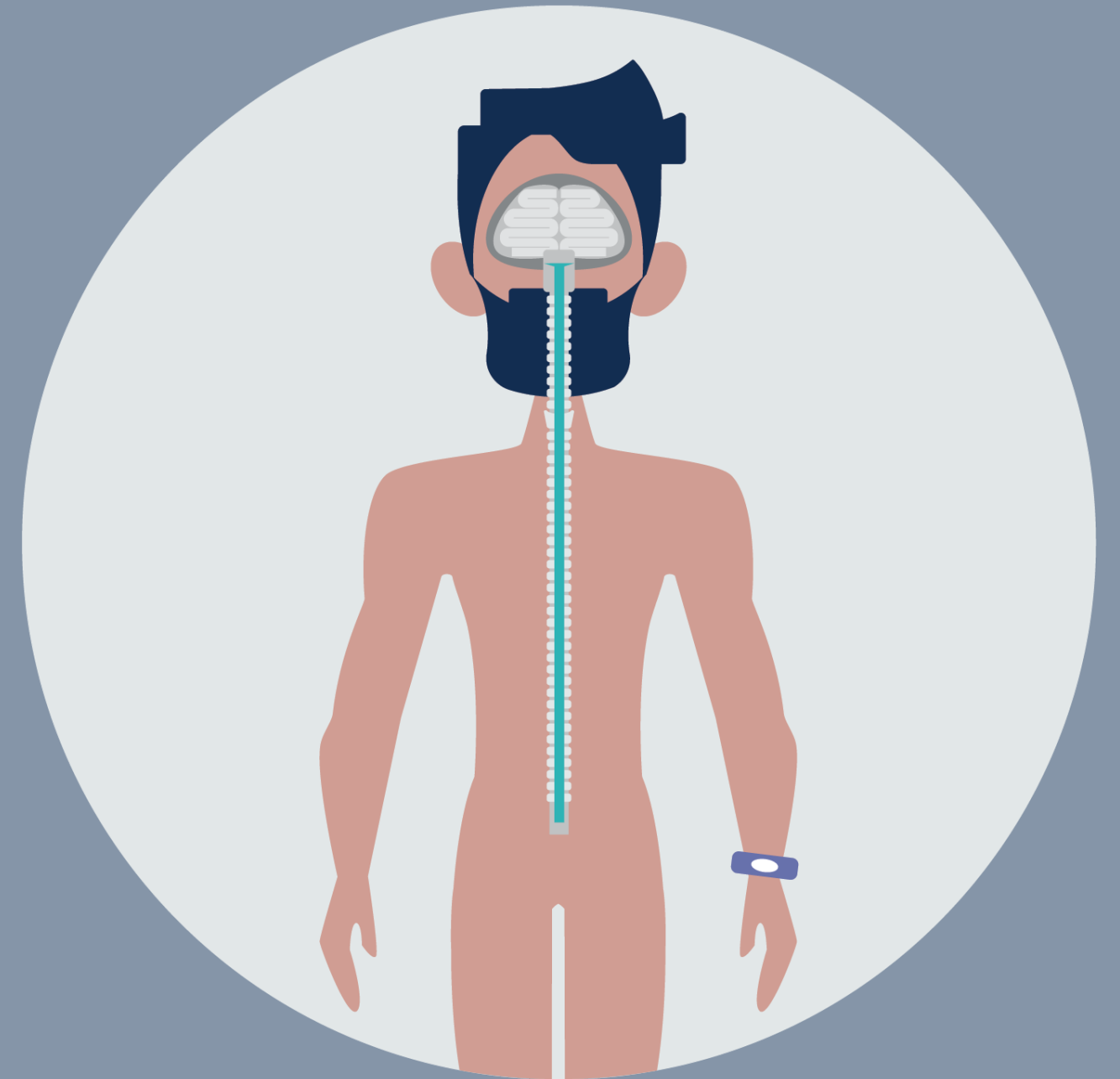


Anxiety 01: Calming Physiological Symptoms

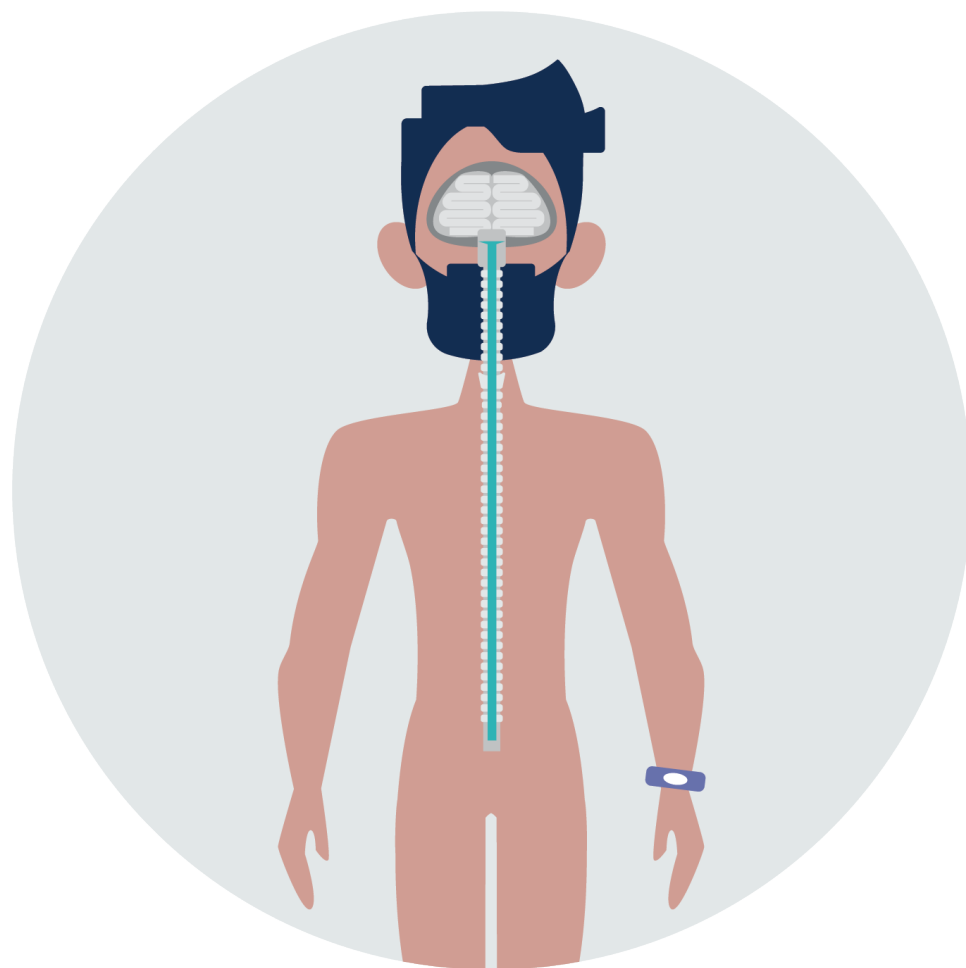
Various systems in the body contribute to the physiological factors of anxiety. Optimal functioning of these systems can eliminate anxiety symptoms in the body. This Medigraytion calms the physiological factors of anxiety by bringing consciousness to your enteric, sympathetic and parasympathetic nervous systems, as well as your endocrine system, reminding each system of its ability to perfectly regulate neurotransmitters, achieve balance within your microbiome and regulate hormone function.



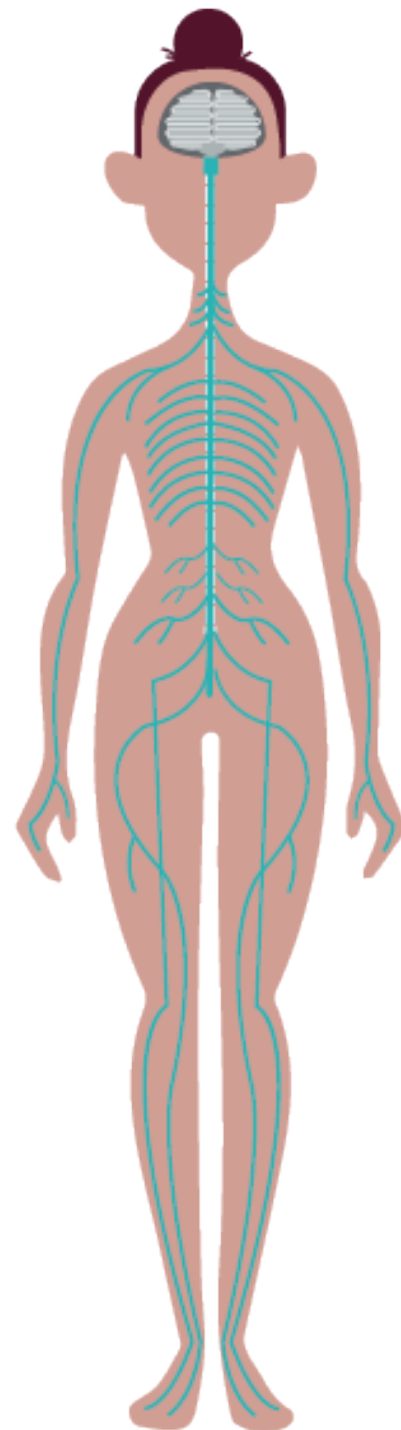
Basic Anatomy

Take a glance at these basic anatomy images. You don't need to study them a ton; just know their shapes and locations.

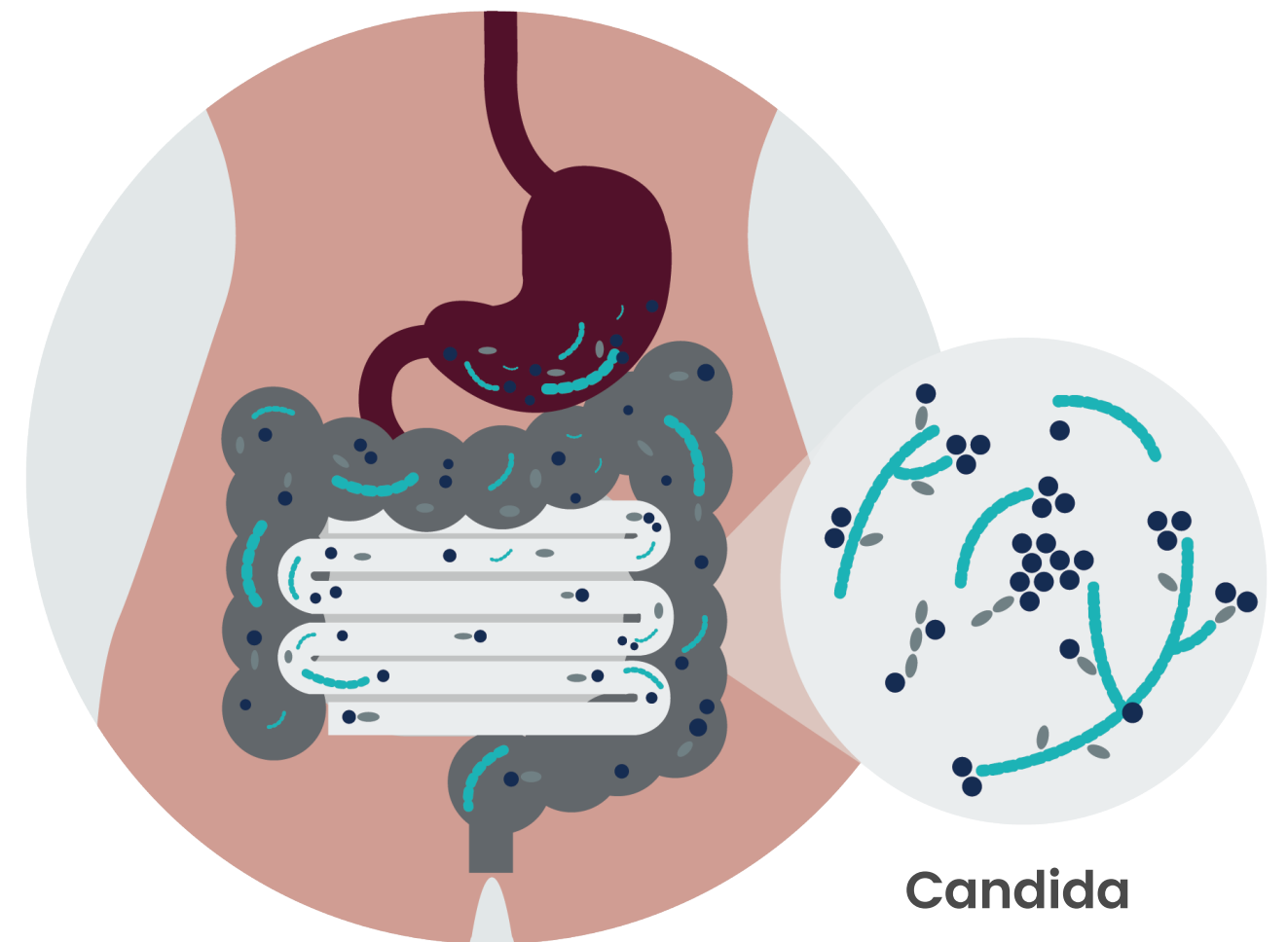
Central Nervous System



Autonomic Nervous System



Enteric Nervous System

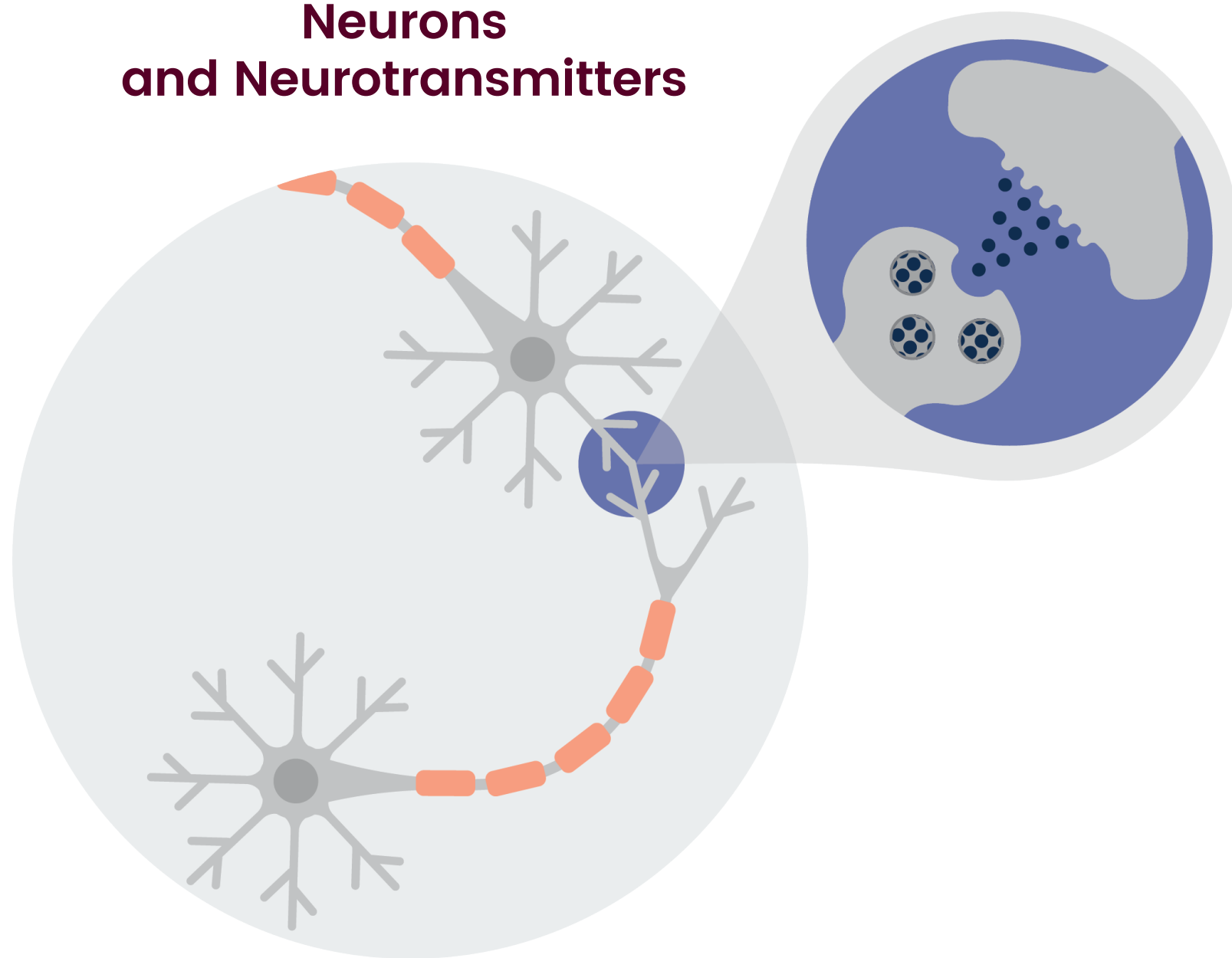


Candida

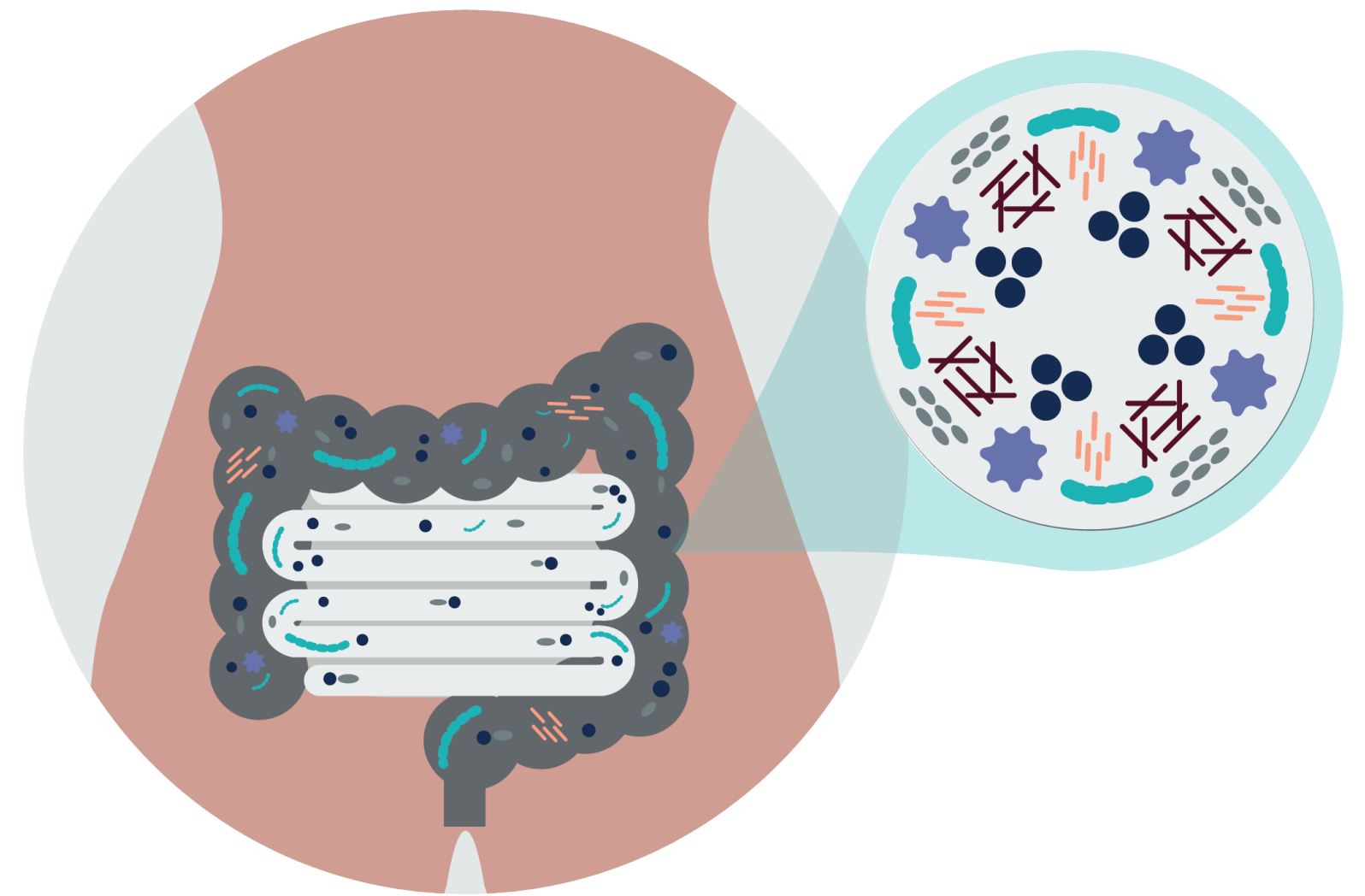
Basic Anatomy

Take a glance at these basic anatomy images. You don't need to study them a ton; just know their shapes and locations.

**Neurons
and Neurotransmitters**

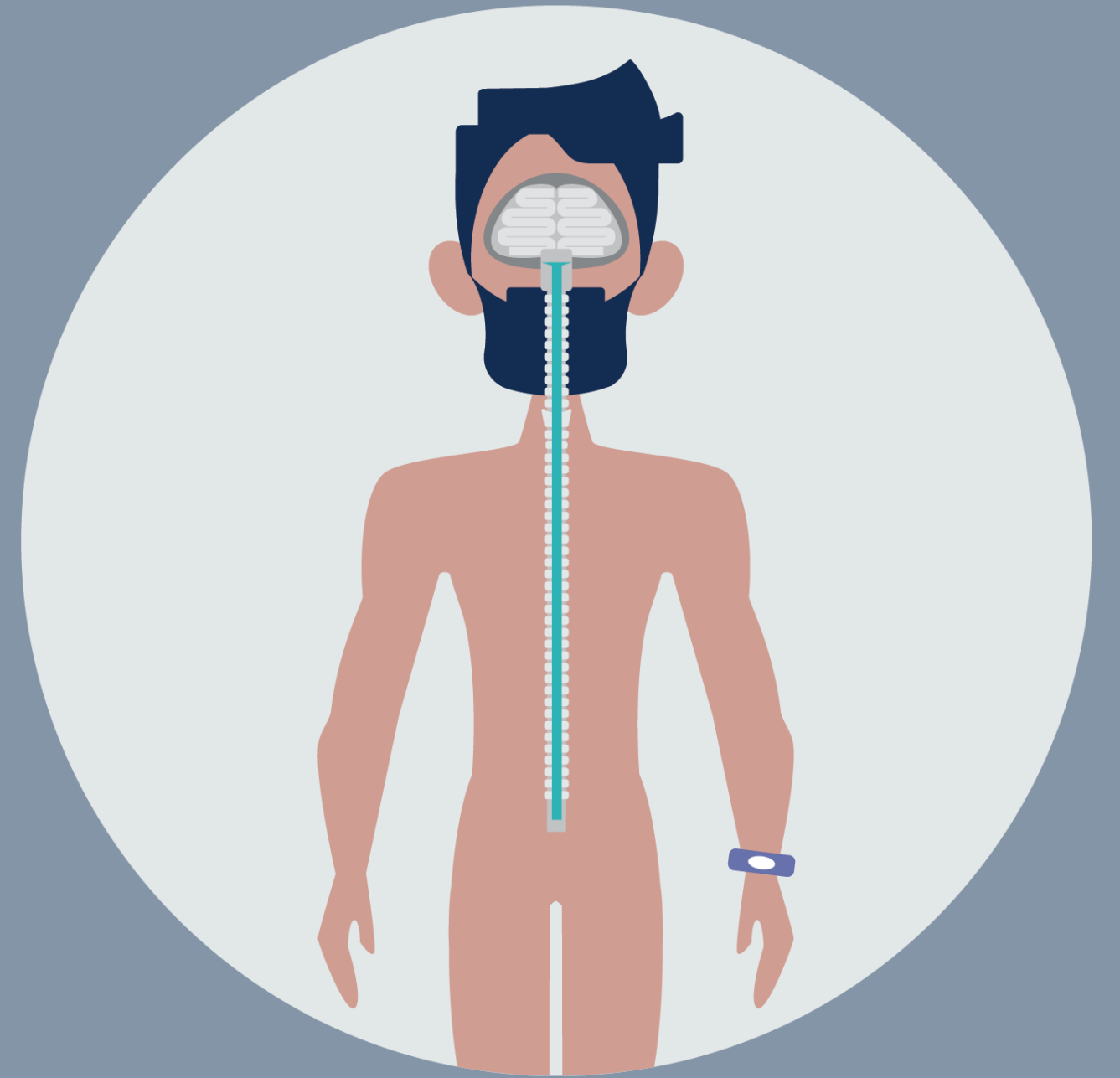


Microbiome



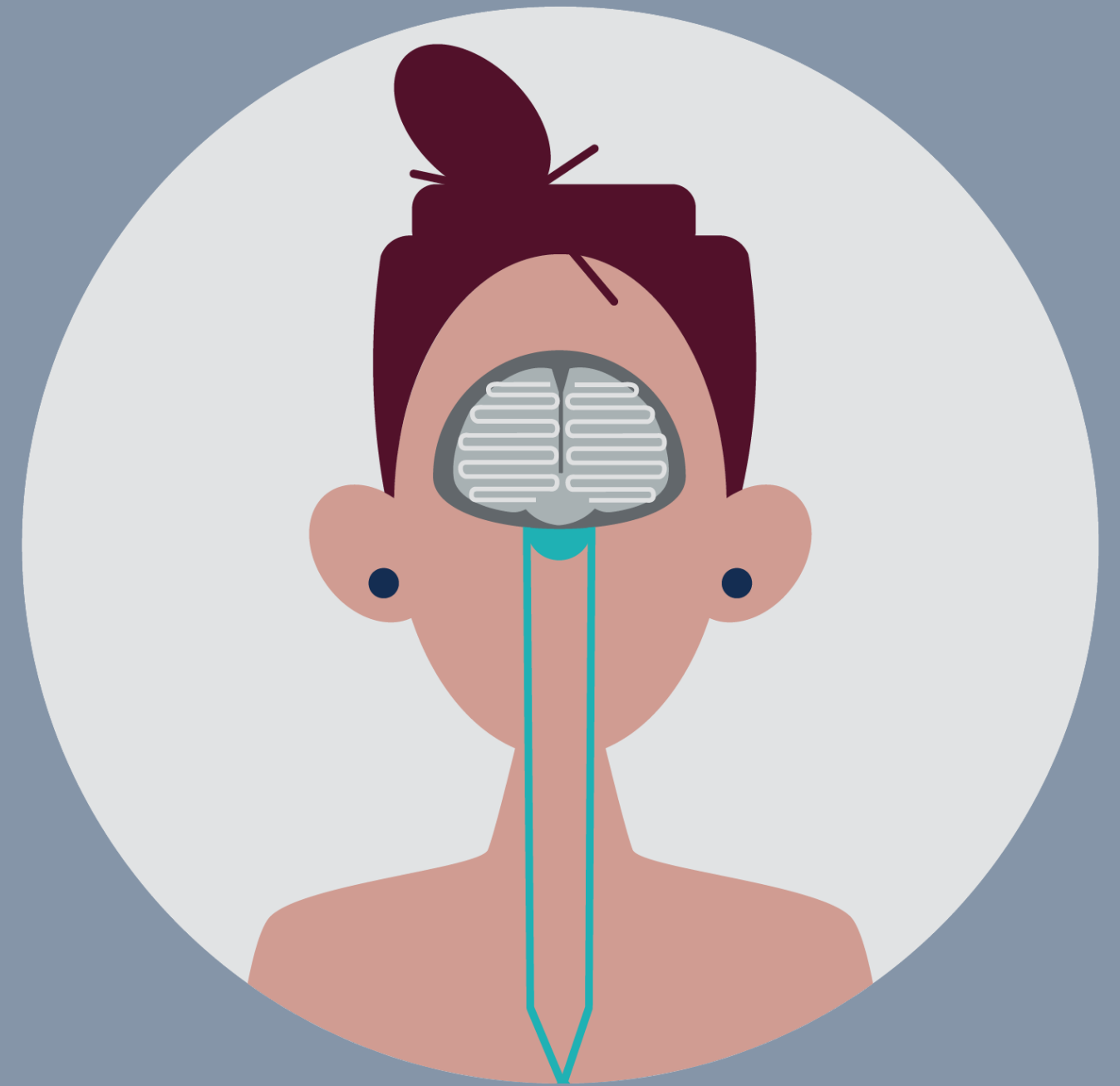
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Anxiety 04: Stopping Anxiety Attacks

