



Ep 6: Exploring 'Alternative' Health: Homeopathy, Flower Remedies & Essential Oils

How well do you listen to your physical body to understand the signals it sends you? Write down some examples of when your body has given you signals, how you've responded, and what those signals indicate. Is there anything lately you might be ignoring or has anything been accepted as your 'new normal' that could actually use some attention?



Are you quick to shoot the messenger by taking over the counter remedies to alleviate the symptoms rather than seeking to understand the cause? Give any examples.

Is sleep a priority for you? How many hours do you need to operate at your very best? Are you getting that much?

Are you conscious of the role that eating, drinking and moving your body has on keeping it running in optimum condition? Is there anything you'd like to change? Why?

Do you pay attention to your emotions? Do you understand the correlation between your emotional and physical body and how your body actually becomes weaker or stronger depending on your mental state?

Are you open to exploring remedies that work in harmony with your body's natural healing abilities? Which natural health practices have or have not worked well for you? Are there any you would like to try?

Are you up to date with your smear test? Are you due for a mammogram or any other kind of screening? Blood pressure check, blood samples for diabetes, Cholesterol levels, Body Mass Index (BMI) and obesity checks? Are you due for a dental check-up, could you do with having your eyes or ears tested? What about any odd moles or lumps that need checking out?

Do you express gratitude for your health? Do you truly appreciate all that is functioning beautifully in your amazing body - or do you only notice when something's not working well? Pause right now and feel gratitude for one part of your body that's functioning brilliantly. Say a heartfelt thank you to that body part.



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If you haven't yet got the free [Project Me Life Wheel®](https://www.myprojectme.com) head to
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The Project Me book is available on Amazon and all good book sellers.

Until next time, open your mind, open your heart - and stay curious.

Positively yours,
Kelly x



Kelly Pietrangeli is the creator of Project Me, a global movement of women who are stepping out of auto-pilot and consciously creating their lives.

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