine can help support a healthy lifestyle that is focused on unblocking self-healing through applied kinesiology techniques. By taking a step-by-step approach towards identifying imbalances within our bodies we open ourselves up more fully towards a life of healthy living, both internally (mindset) and externally (physical fitness).

Karin Marianne Lang

Using powerful tools of **Applied Kinesiology**, **The Emotion Code®** and **Acupuncture Points Tuning Forks**, [Karin Marianne Lang](#) can help clients to overcome health and wellbeing issues which are holding them back from fully experiencing their life joyfully - in abundance and health.

For General Enquiries and To Book Appointments, please use this [Contact Form](#)

Or, you can call Karin on: **01353 658505**

Session Information

To start with, you can book a **FREE** initial 30-minute Consultation.

Most Sessions can be in person or over Zoom.