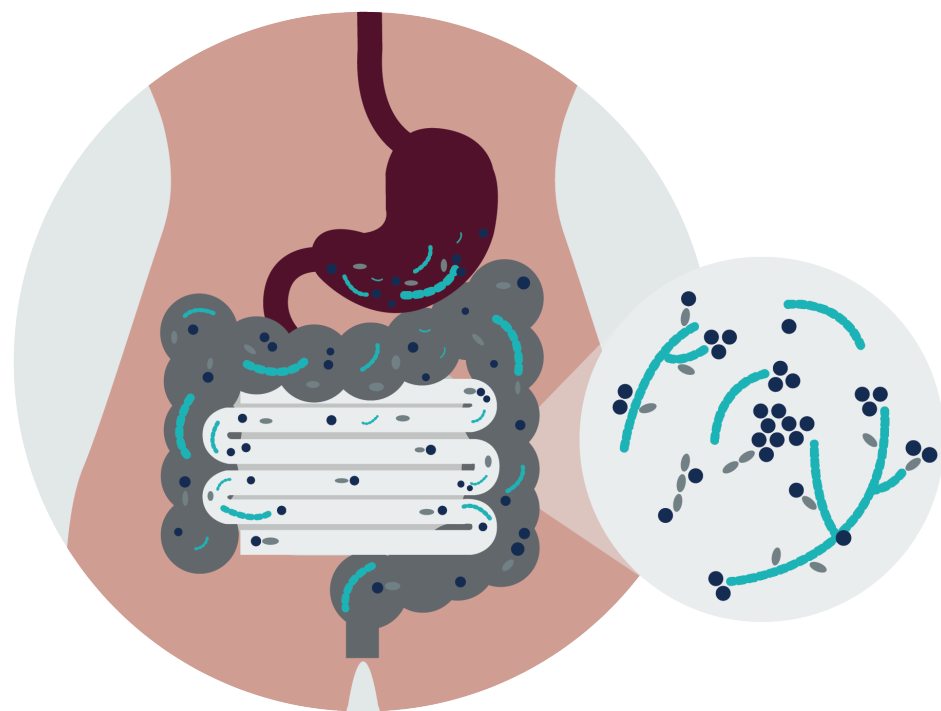
Our thoughts and beliefs help create our physicality. We can reverse symptoms of anxiety (changing how we feel), by changing our beliefs. Using your consciousness's ability to actuate neural plasticity, this Medigraytion shifts the firing messages from your glial and neuron cells from anxiety producing, to calming, allowing for the reversal of anxiety symptoms, including panic attacks, fast pulse, palpitations, shallow breathing, high blood pressure, feeling faint, muscle tension, tightness in throat, and emotional and mental imbalances.



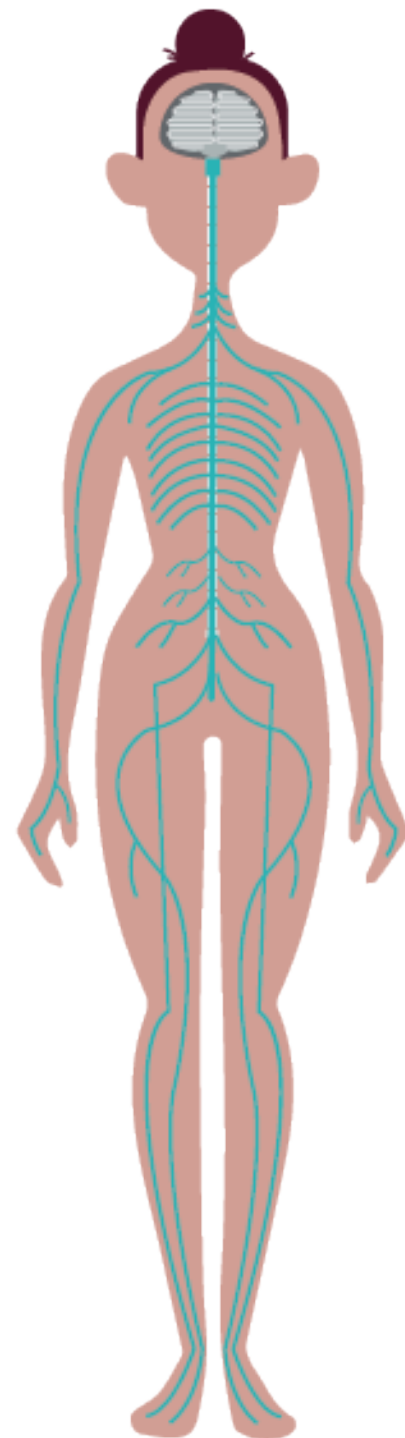
Basic Anatomy

Take a glance at these basic anatomy images. You don't need to study them a ton; just know their shapes and locations.

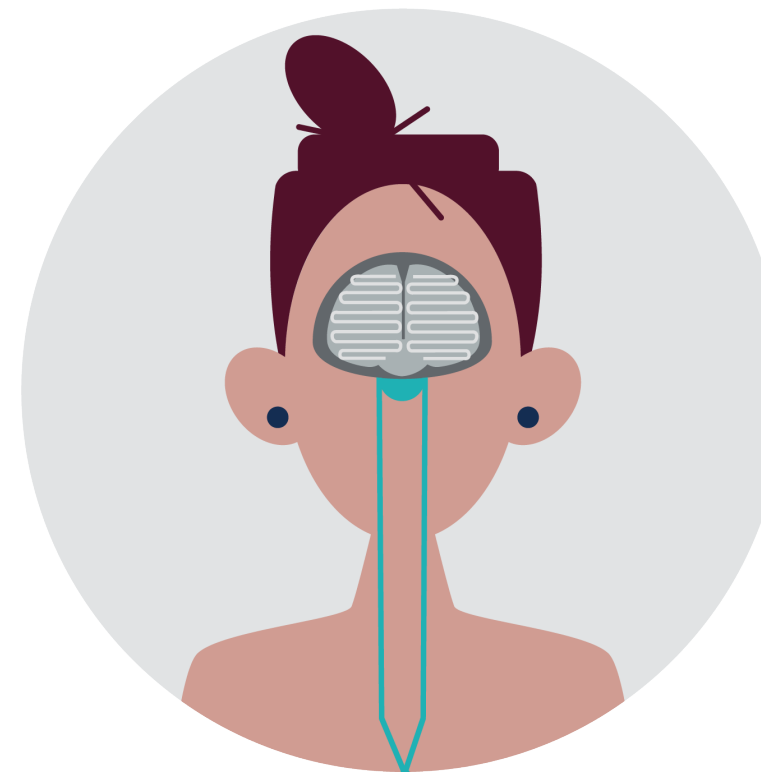
Enteric Nervous System



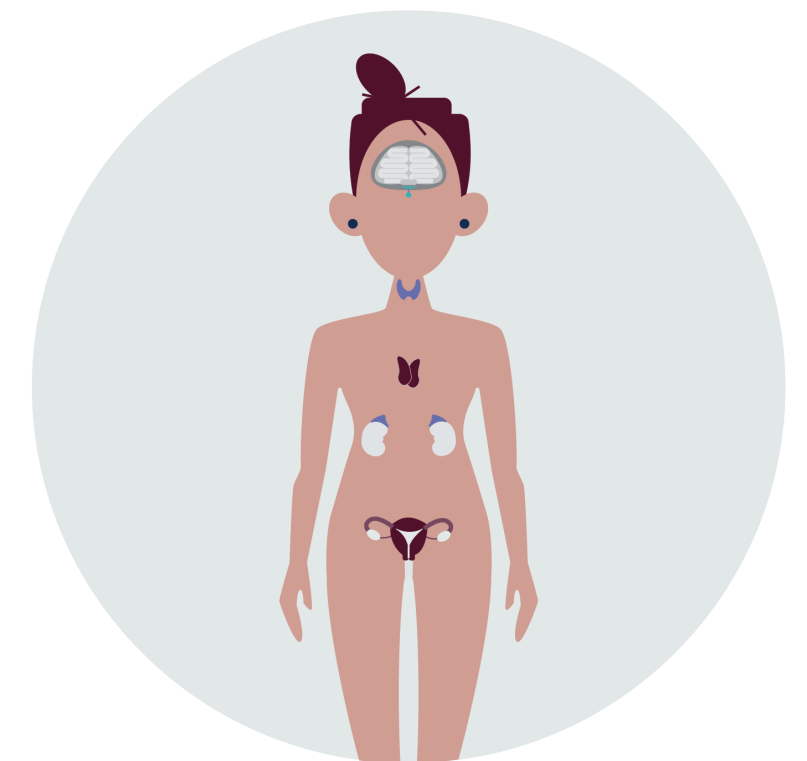
Autonomic Nervous System



HPA Axis



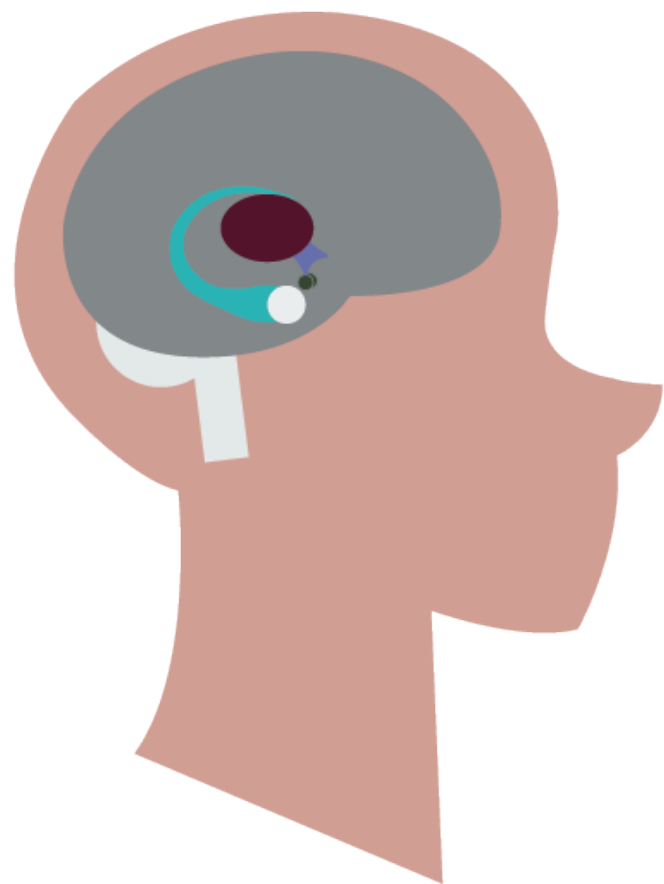
Endocrine System



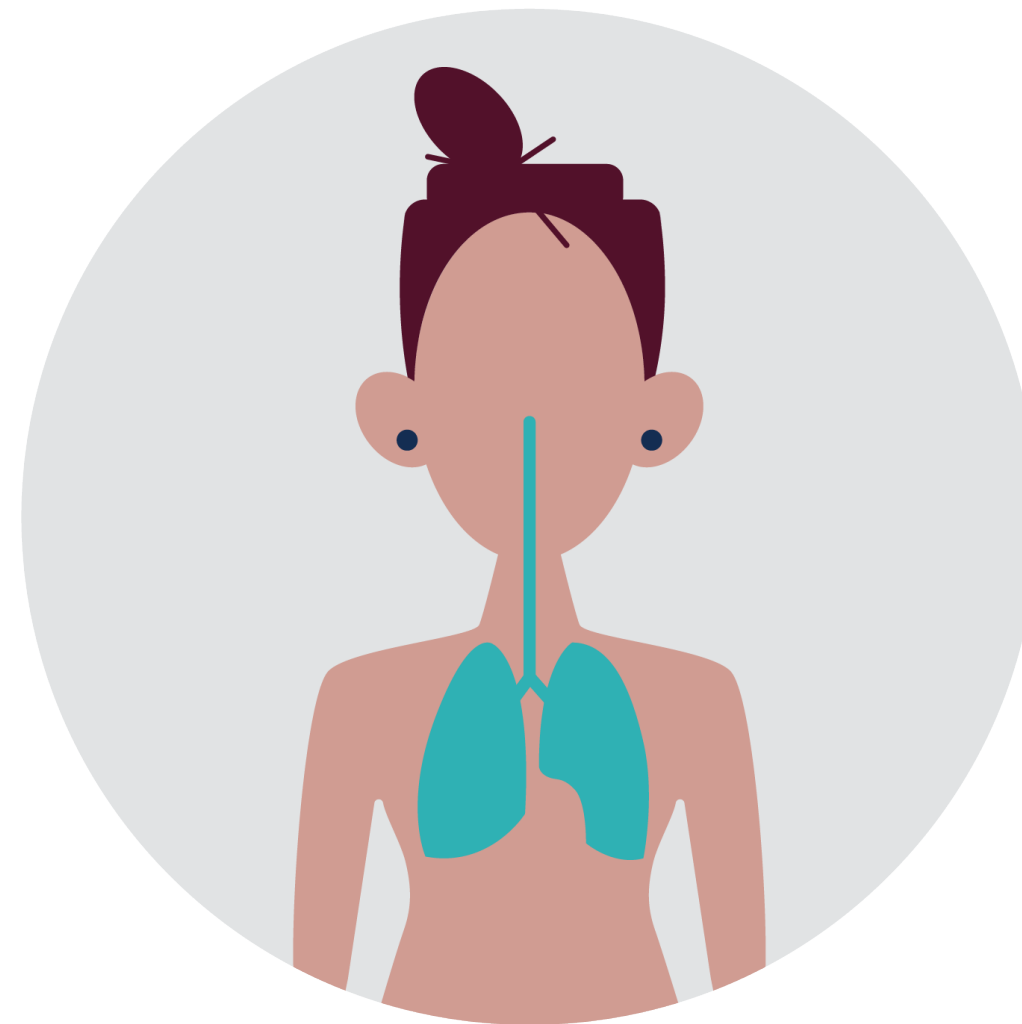
Basic Anatomy

Take a glance at these basic anatomy images. You don't need to study them a ton; just know their shapes and locations.

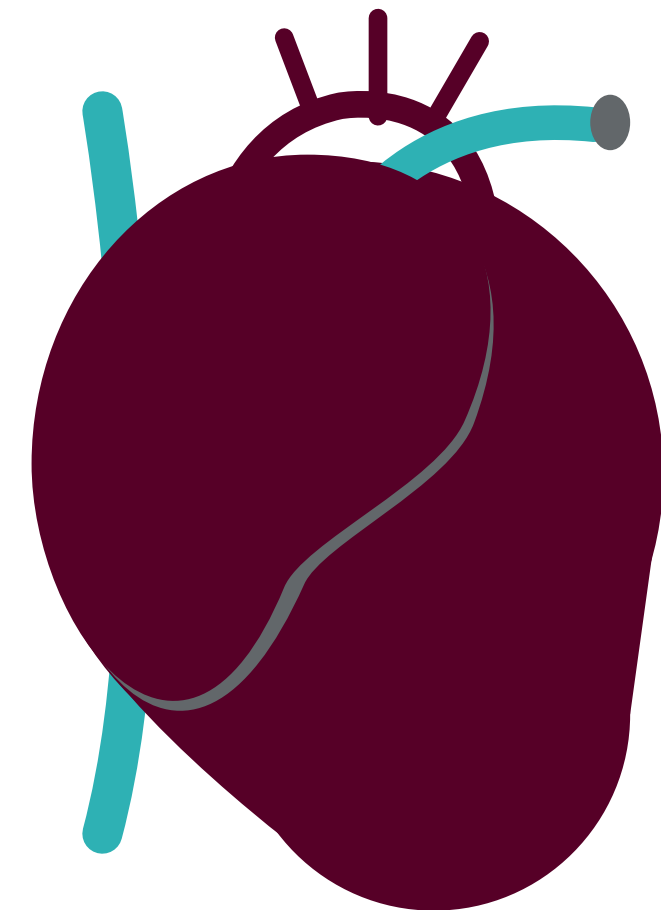
Brain



Lungs

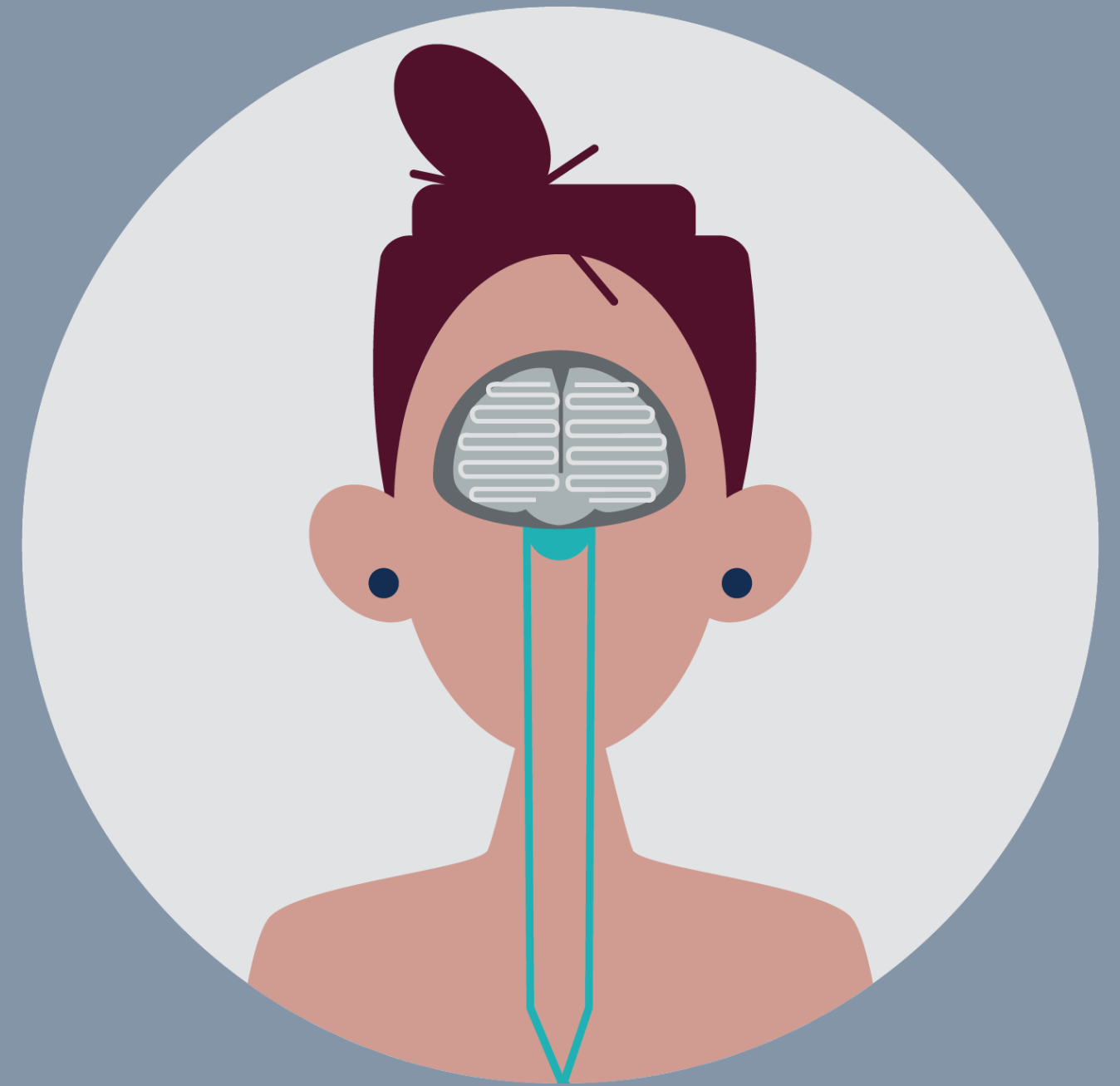


Heart



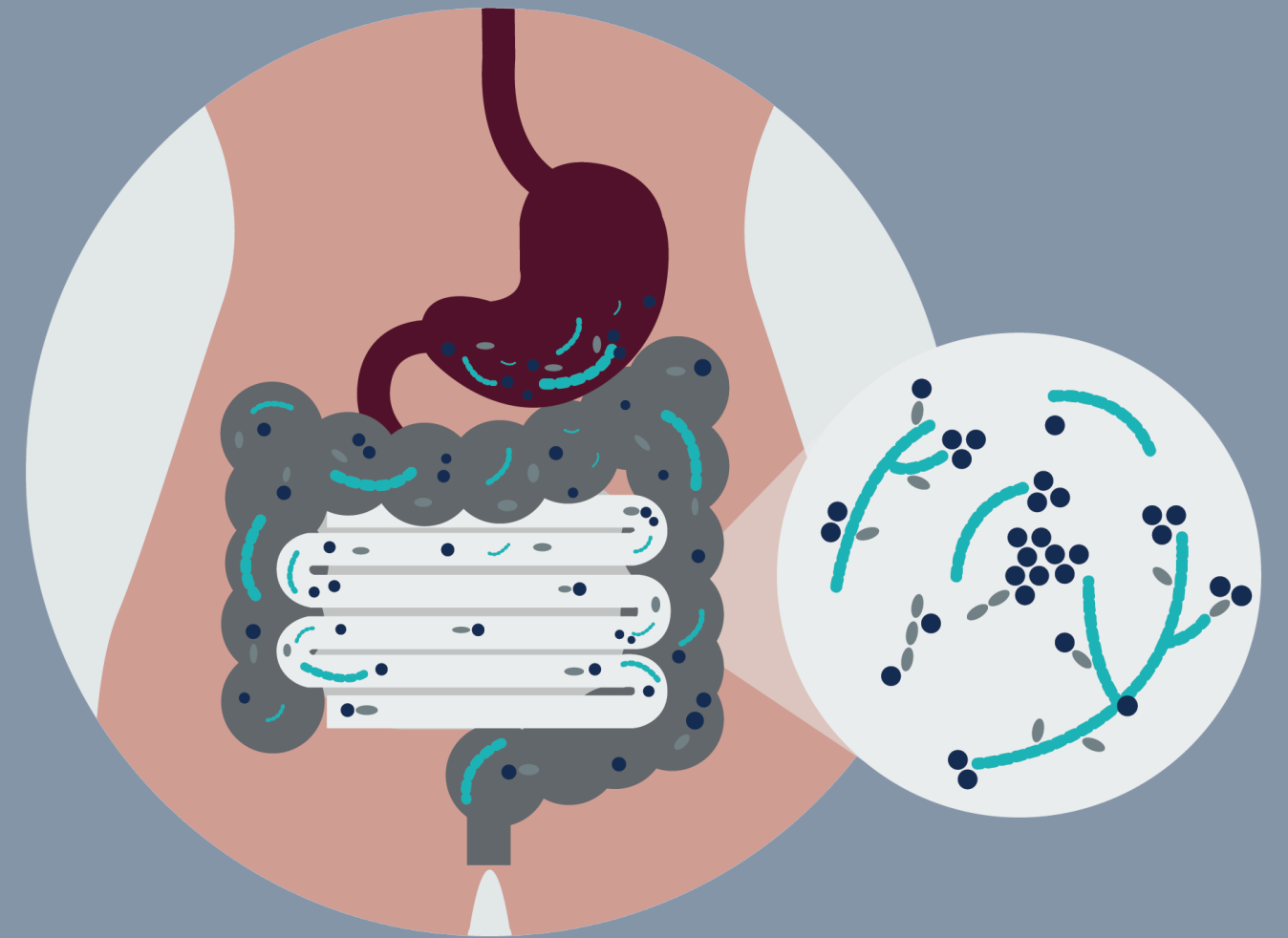
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Anxiety 05: Rebalancing Your Anxious Microbiome

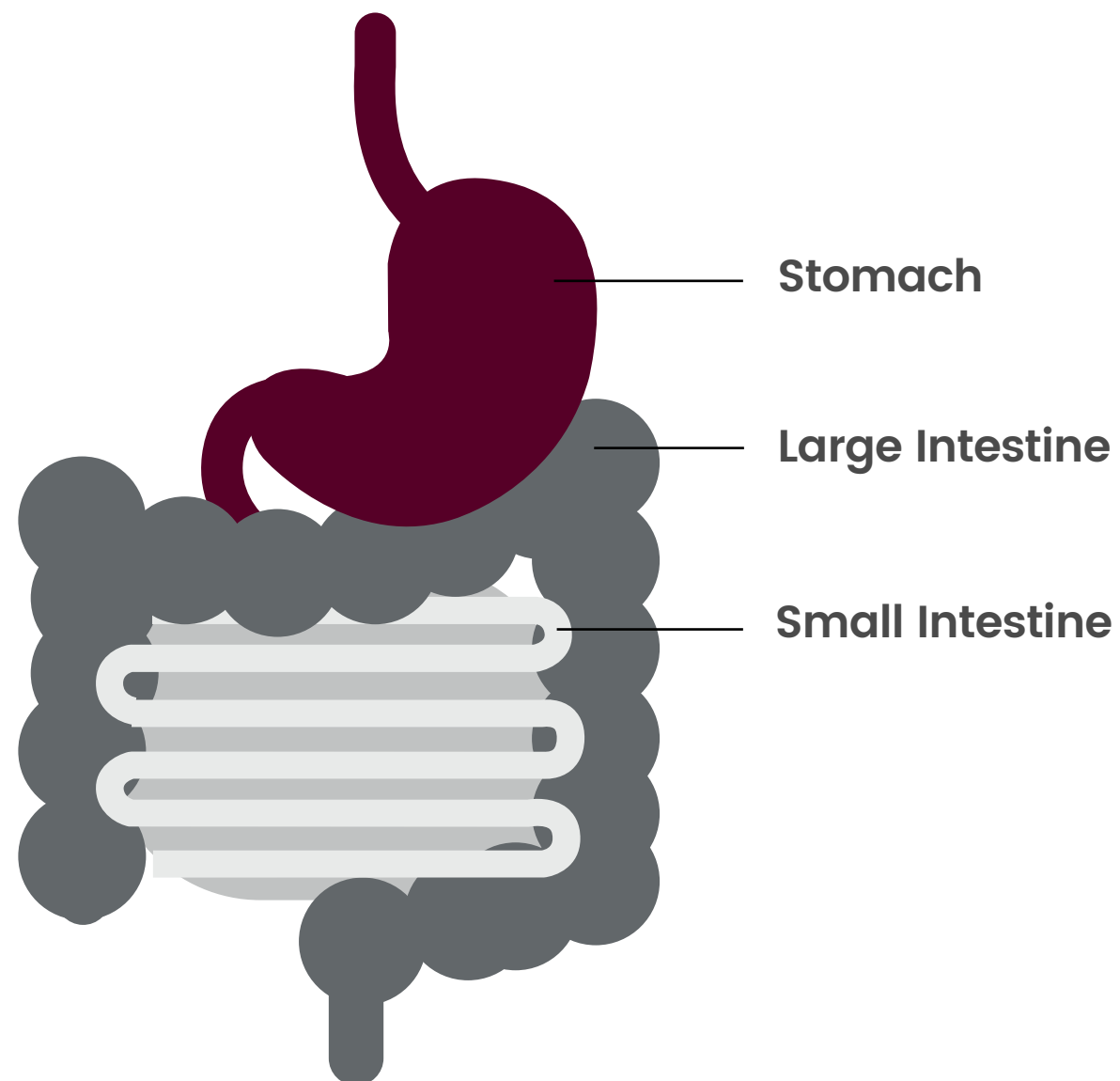
Gut dysbiosis (imbalance) may cause anxiety symptoms in the body. This Medigraytion establishes a conscious connection between you and your microbiome to create a perfectly pH balanced ecosystem of bacteria, viruses, pathogens and parasites, restoring your stomach, small intestine and large intestine to non-anxiety ridden homeostasis.



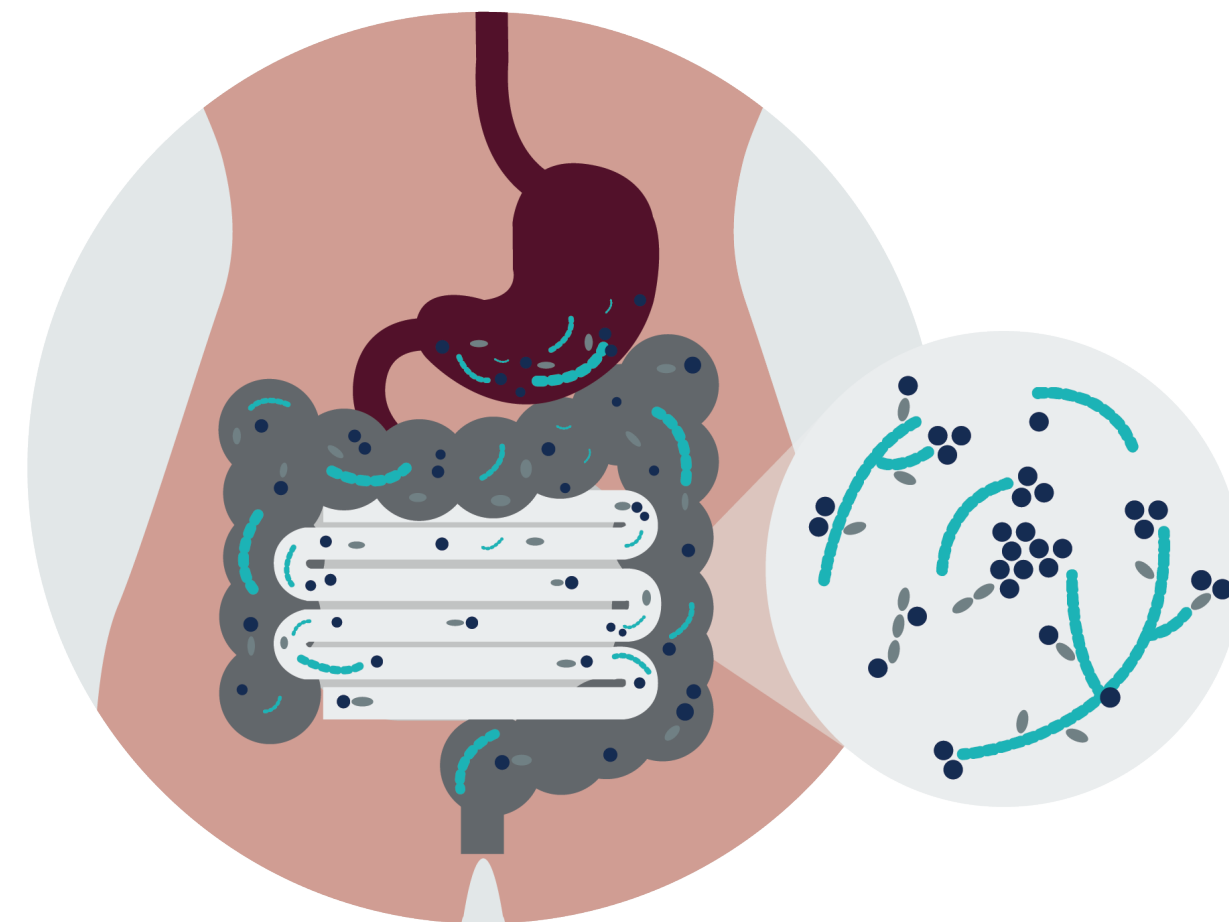
Basic Anatomy

Take a glance at these basic anatomy images. You don't need to study them a ton; just know their shapes and locations.

Digestive System



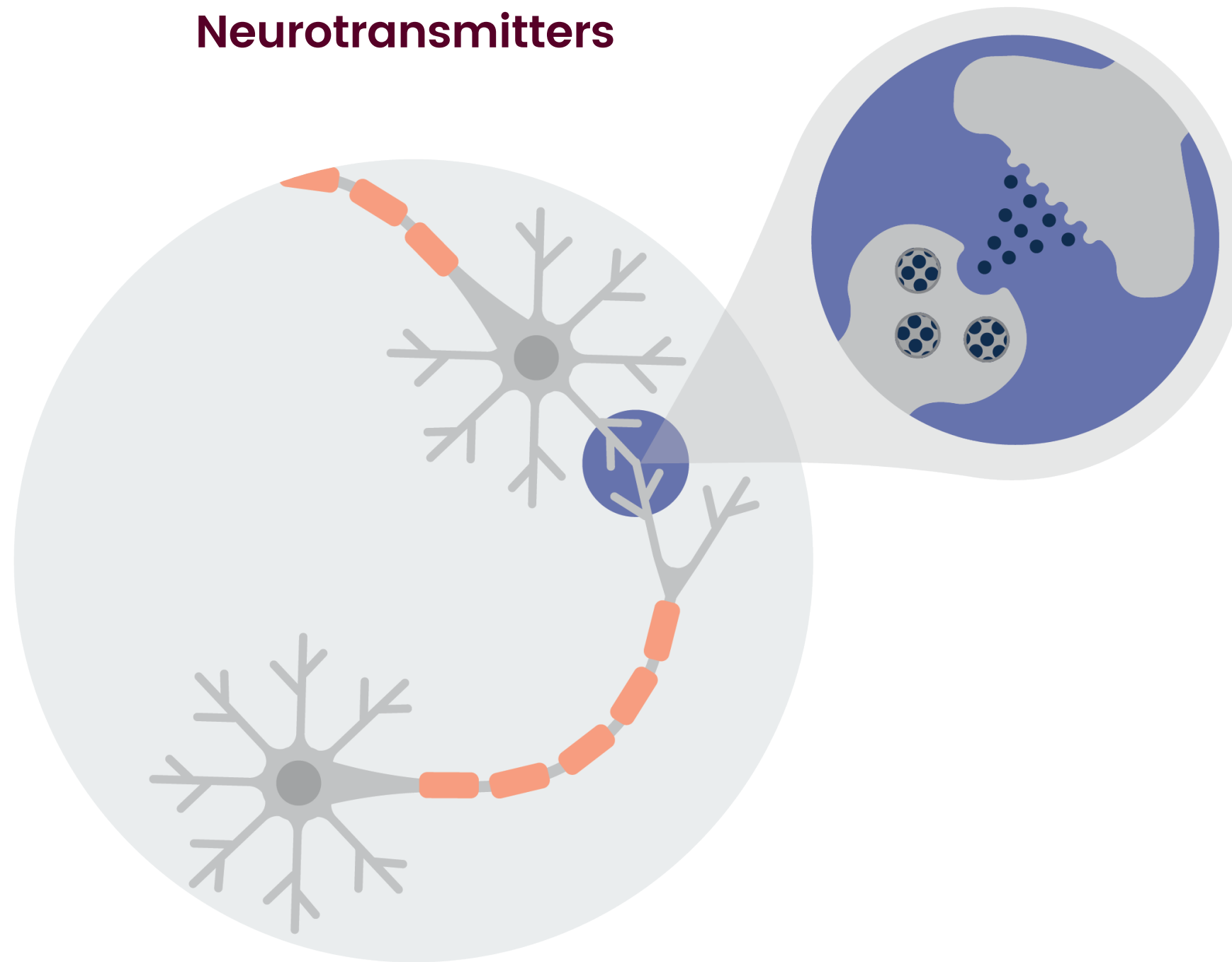
Enteric Nervous System with Candida



Basic Anatomy

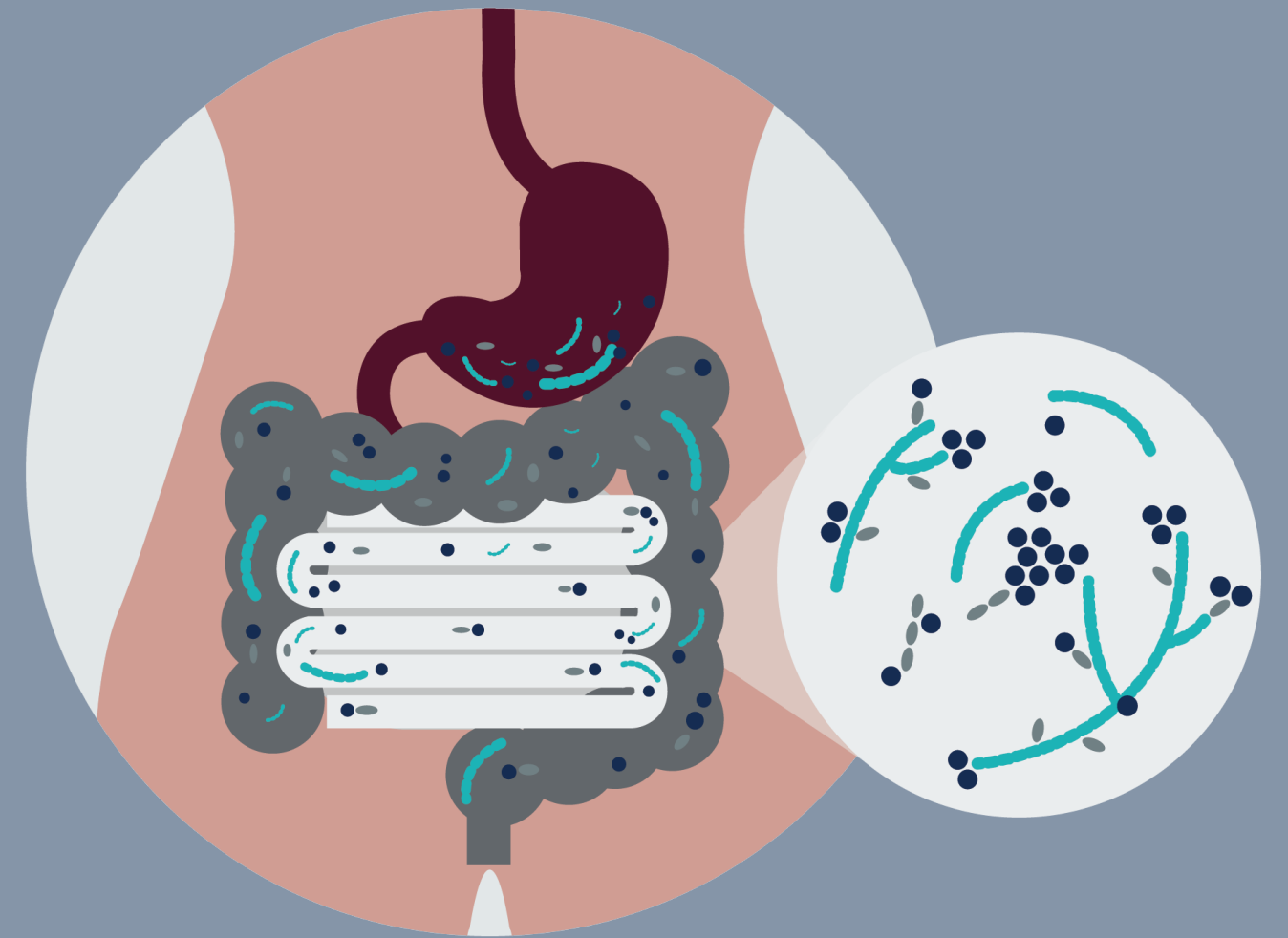
Take a glance at these basic anatomy images. You don't need to study them a ton; just know their shapes and locations.

Neurons and Neurotransmitters



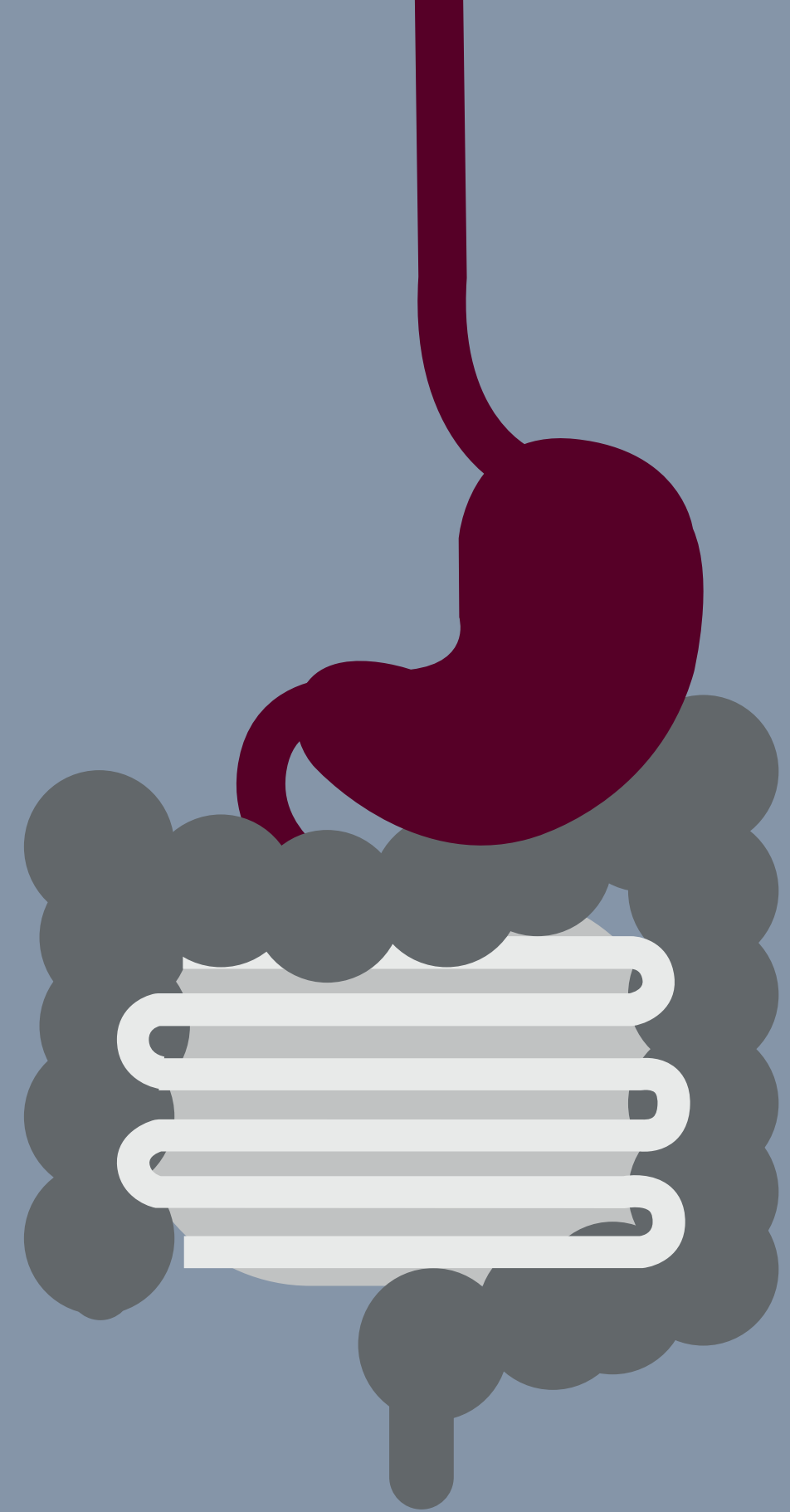
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Anxiety 06: Healing and Sealing Your Anxious Gut

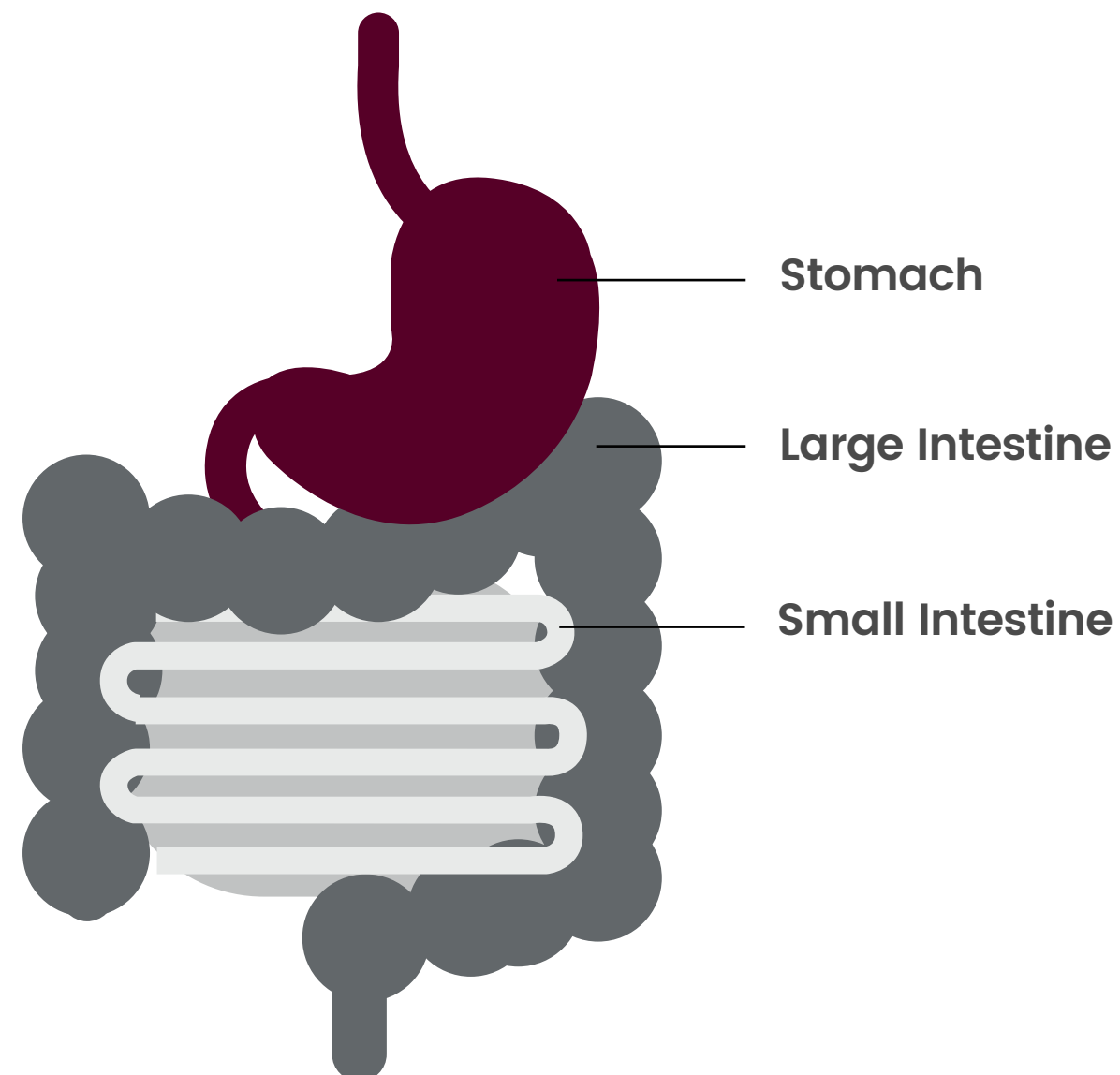
Gut dysbiosis (imbalance) may cause anxiety symptoms in the body. This Medigraytion heals and seals your gut by bringing consciousness to cells and proteins, empowering them to partner with your enteric and sympathetic nervous systems to repair and uphold the barriers and boundaries of the small and large intestines. Neurotransmitters are properly regulated and your intestinal flora (bacteria, pathogens, etc.) are guided to create a perfectly balanced microbiome.



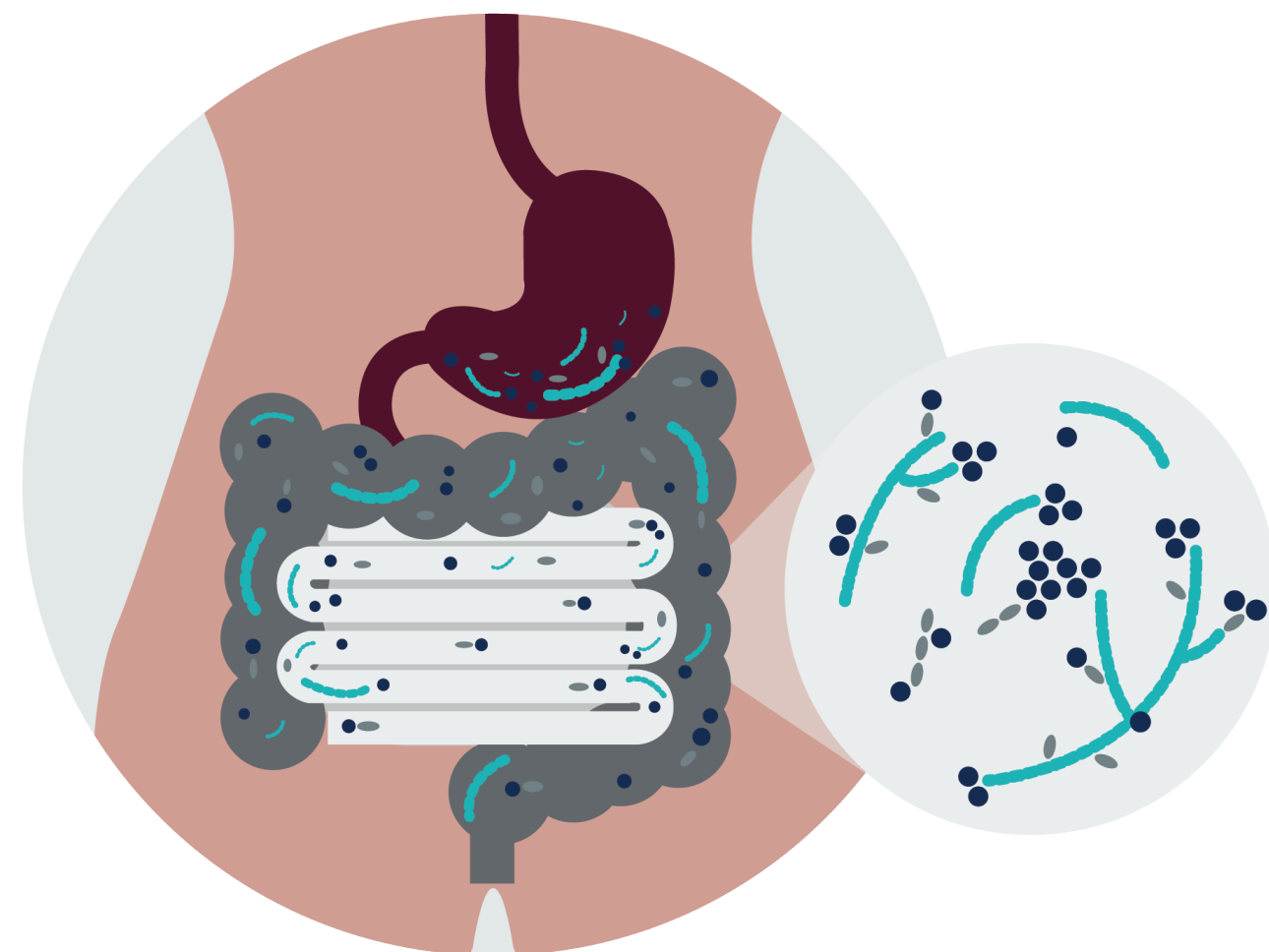
Basic Anatomy

Take a glance at these basic anatomy images. You don't need to study them a ton; just know their shapes and locations.

Digestive System

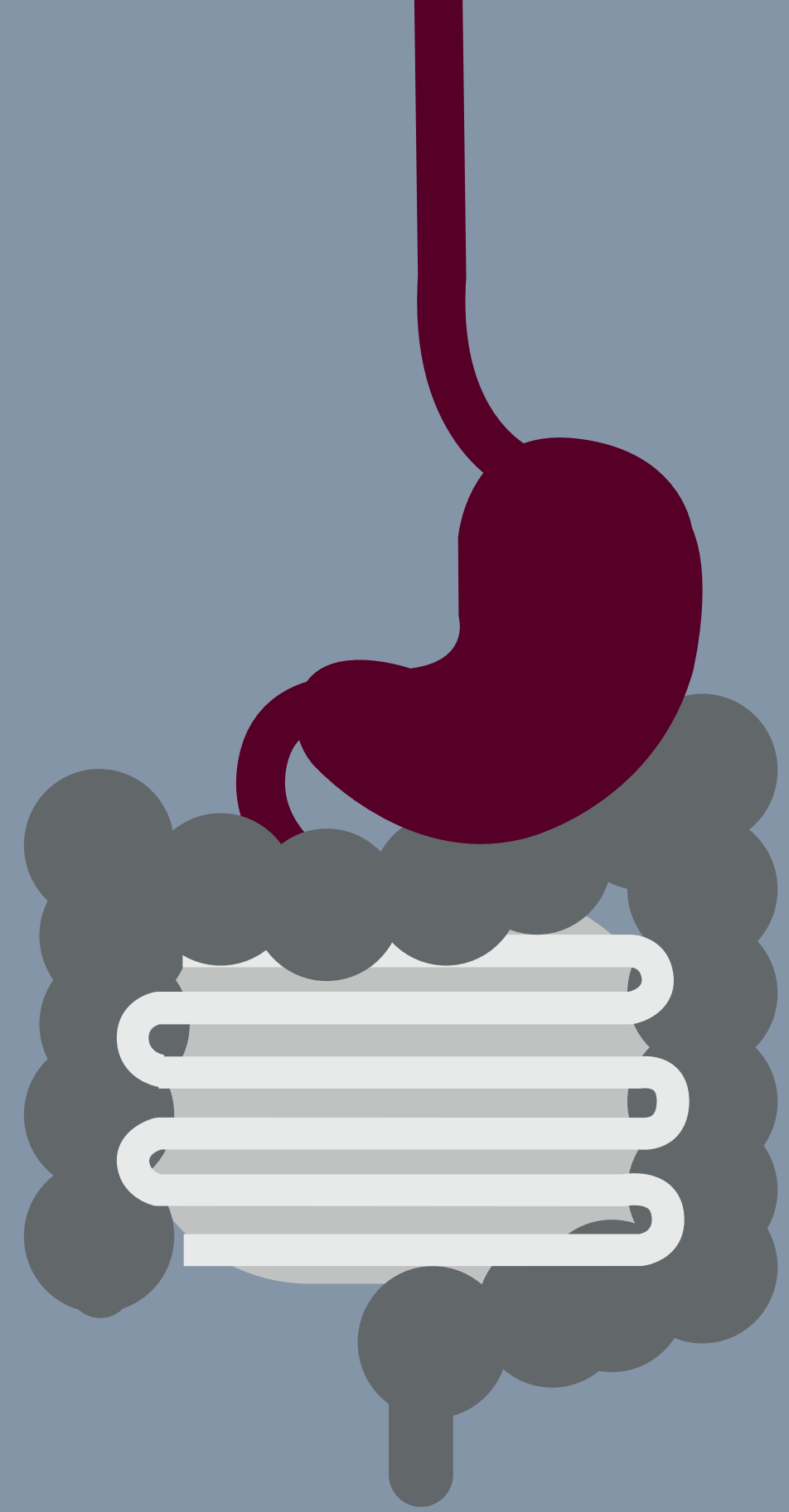


Enteric Nervous System with Candida



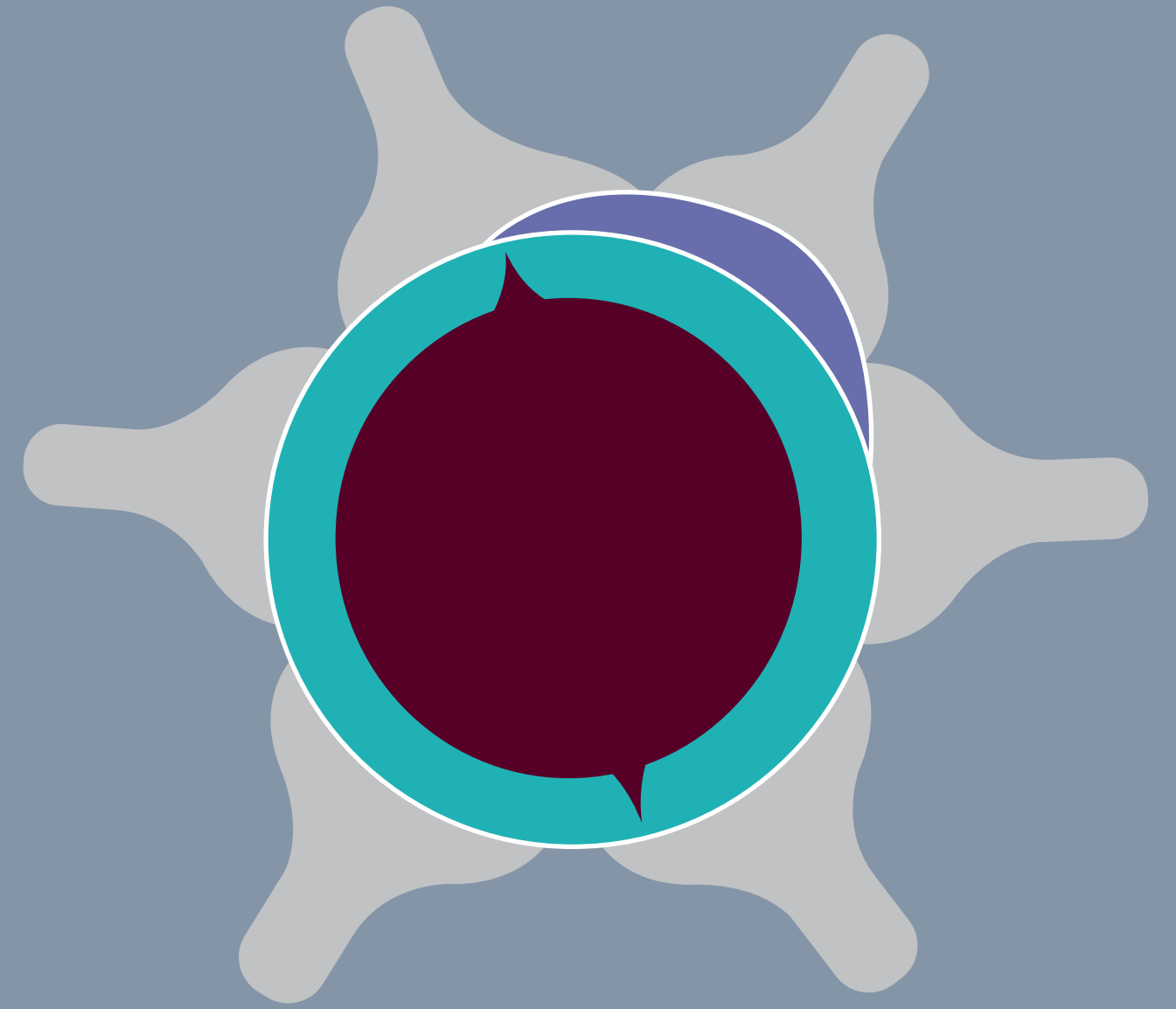
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Anxiety 07: Rebuilding the Blood-Brain Barrier

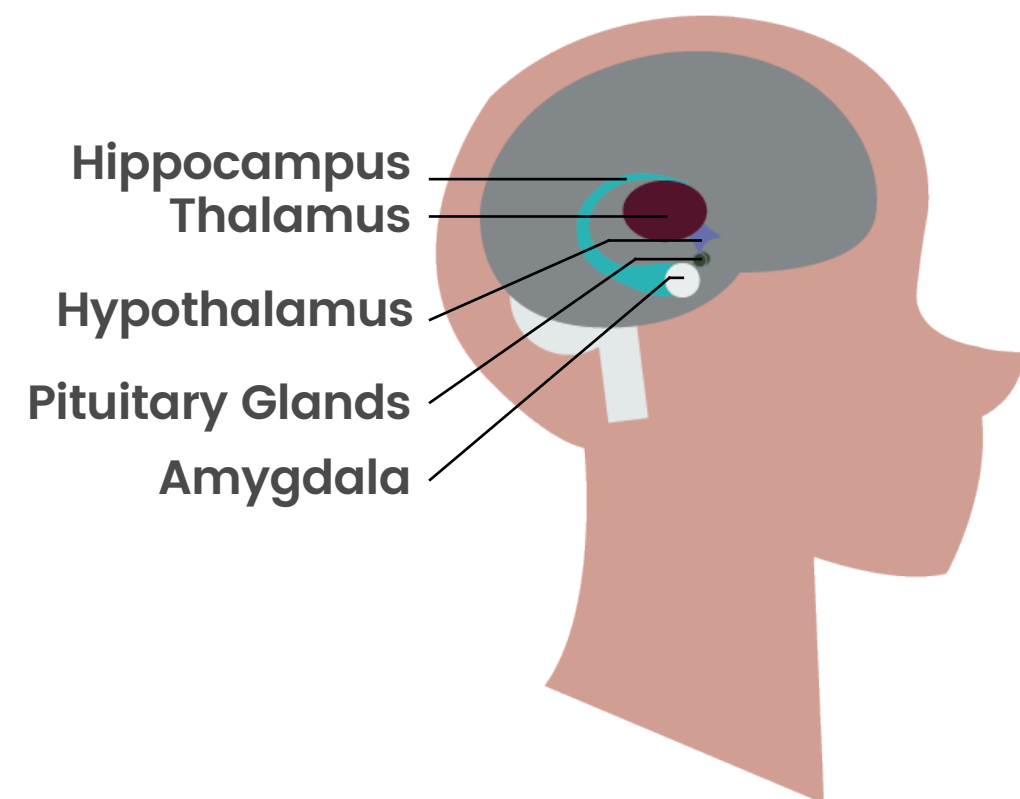
The blood-brain barrier protects neurons and other brain cells by maintaining a perfectly regulated chemical environment in the brain. This Medigraytion rebuilds and strengthens your blood-brain barrier by bringing consciousness to your astrocytes, pericytes and tight junctions, (located on the outside of your brain capillaries), reminding them of their function as 'soldiers' against harmful and unwanted intruders to the brain.



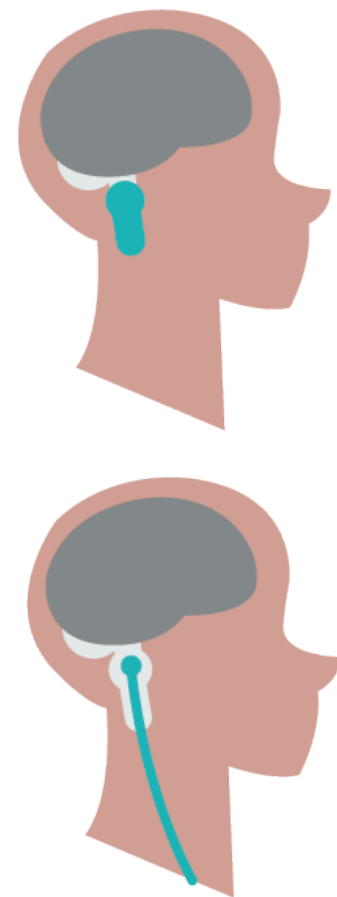
Basic Anatomy

Take a glance at these basic anatomy images. You don't need to study them a ton; just know their shapes and locations.

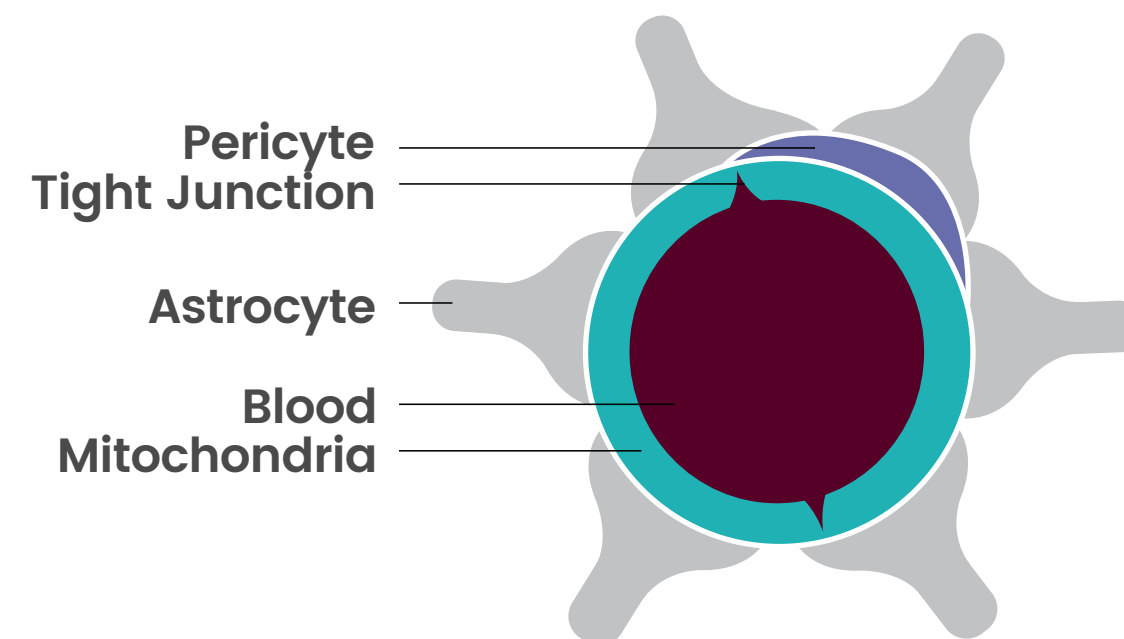
Limbic System



Vagus Nerve



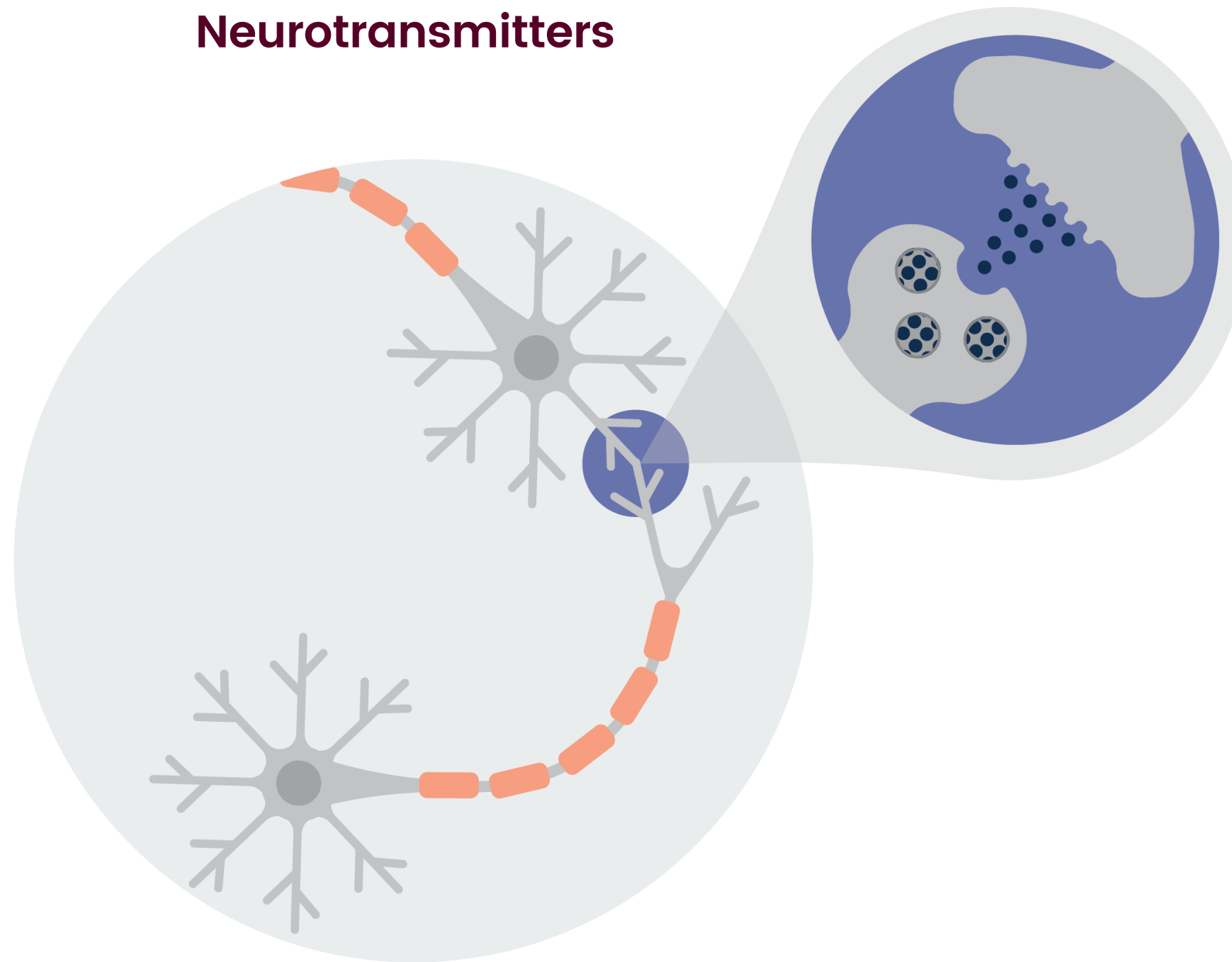
Blood-Brain Barrier



Basic Anatomy

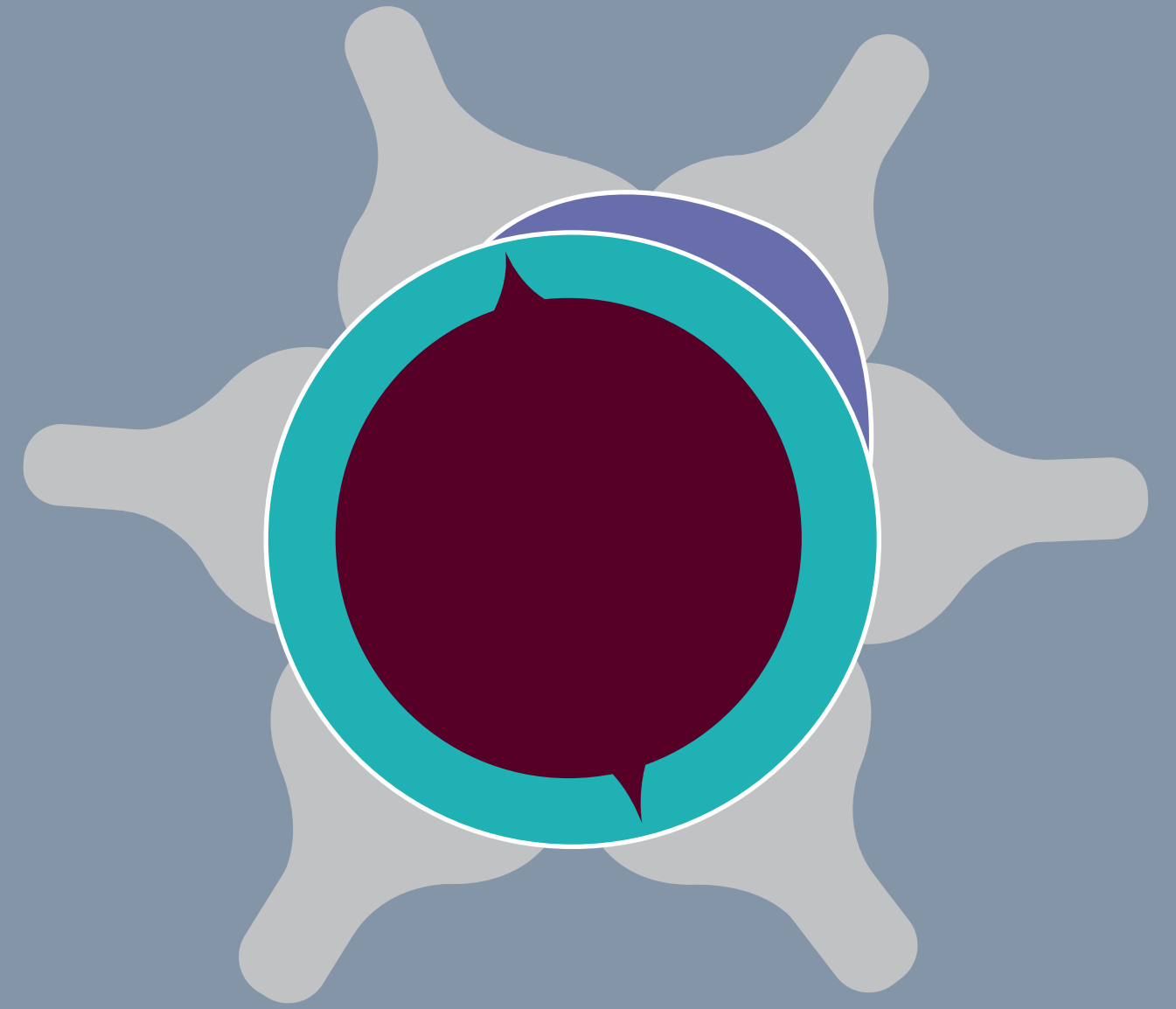
Take a glance at these basic anatomy images. You don't need to study them a ton; just know their shapes and locations.

Neurons and Neurotransmitters



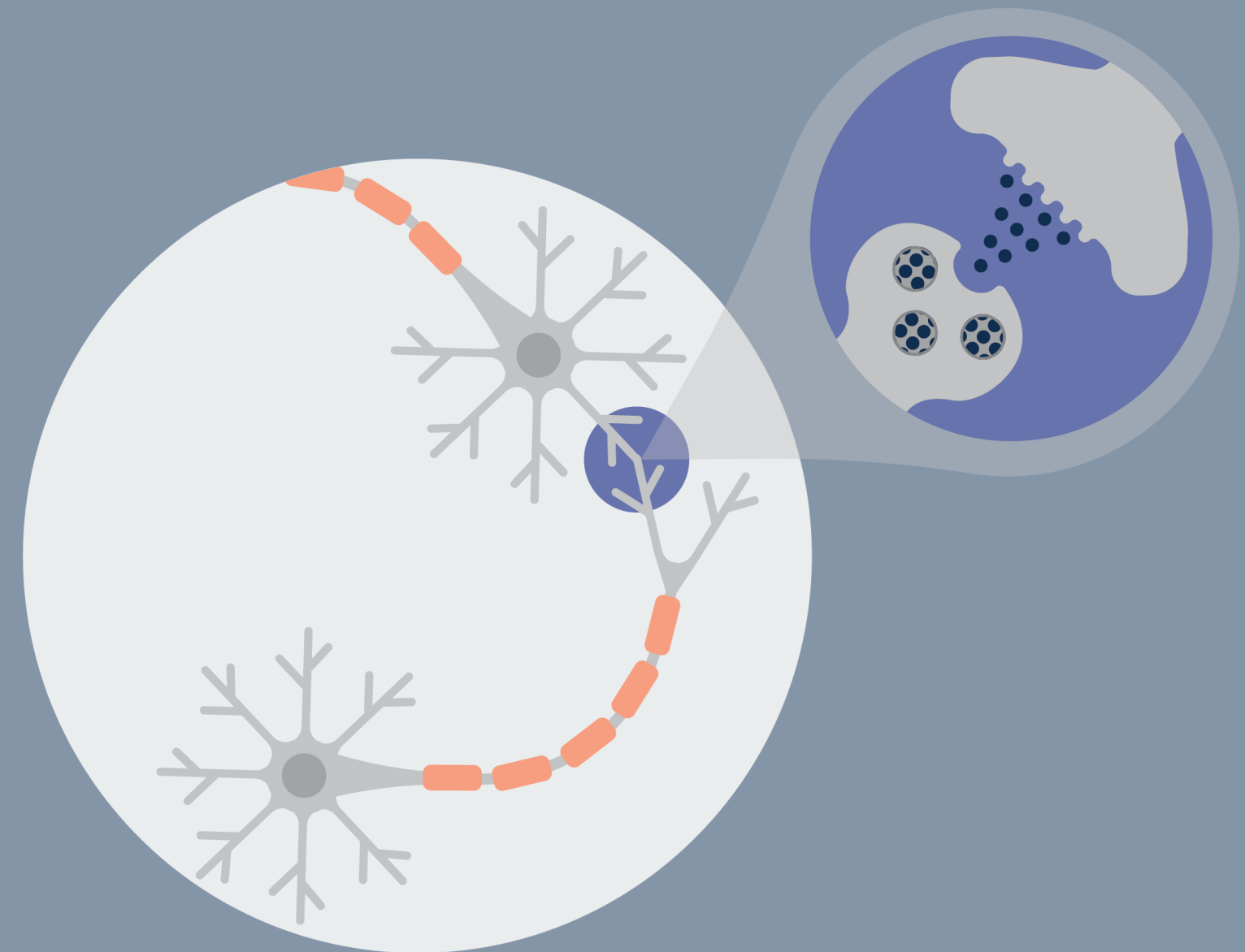
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Anxiety 12: Balancing Neurotransmitters

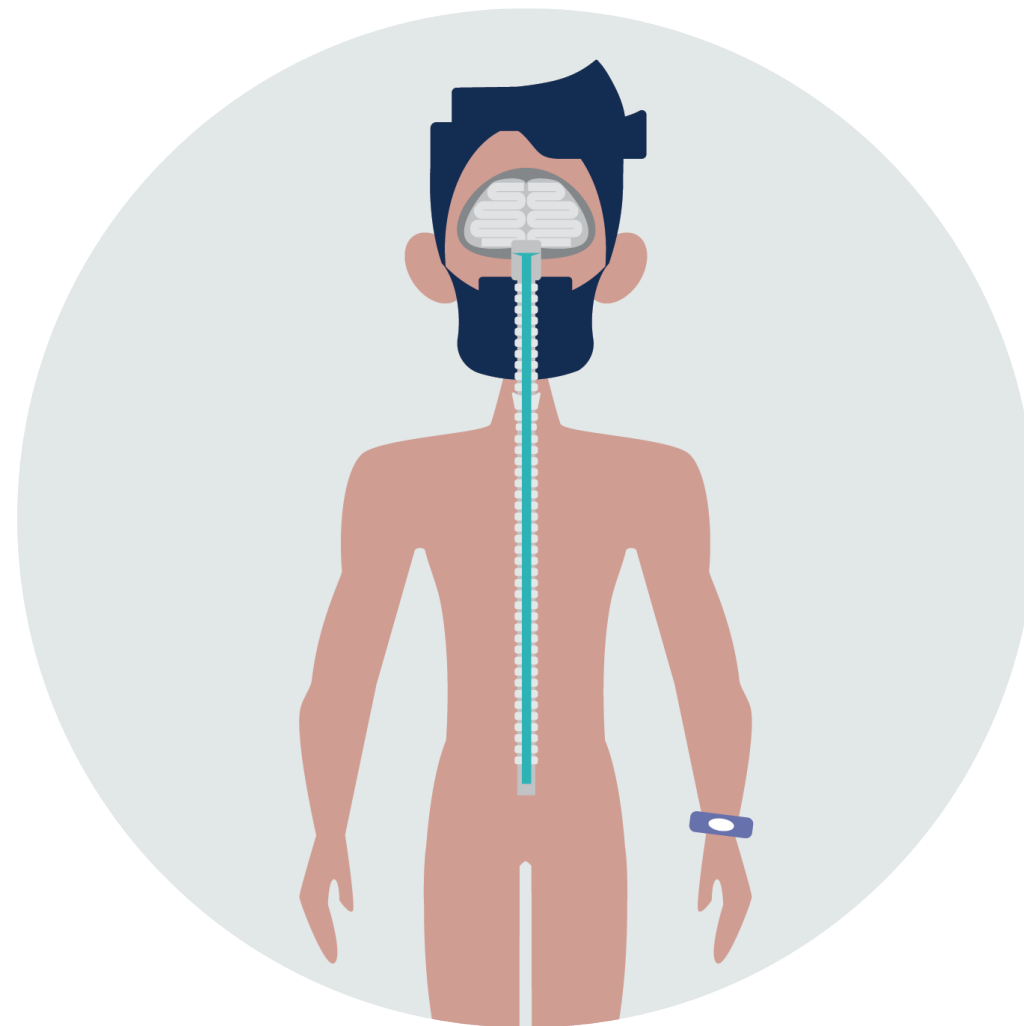
Anxiety symptoms may often be lessened and even resolved by proper balance of neurotransmitters. This 6 minute Medigraytion rebalances your neurotransmitters by bringing consciousness to your glial cells and neurons, redirecting your neural conditioning to support a healthy balance of the neurotransmitters GABA, serotonin, dopamine, glutamate, and acetylcholine to create a peaceful calm in your mind and body.



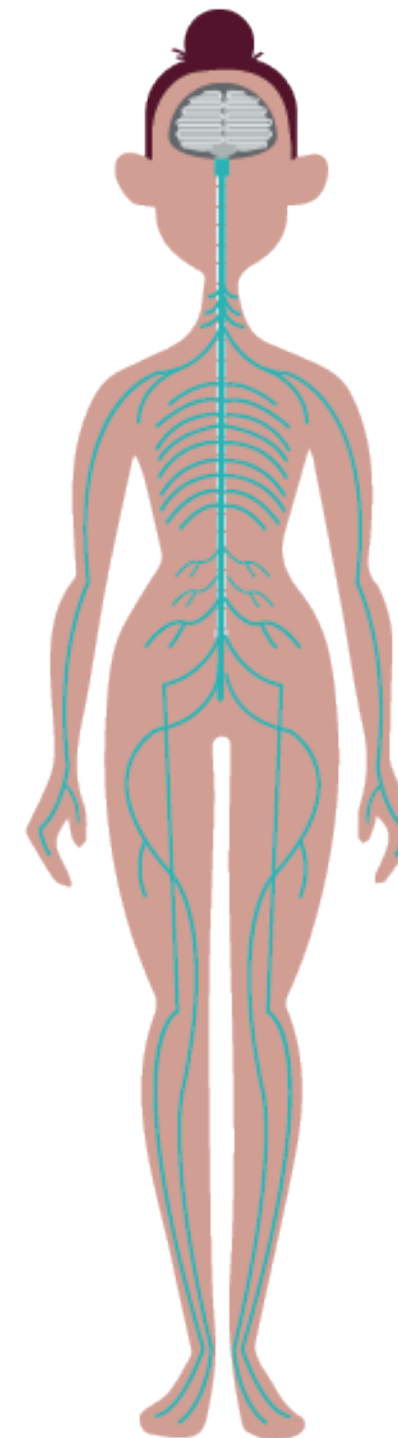
Basic Anatomy

Take a glance at these basic anatomy images. You don't need to study them a ton; just know their shapes and locations.

**Central
Nervous System**



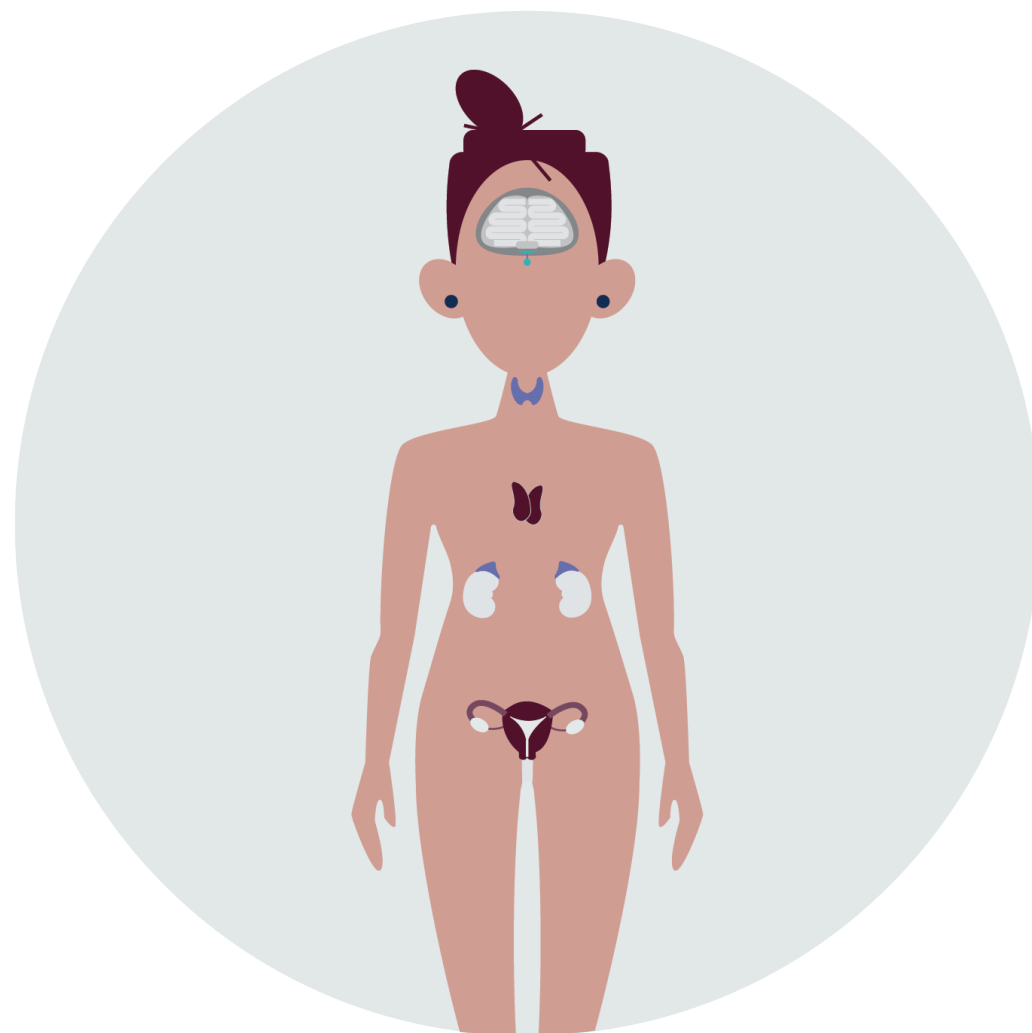
**Autonomic
Nervous System**



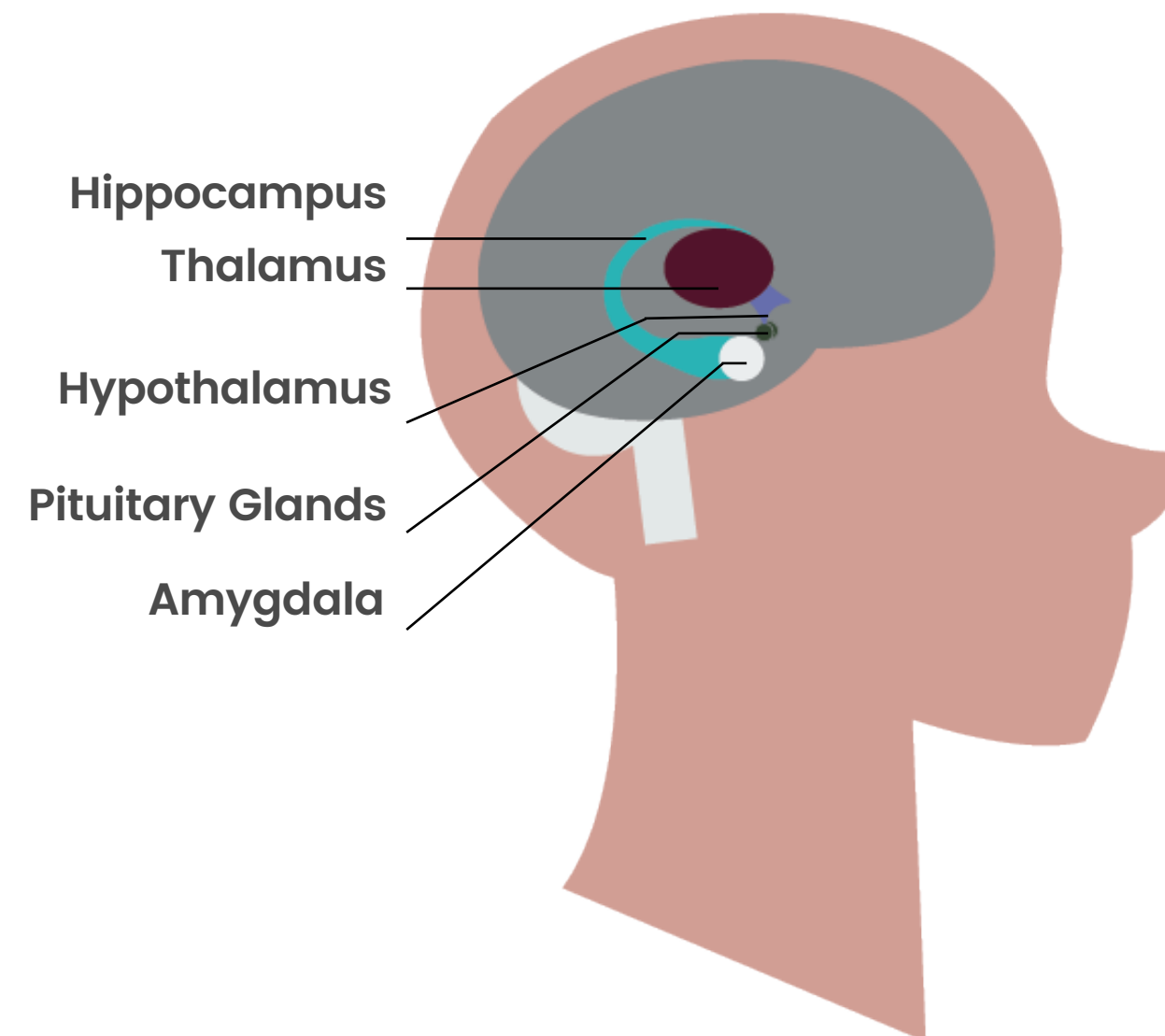
Basic Anatomy

Take a glance at these basic anatomy images. You don't need to study them a ton; just know their shapes and locations.

Endocrine System

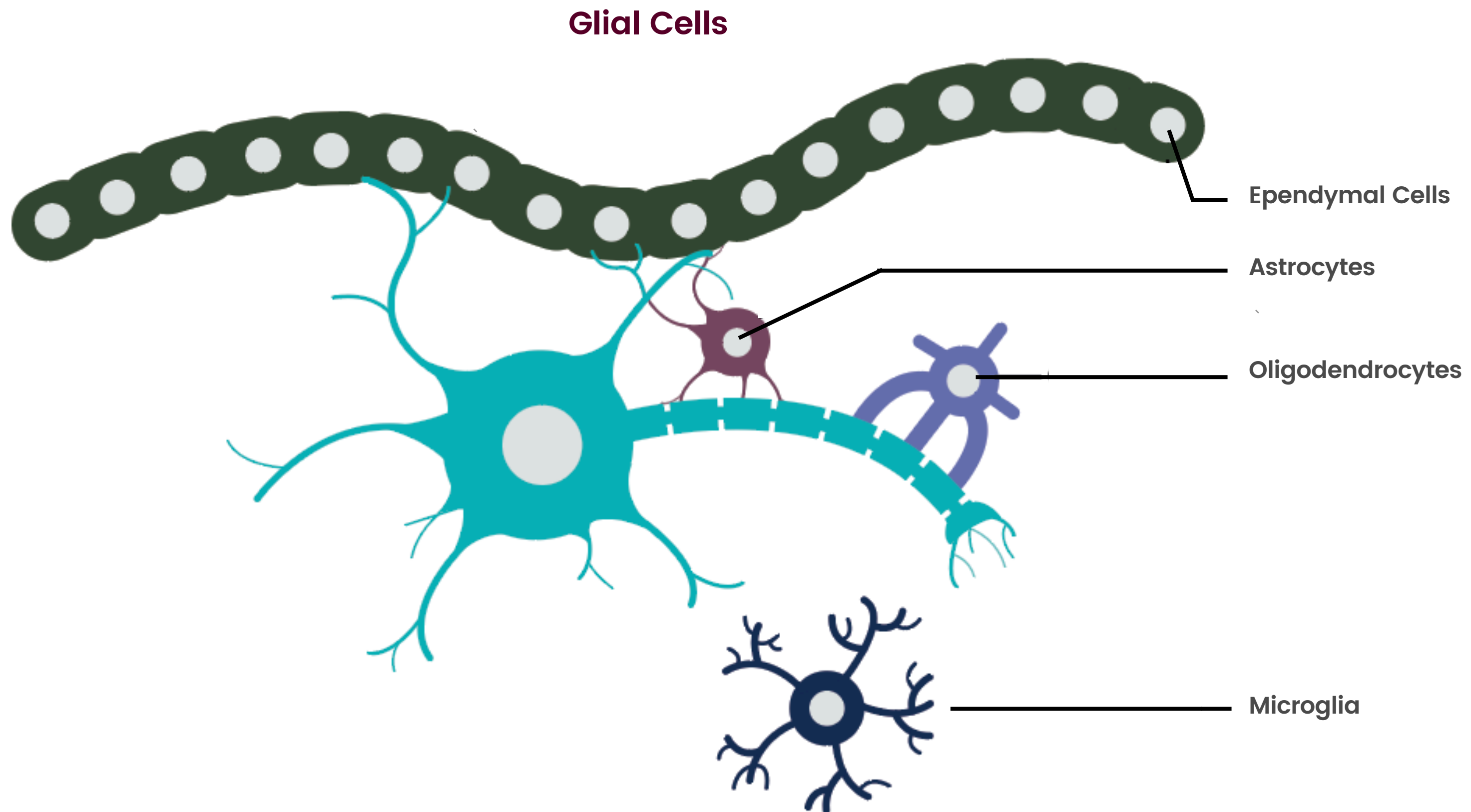


Limbic System



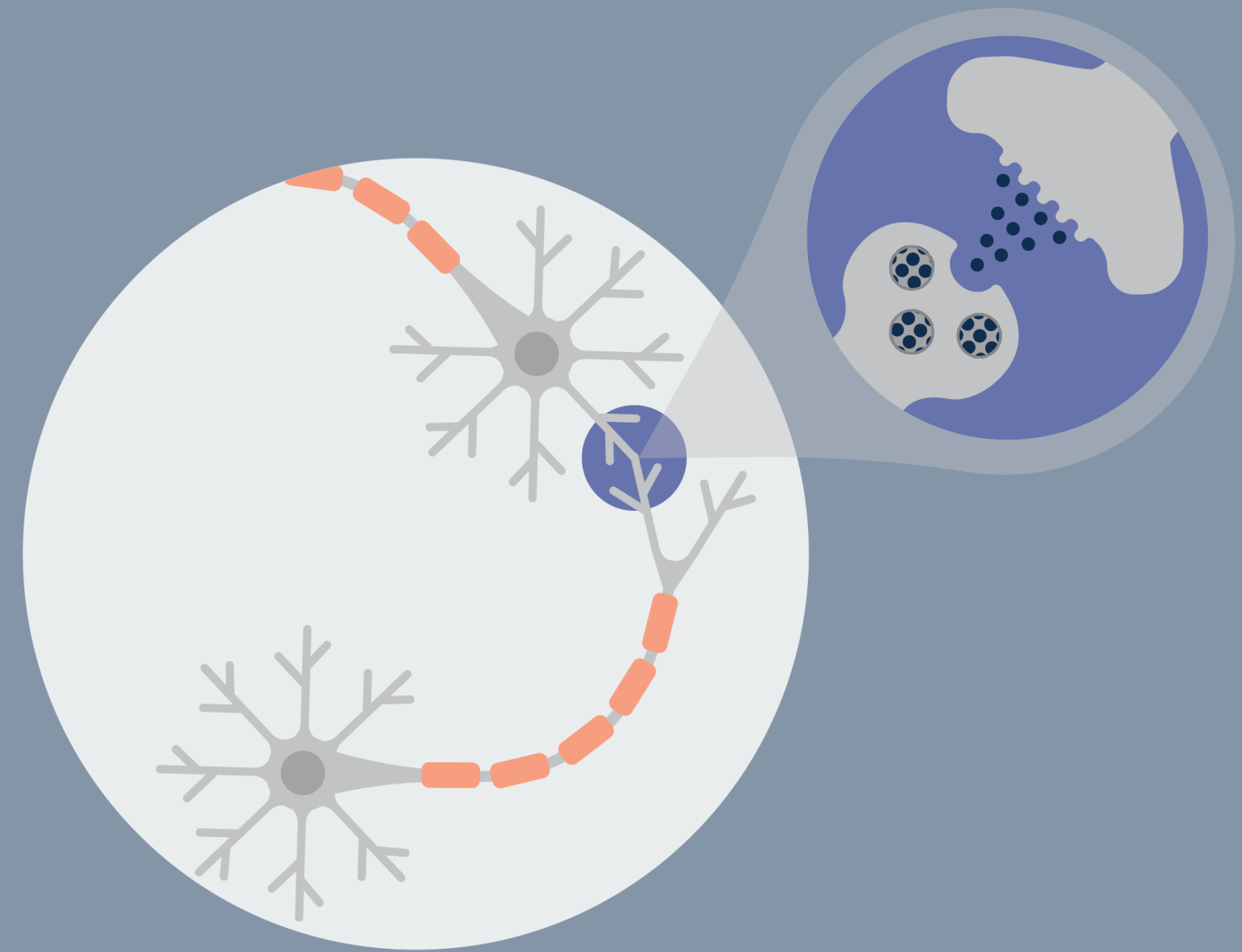
Basic Anatomy

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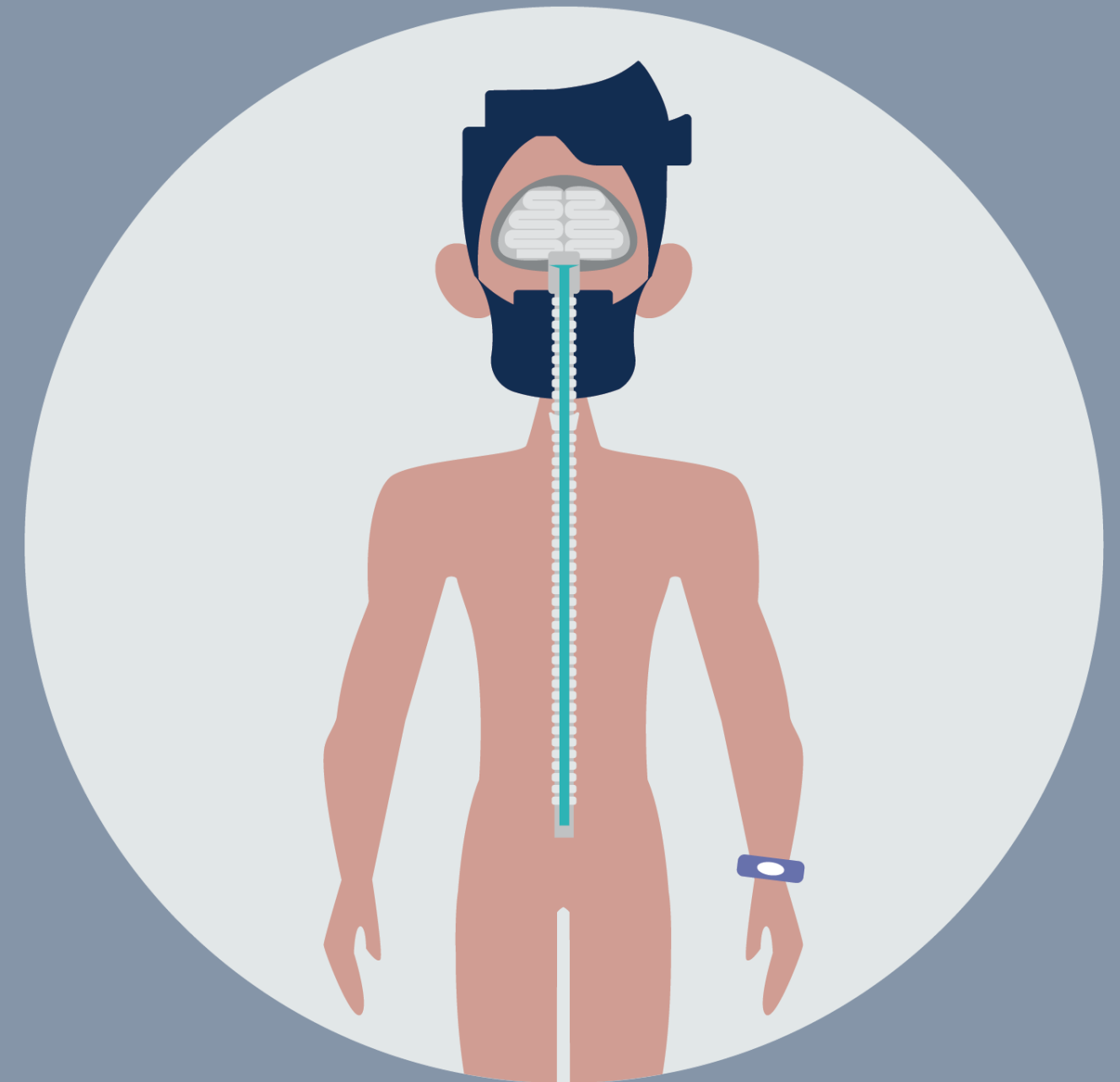
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Anxiety 08: Calming Anxiety's Inflammation

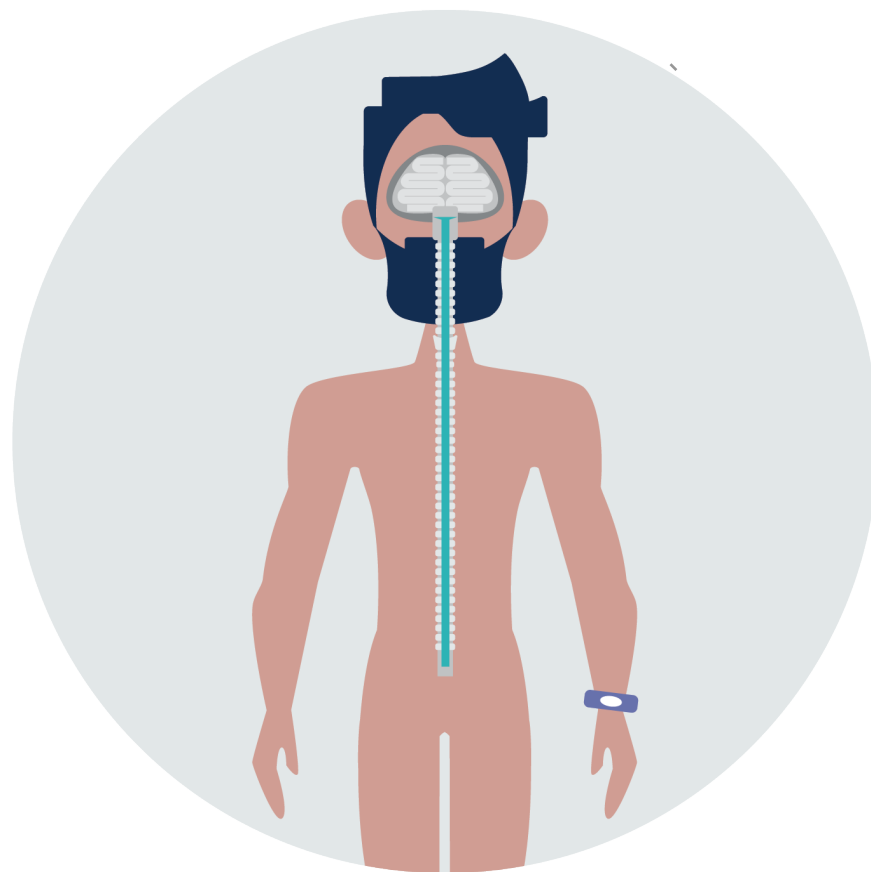
Inflammation in the brain's glial and neural cells may contribute to symptoms of anxiety. Consciously communicating directly with these cells, this Medigraytion may alleviate anxiety-causing inflammation, leading to calm and ease in overworked neurons and neural firing.



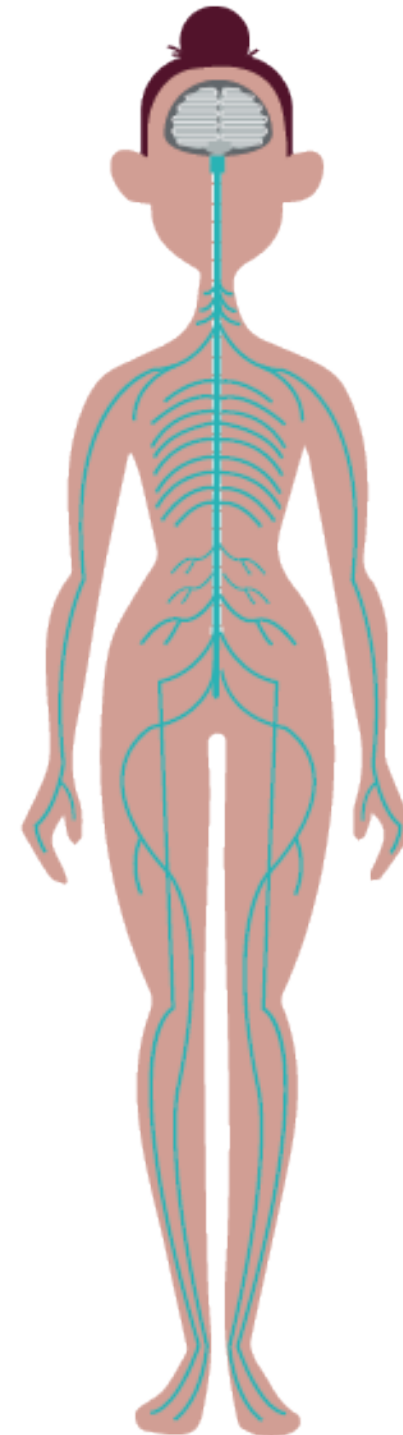
Basic Anatomy

Take a glance at these basic anatomy images. You don't need to study them a ton; just know their shapes and locations.

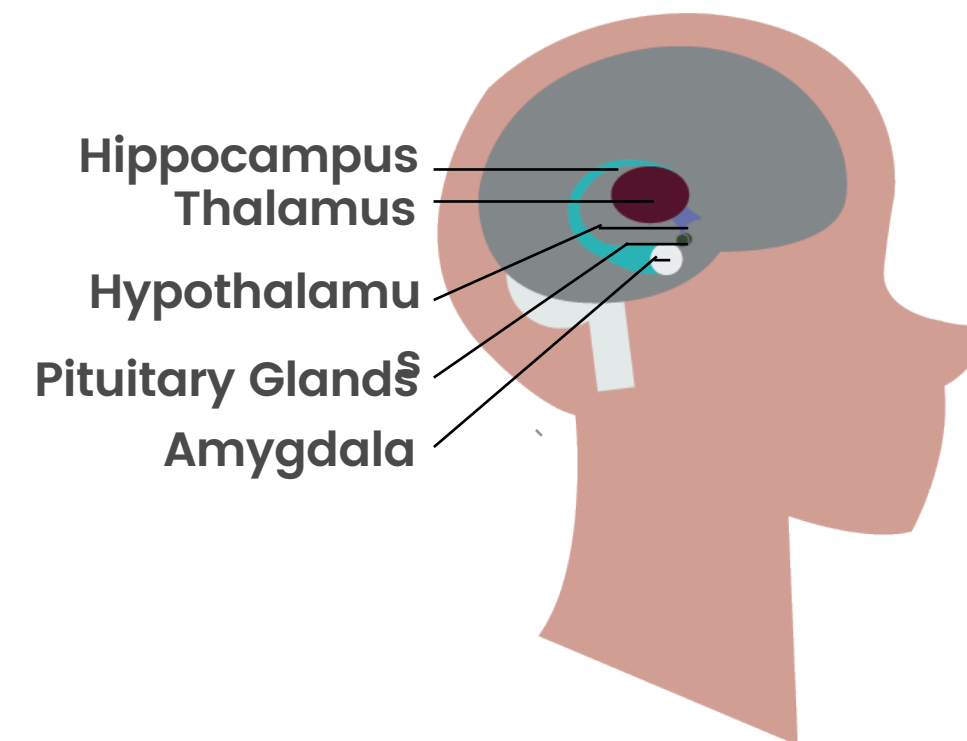
Central Nervous System



Autonomic Nervous System

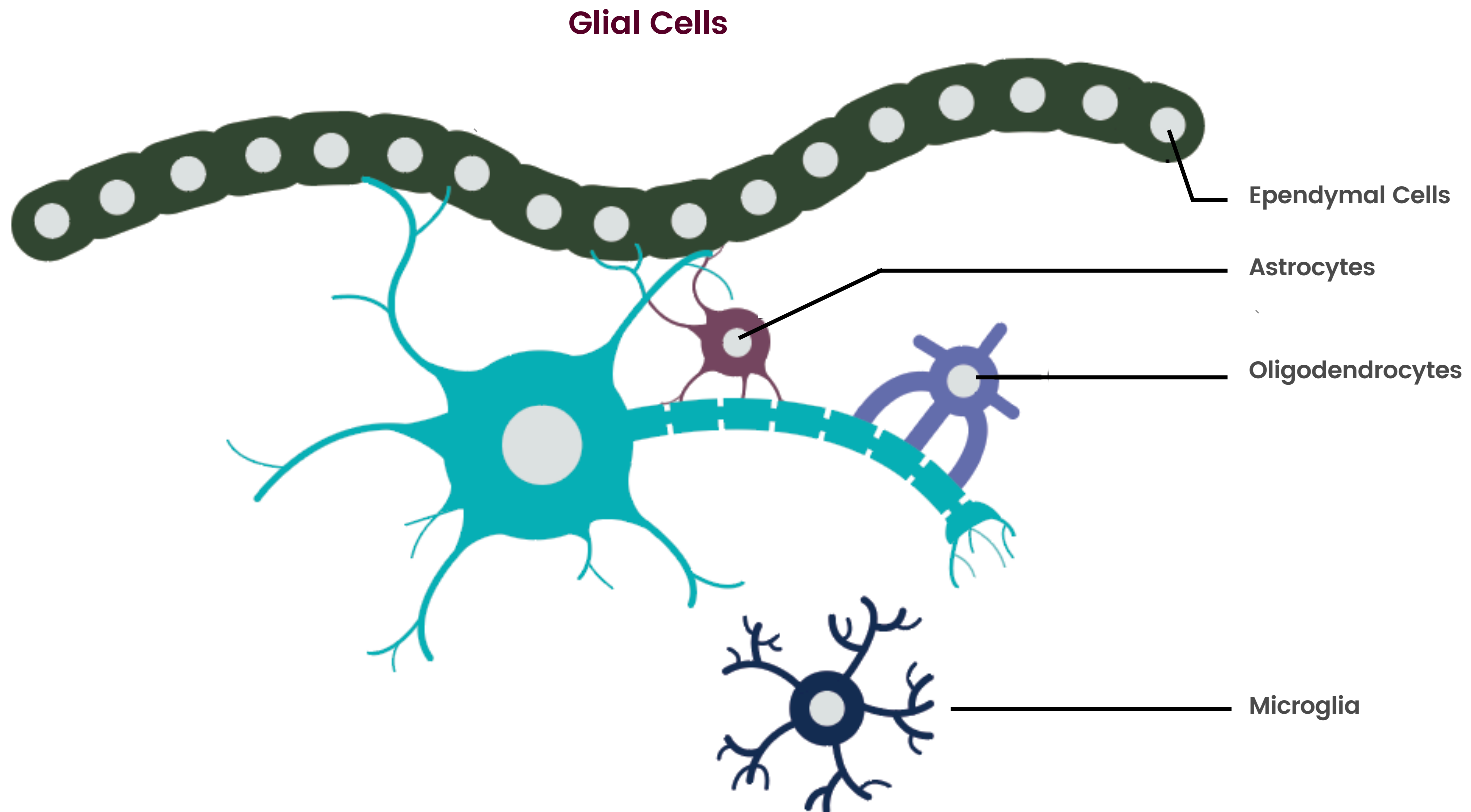


Limbic System



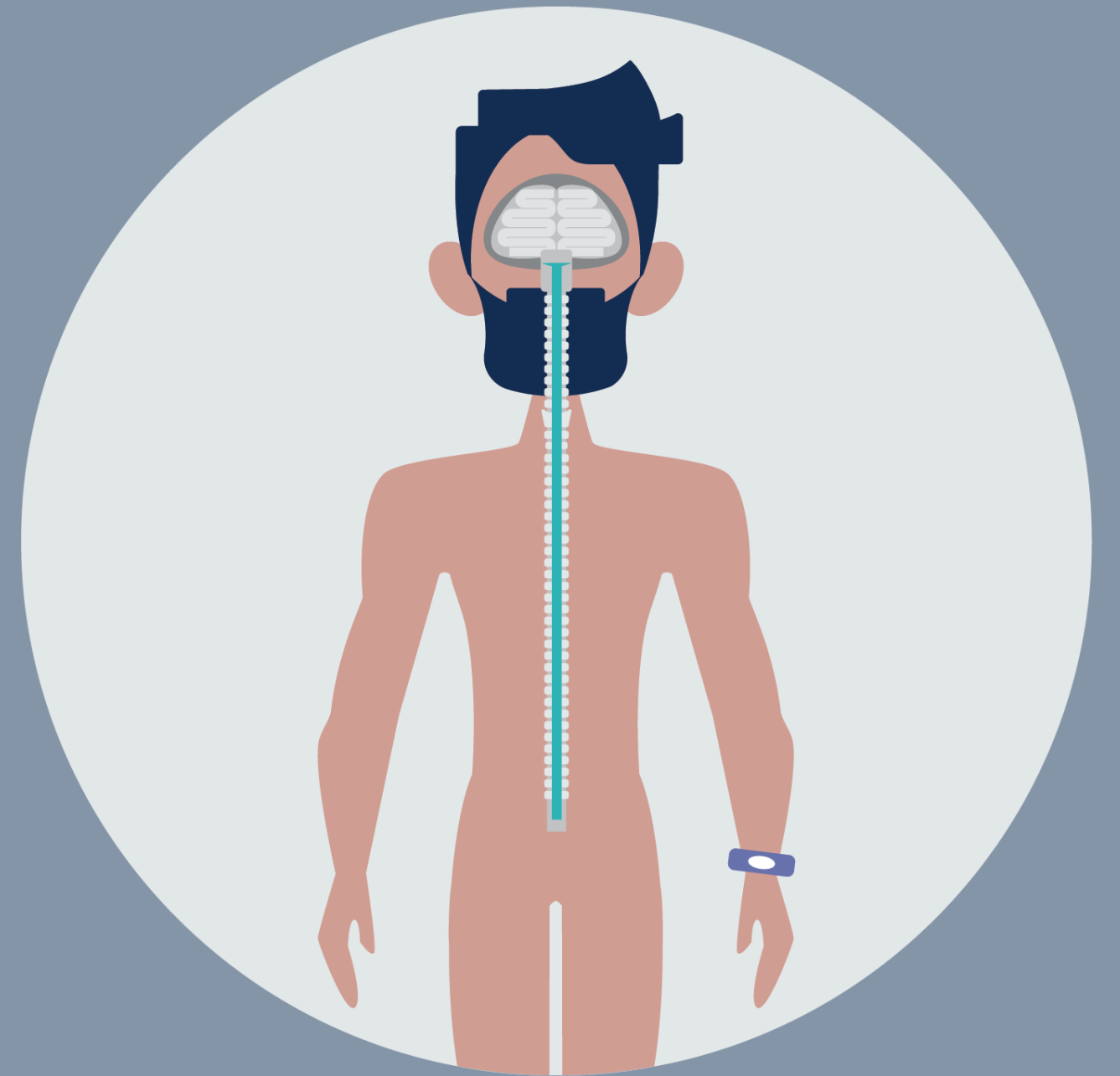
Basic Anatomy

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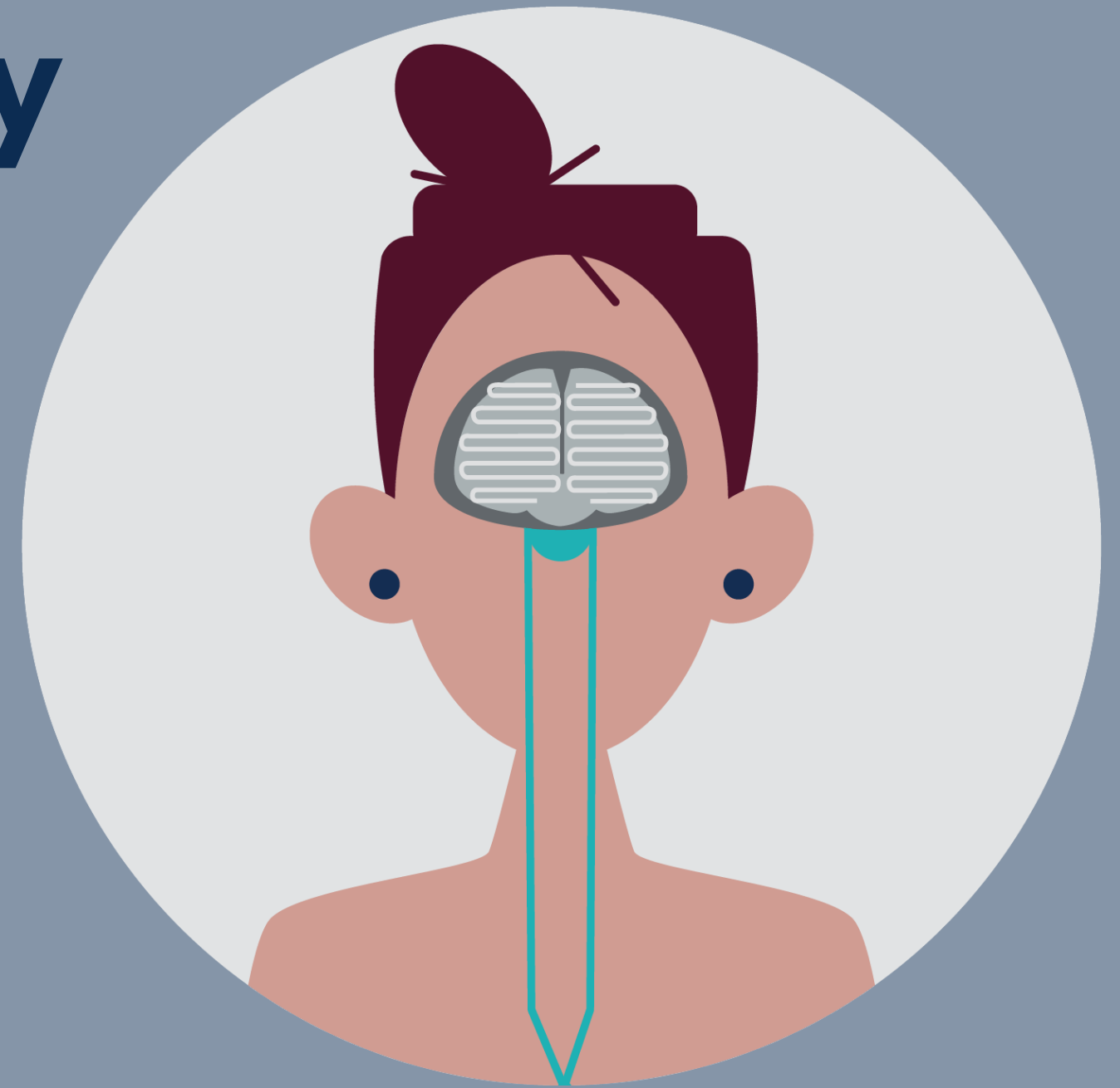
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Anxiety 09: Rebalancing The Anxiety Axis (HPA-Axis)

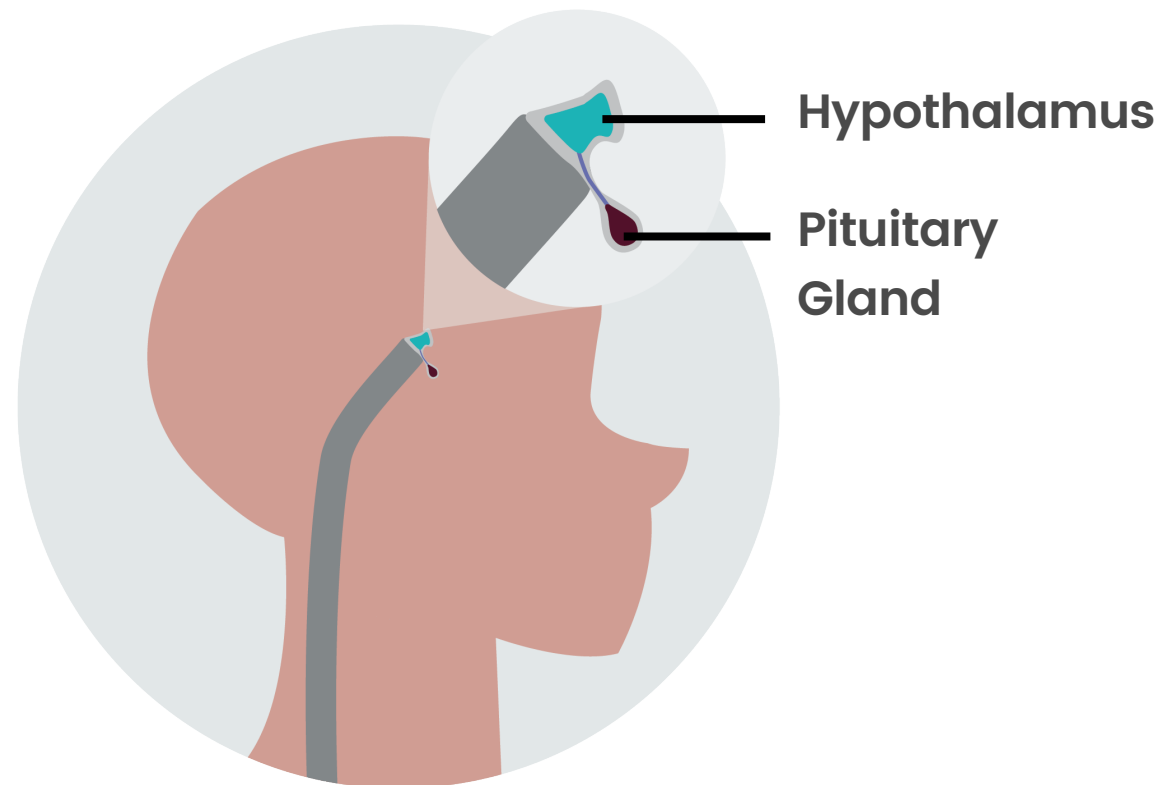
A hormone imbalance may cause anxiety symptoms in the body. This Medigraytion focuses your consciousness on regulating and balancing the hormones traveling between your hypothalamus, pituitary and adrenal glands, releasing old, anxiety provoking thought patterns, and creating supportive patterns that restore calm and peacefulness to your body.



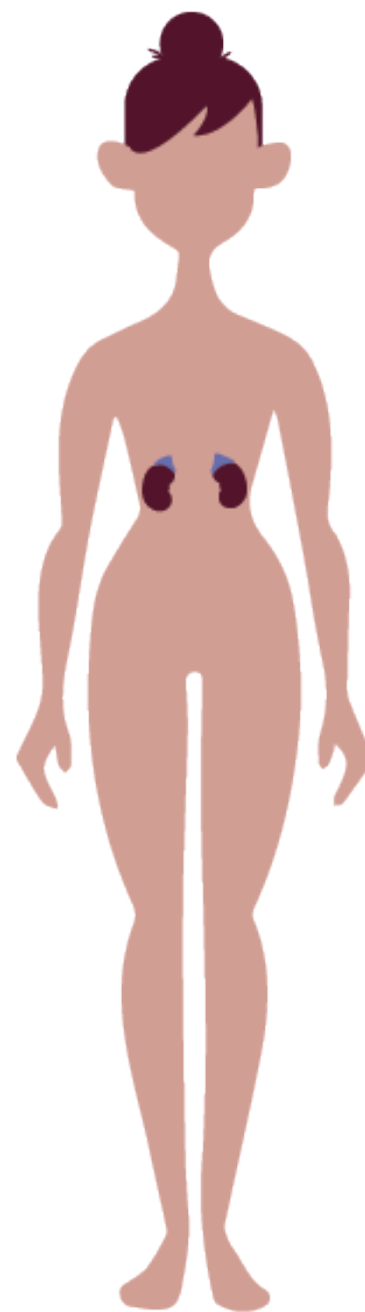
Basic Anatomy

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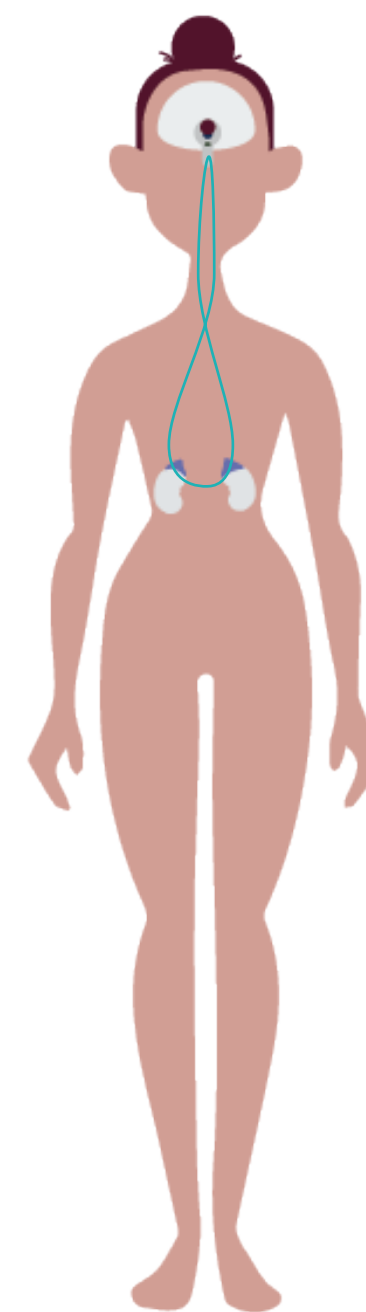
Brain Glands



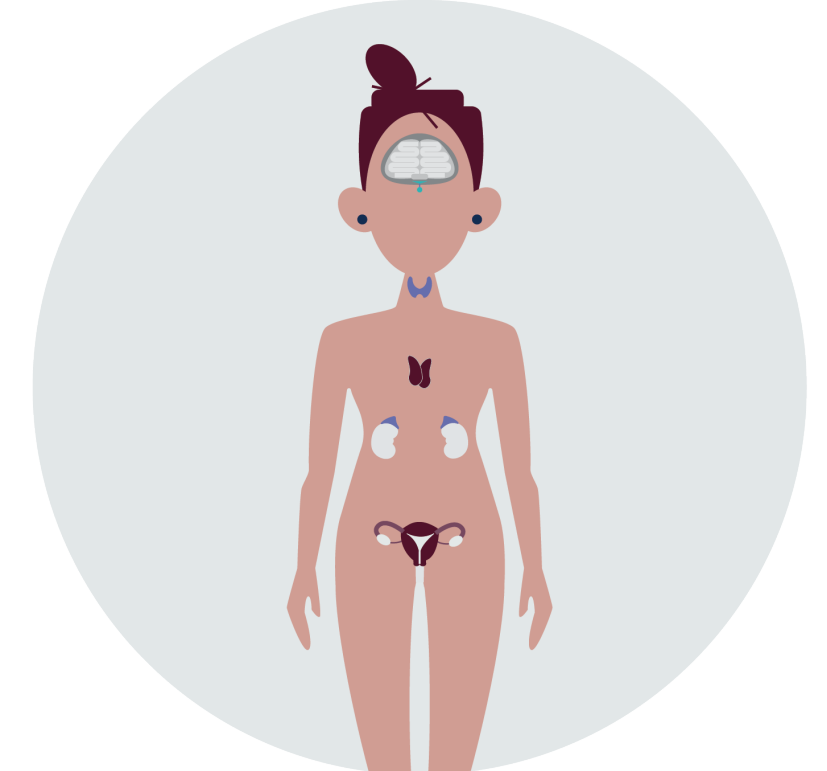
Adrenals



HPA Axis

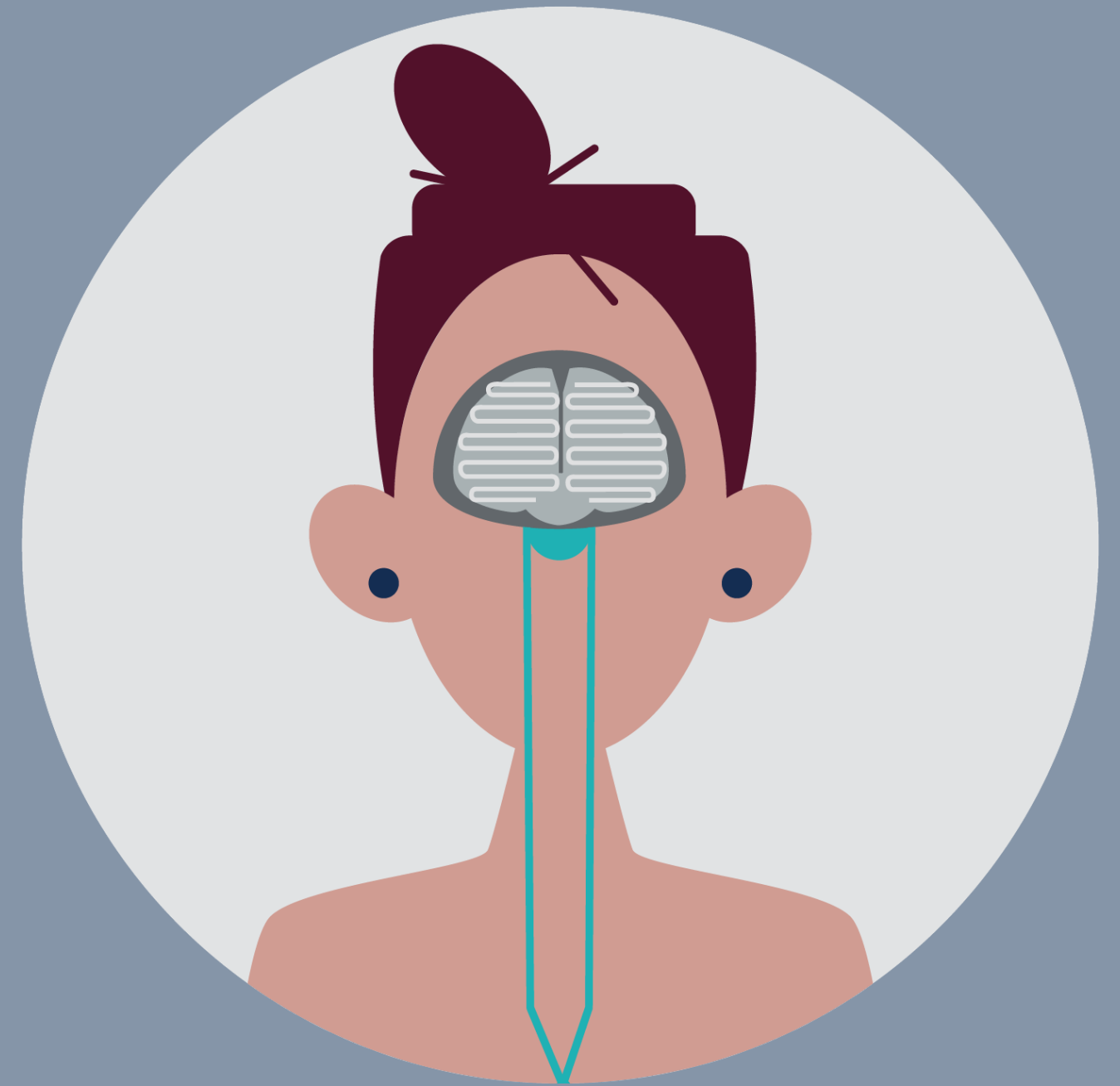


Endocrine System



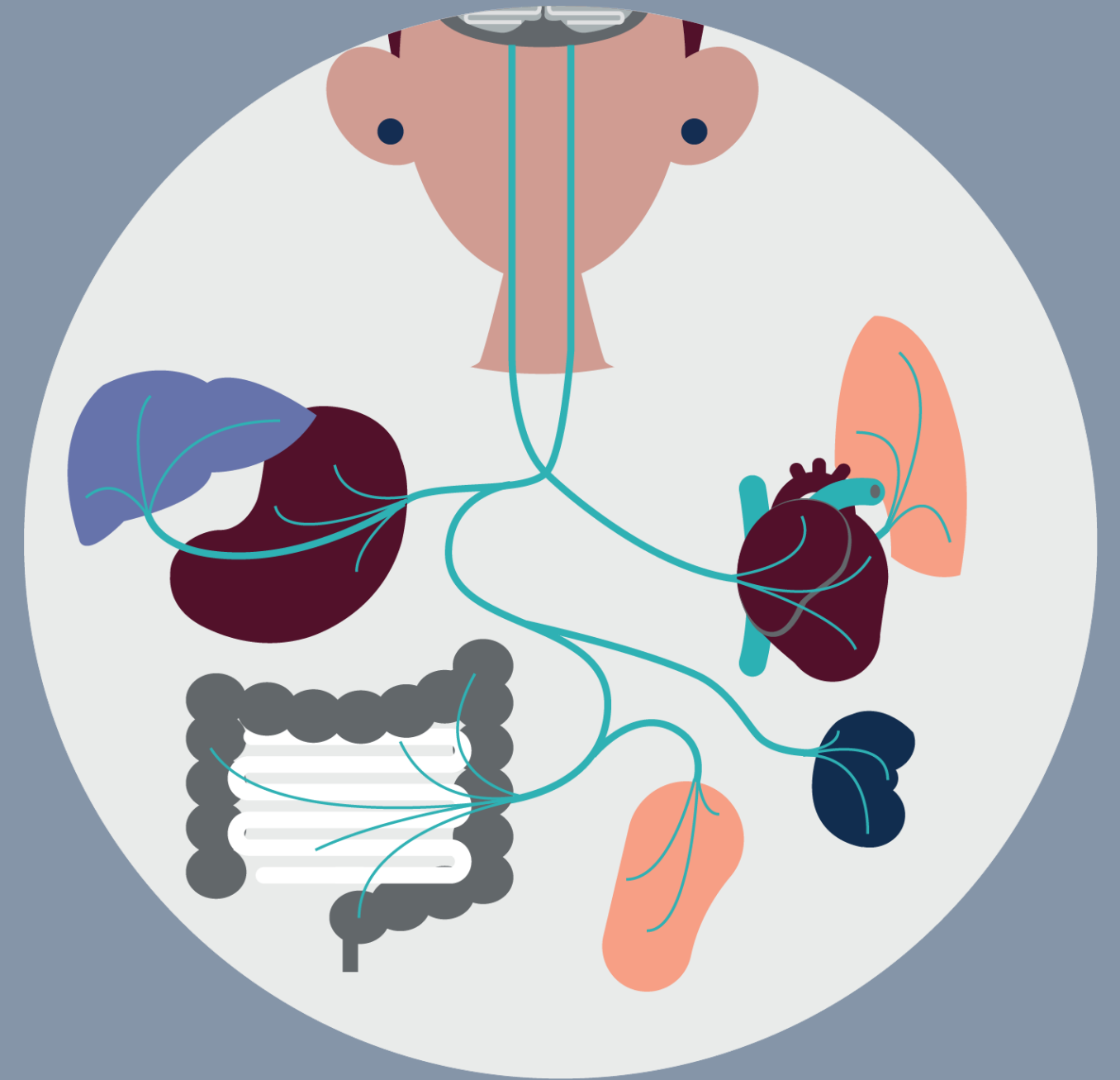
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Anxiety 10: Cleaning and Clearing Your Vagus Nerves

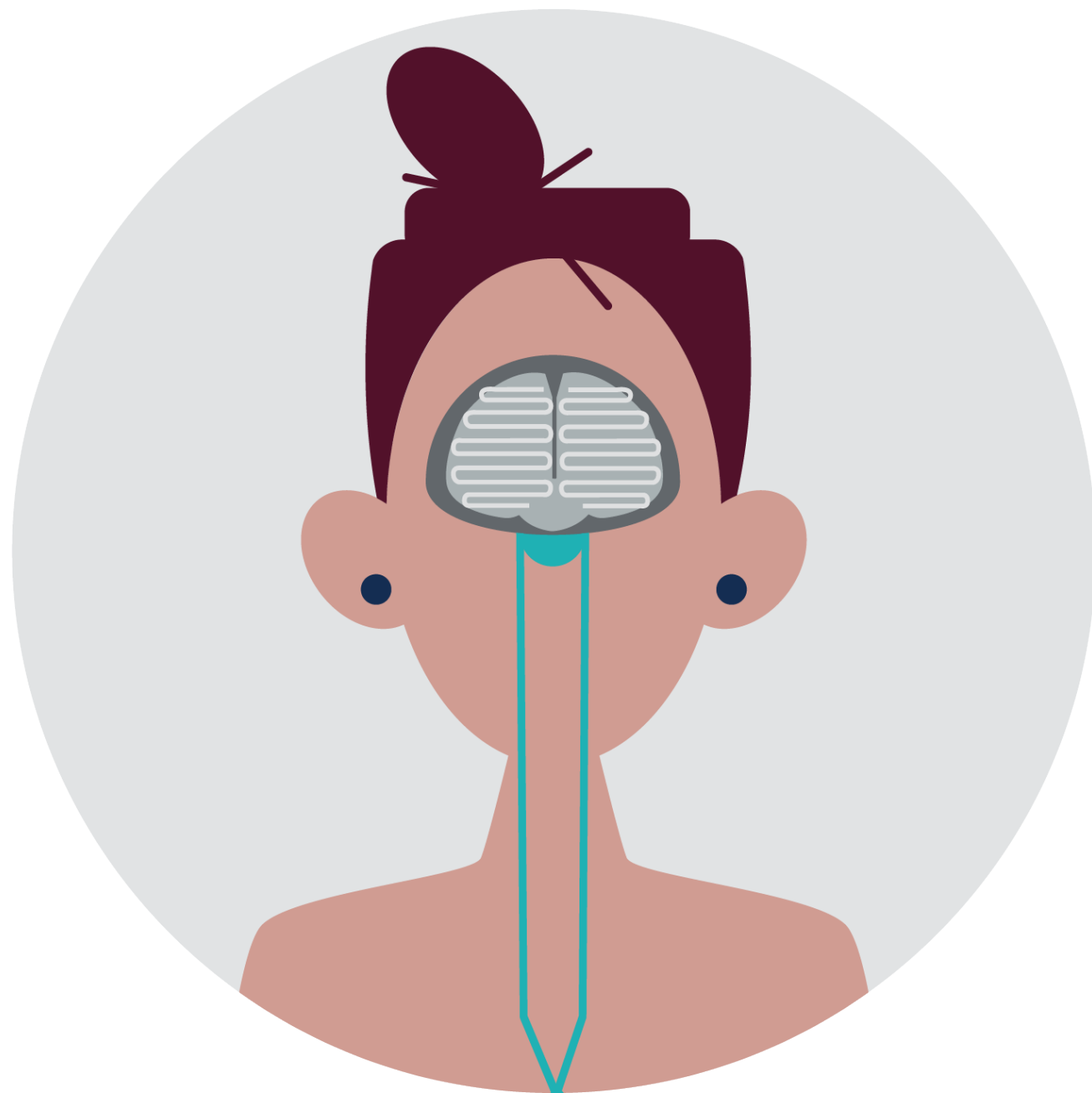
In this Medigraytion, we bring consciousness to the most powerful nerve for your mind-body connection, the Vagus Nerves. Using neural plasticity, we create a physiological shift in your Vagus Nerves by cleaning and clearing the nerve's connections to the Medulla Oblongata, Lungs, Heart, Liver and Gastrointestinal System, allowing for the free flow of all signals, messages and chemicals throughout your body.



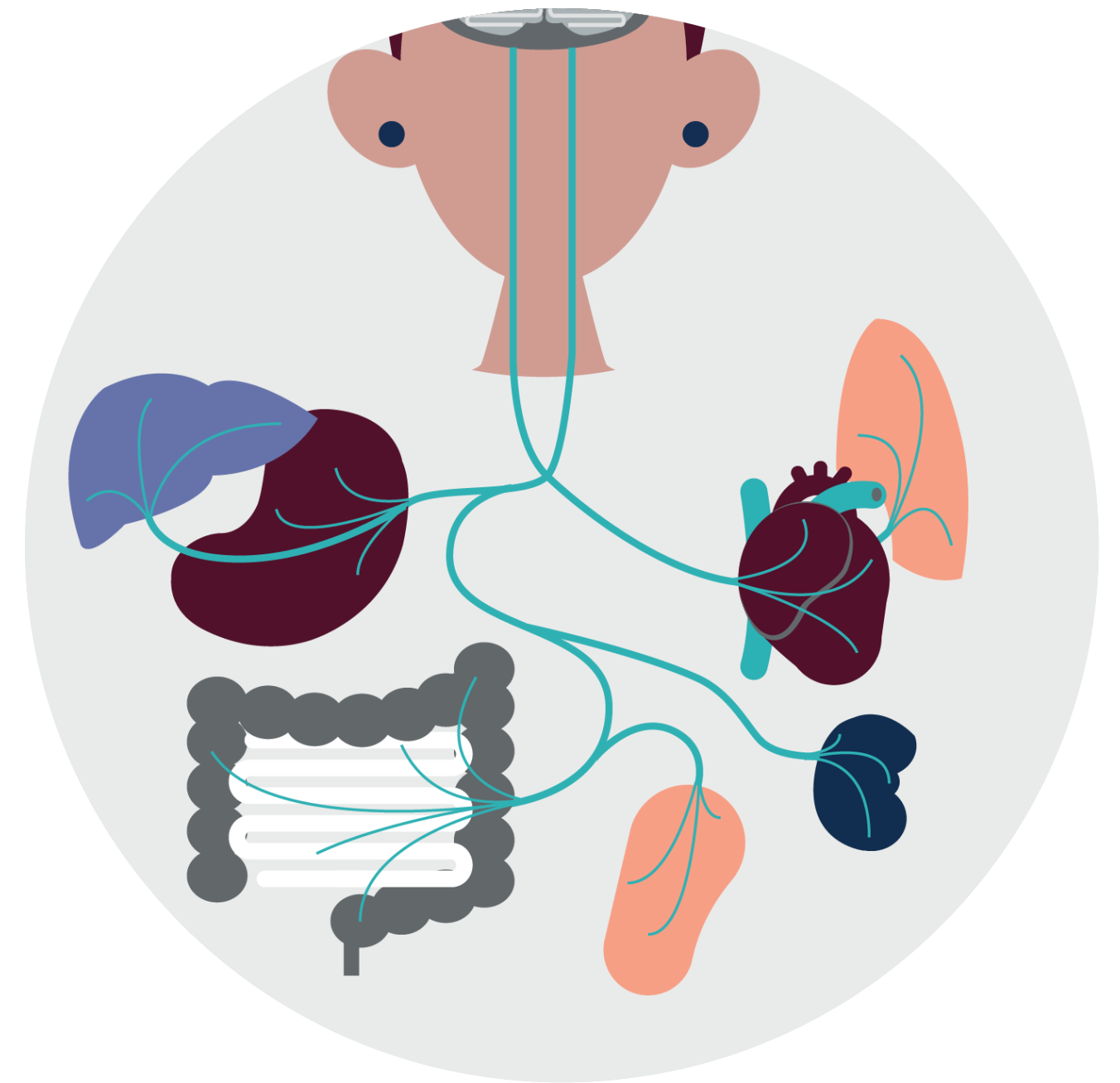
Basic Anatomy

Take a glance at these basic anatomy images. You don't need to study them a ton; just know their shapes and locations.

Vagus Nerve with Medulla Oblongata

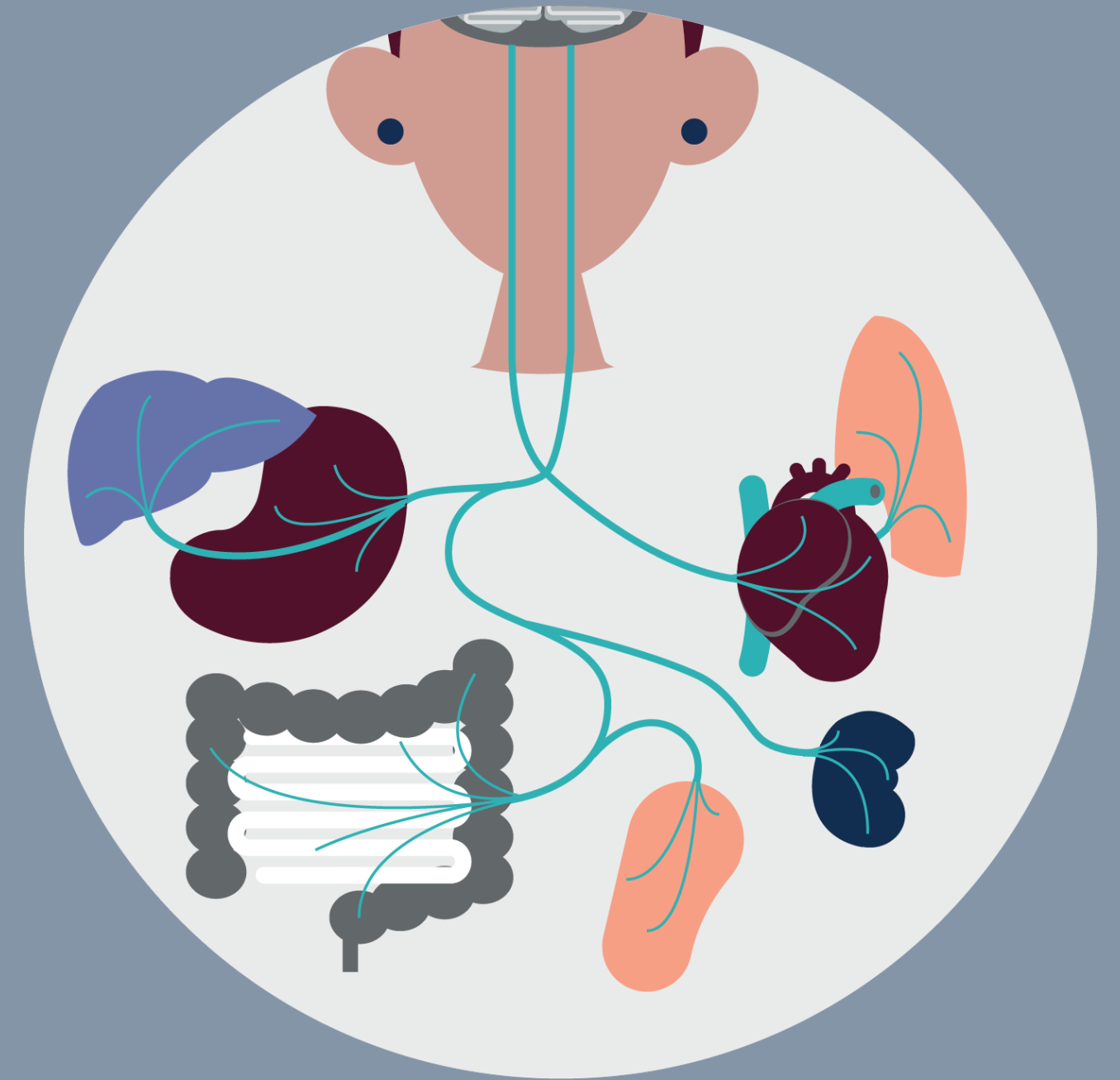


Vagus Nerve and Organs



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Anxiety 03: Extinguishing Anxious Thoughts

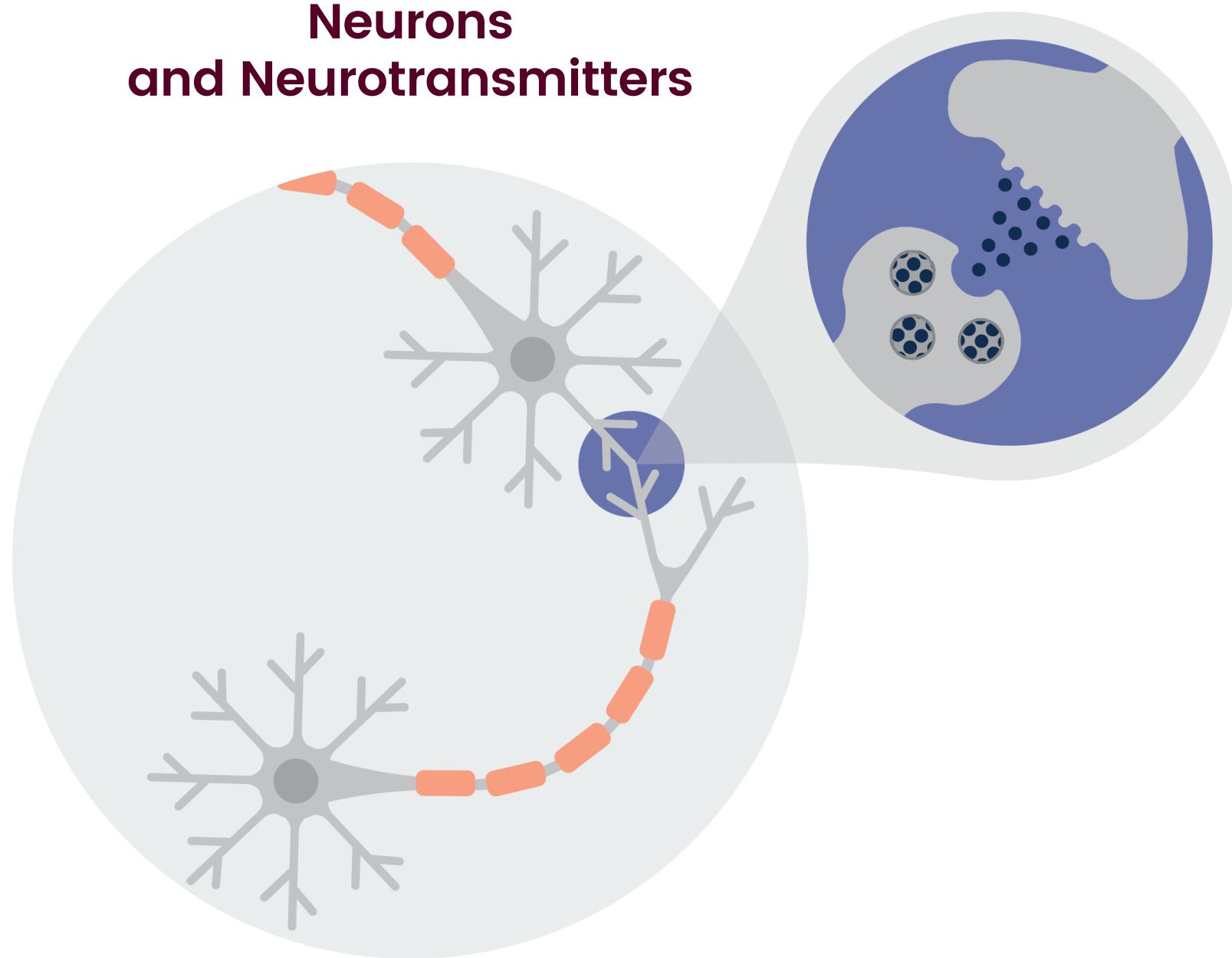
Interoceptive signals are projected to the brain via a diversity of neural pathways that allow for the sensory processing and prediction of internal bodily states. Misrepresentations of internal states, or a disconnect between the body's signals and the brain's interpretation and prediction of those signals, have been suggested to underlie some mental disorders such as anxiety, depression, panic disorder, anorexia nervosa, bulimia nervosa, posttraumatic stress disorder (PTSD), obsessive compulsive disorder (OCD), autism spectrum disorders, somatic symptom disorder, and illness anxiety disorder.



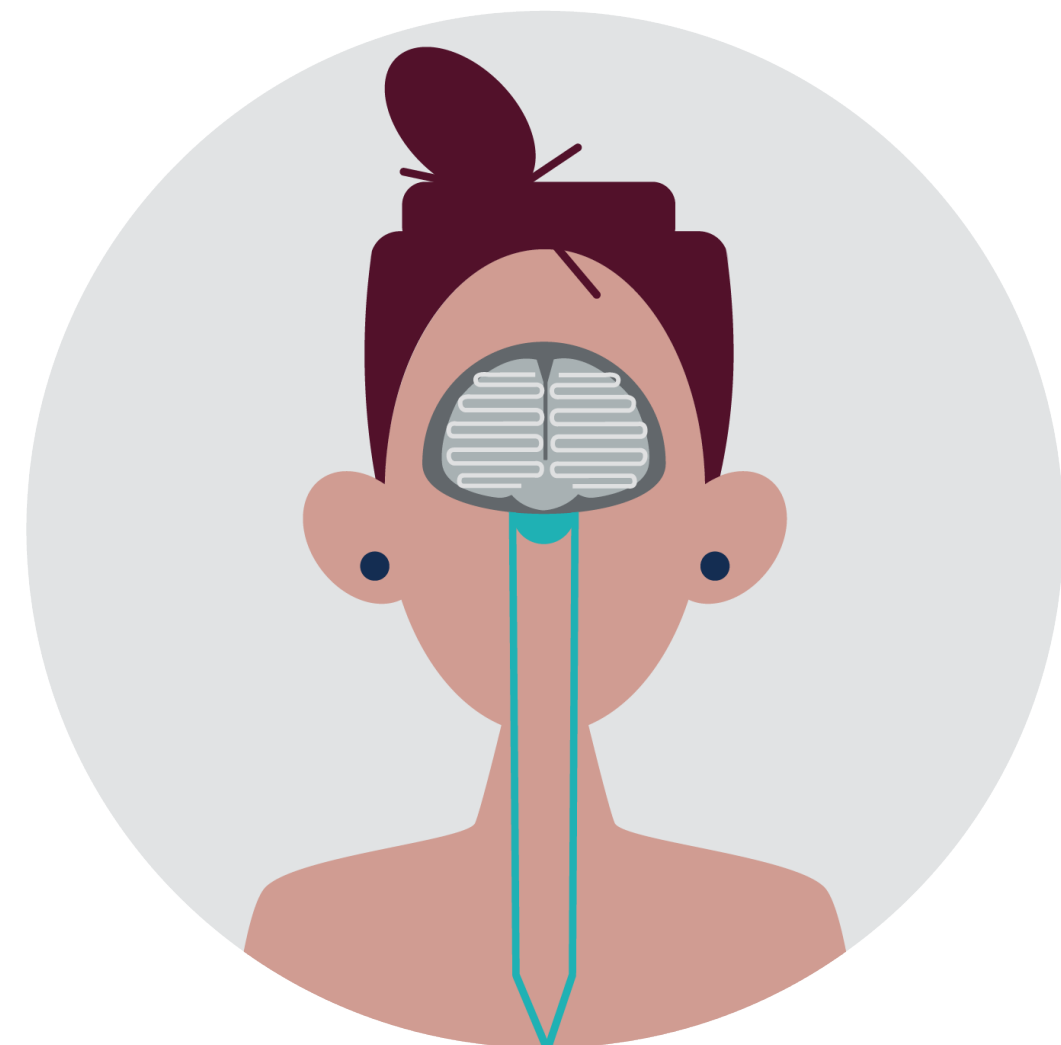
Basic Anatomy

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**Neurons
and Neurotransmitters**



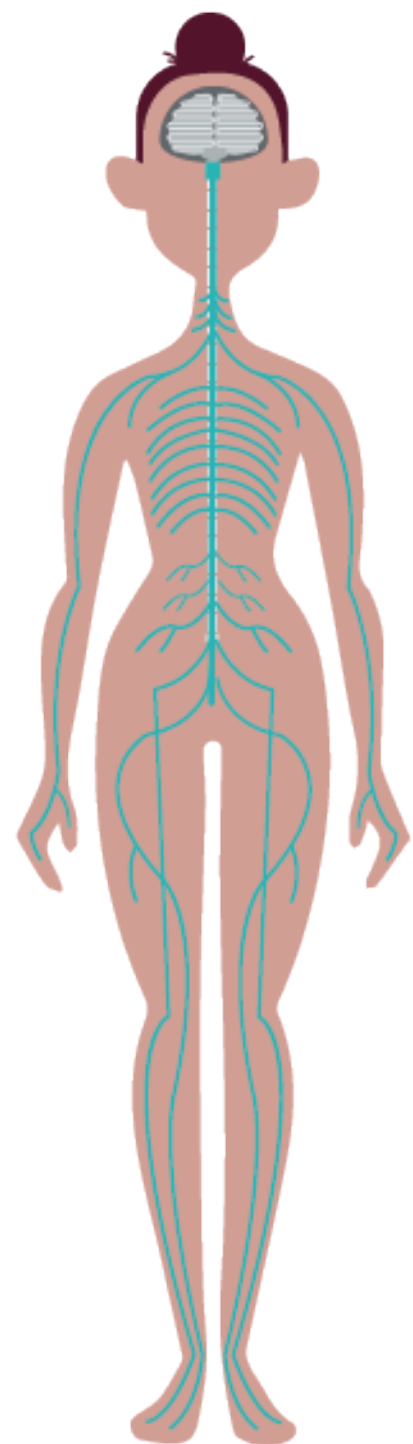
Vagus Nerve



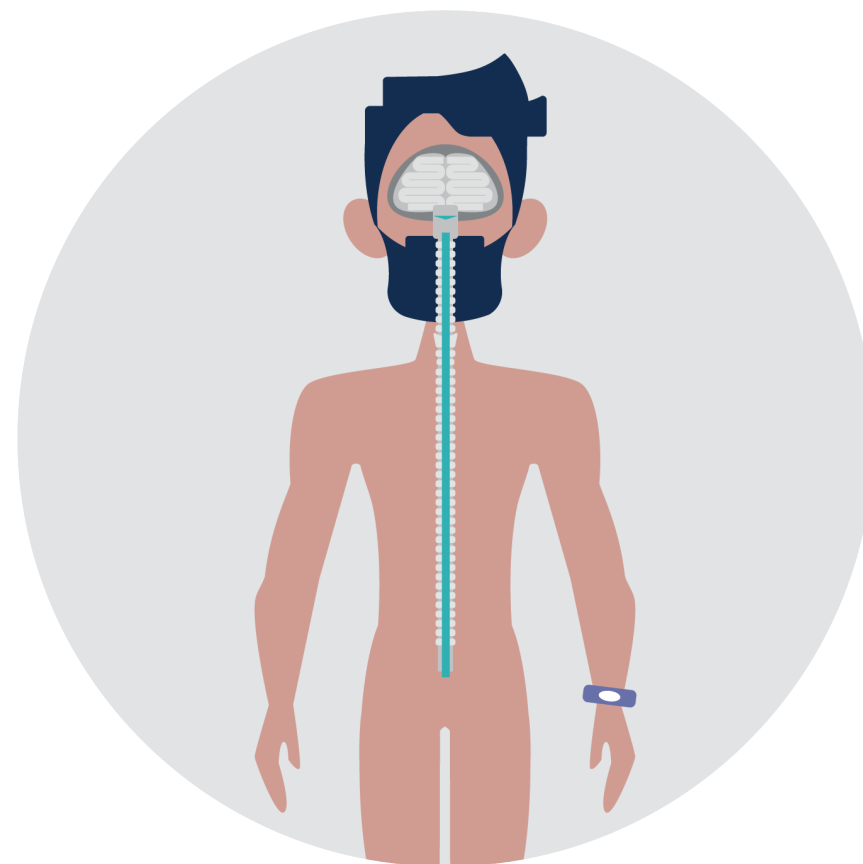
Basic Anatomy

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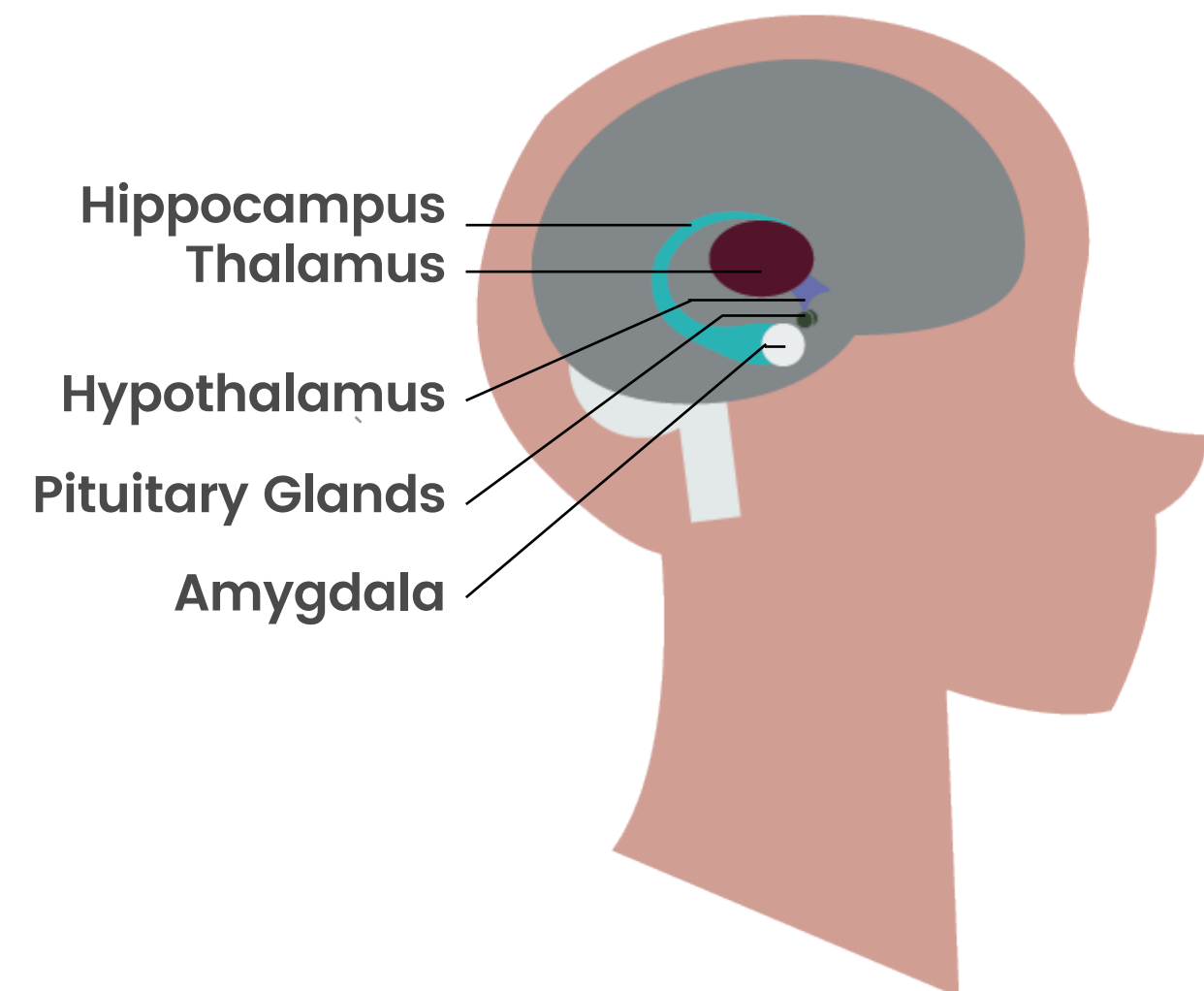
Autonomic Nervous System



Central Nervous System

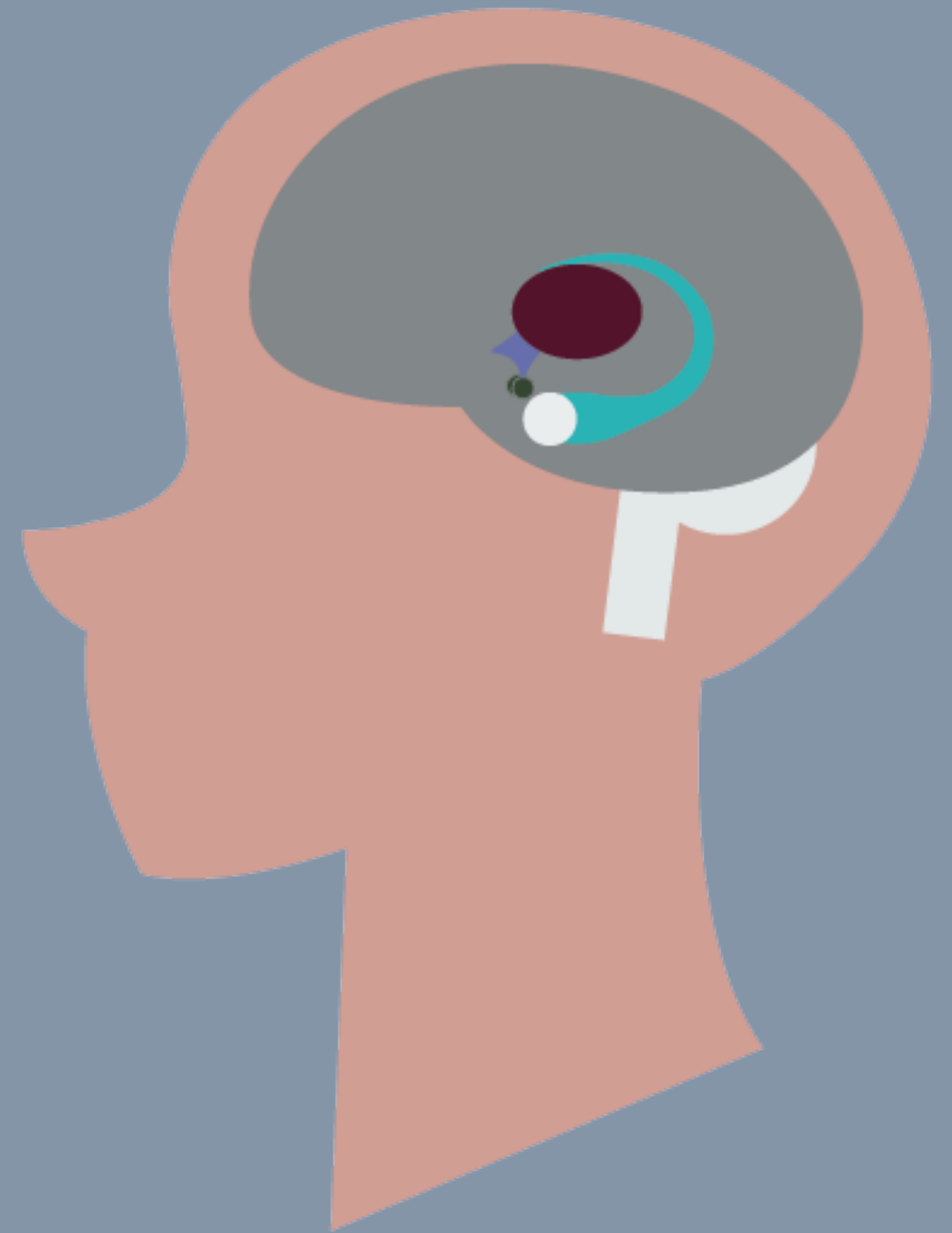


Limbic System



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Anxiety 02: Clearing Anxious Emotions

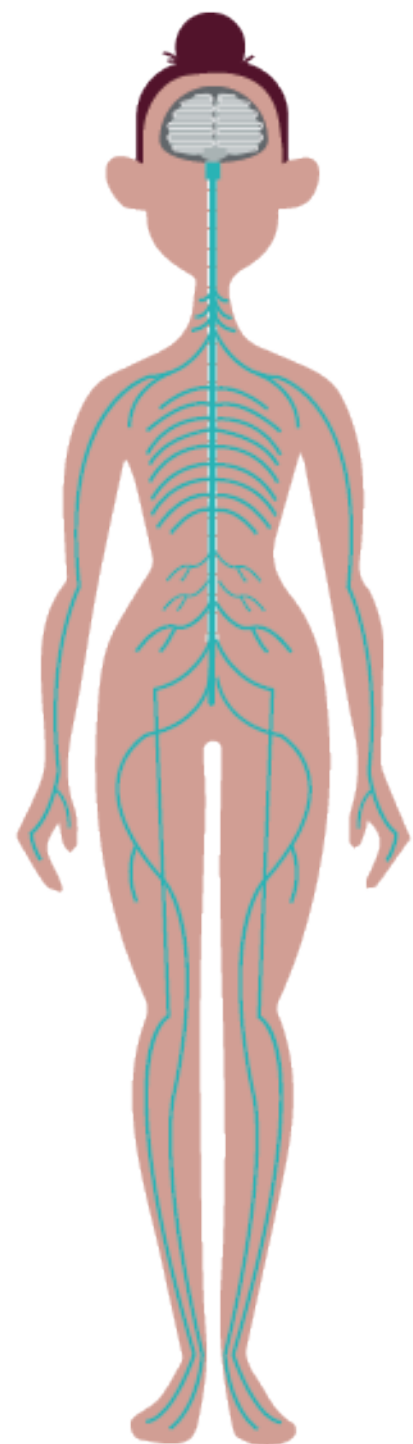
Interoceptive signals are projected to the brain via a diversity of neural pathways that allow for the sensory processing and prediction of internal bodily states. Misrepresentations of internal states, or a disconnect between the body's signals and the brain's interpretation and prediction of those signals, have been suggested to underlie some mental disorders such as anxiety, depression, panic disorder, anorexia nervosa, bulimia nervosa, posttraumatic stress disorder (PTSD), obsessive compulsive disorder (OCD), autism spectrum disorders, somatic symptom disorder, and illness anxiety disorder.



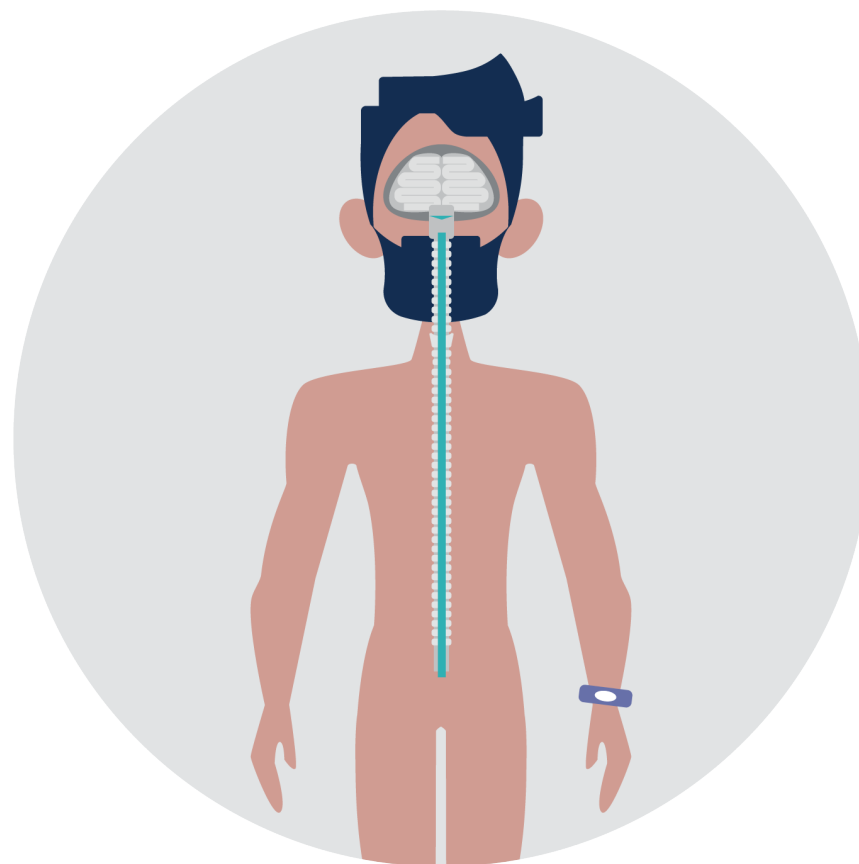
Basic Anatomy

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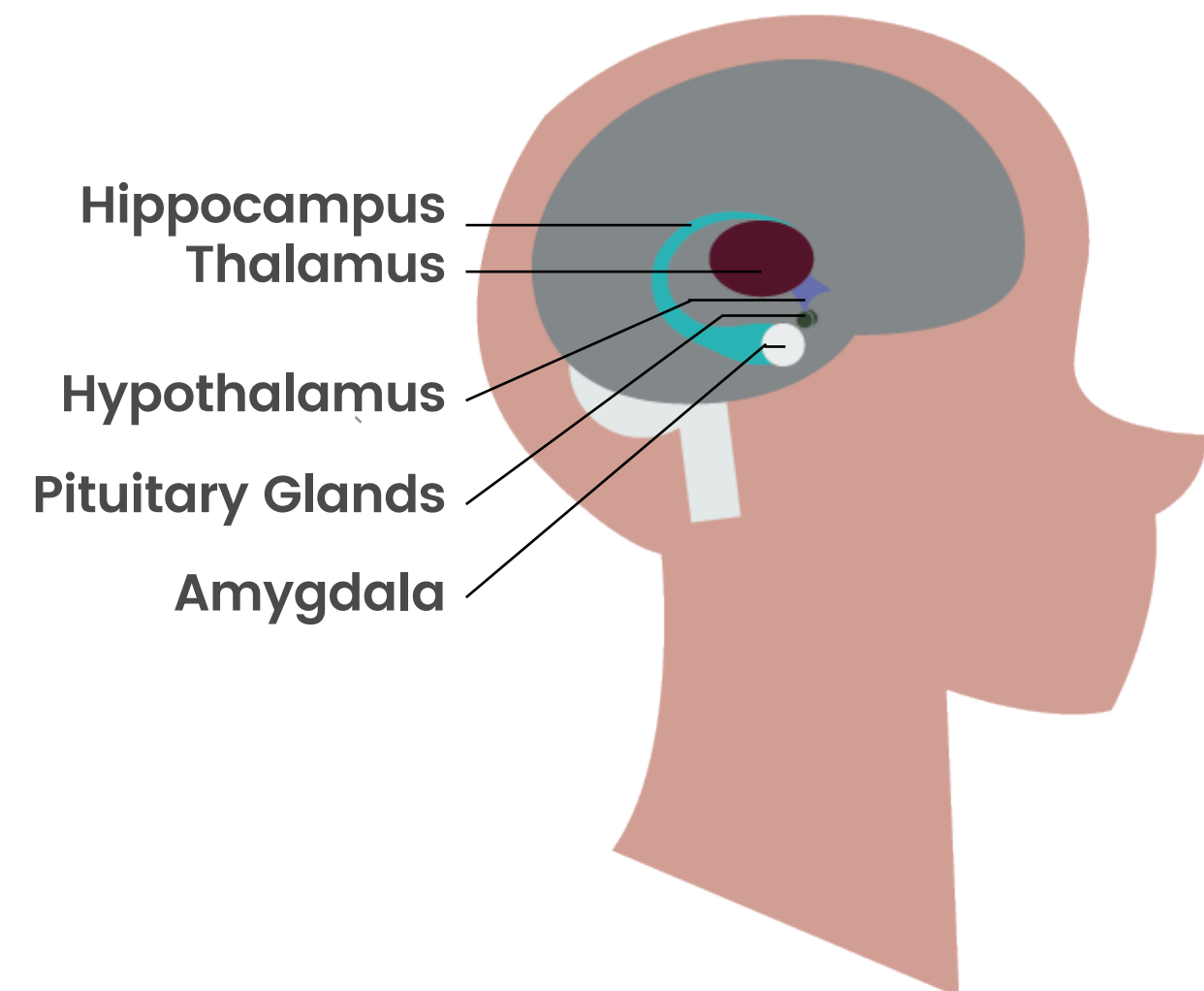
Autonomic Nervous System



Central Nervous System



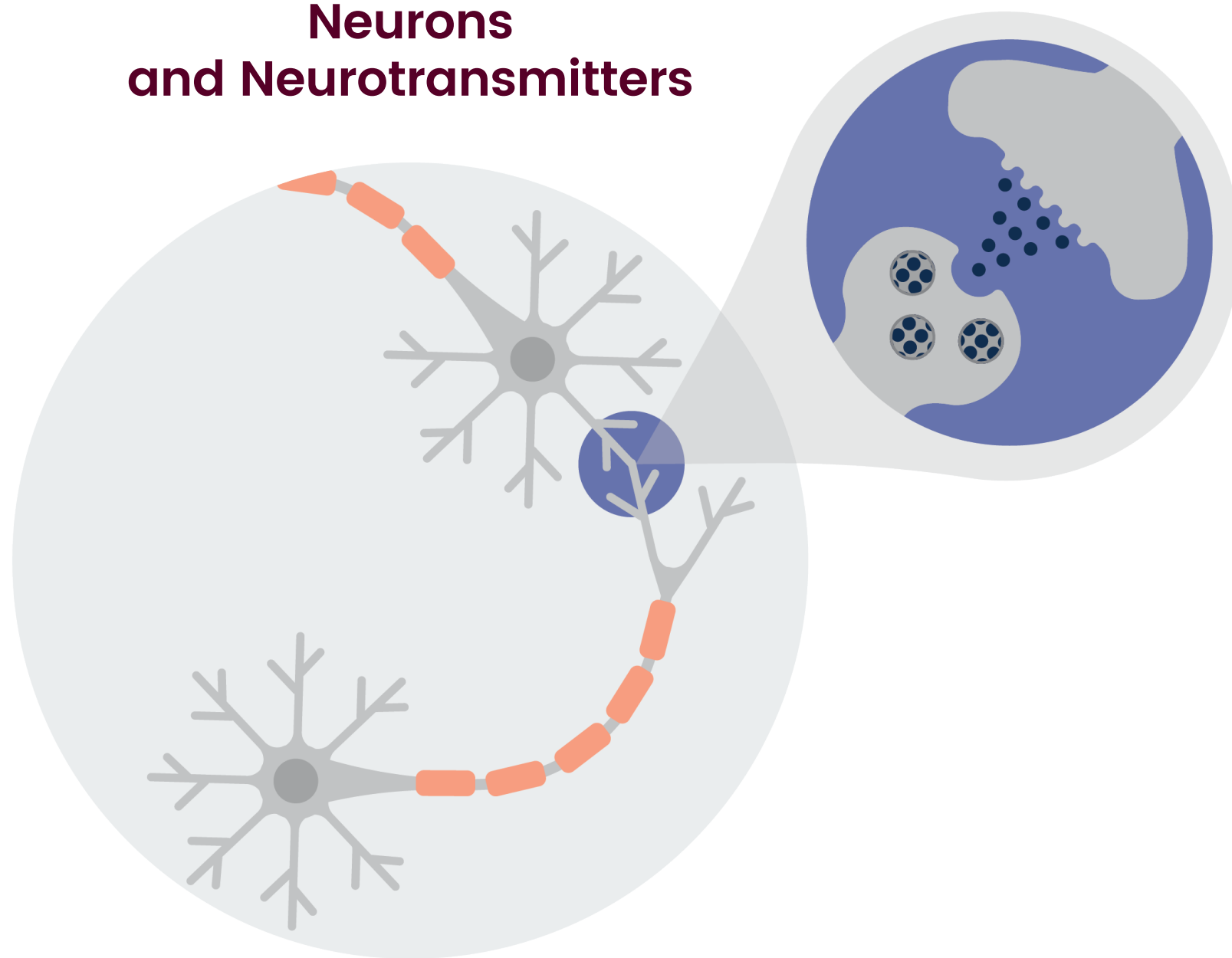
Limbic System



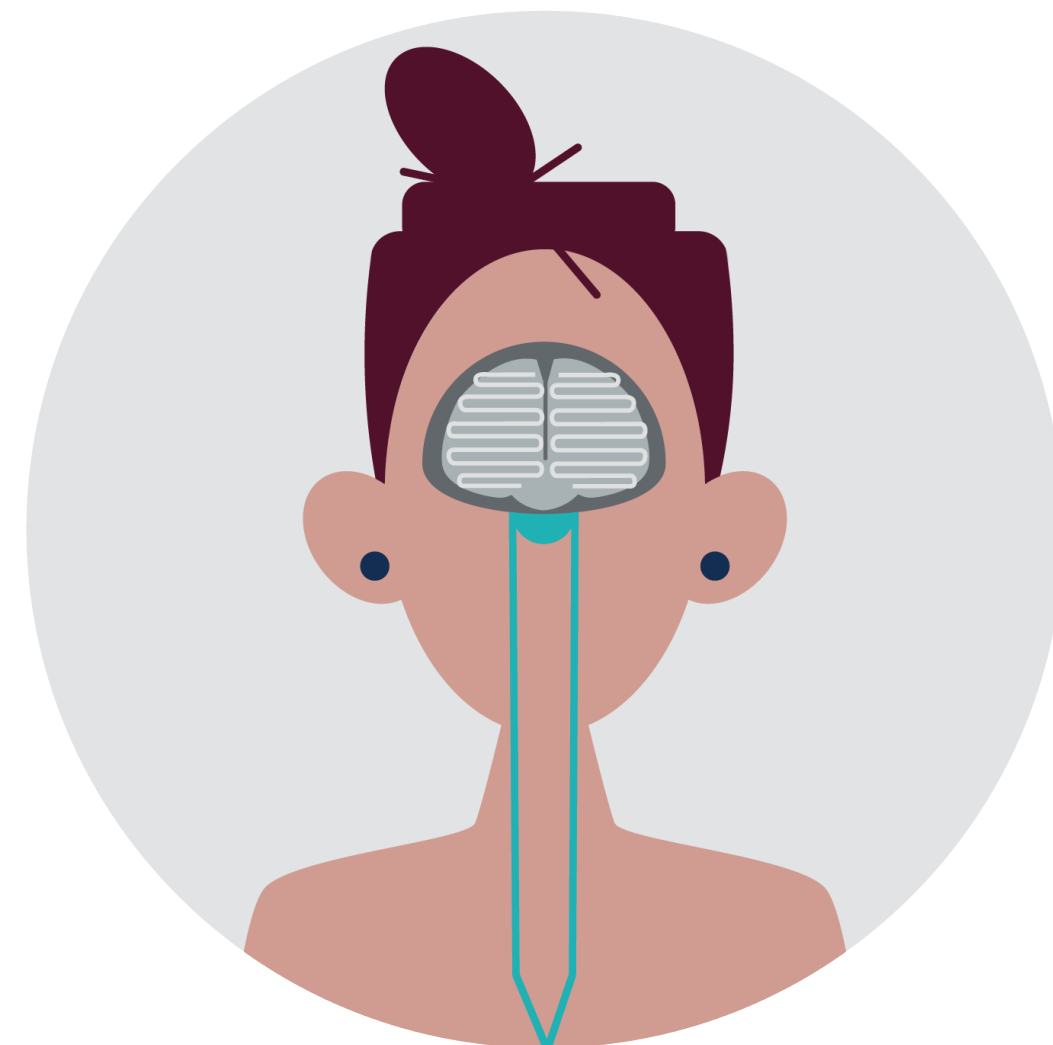
Basic Anatomy

Take a glance at these basic anatomy images. You don't need to study them a ton; just know their shapes and locations.

**Neurons
and Neurotransmitters**



Vagus Nerve



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