

Addressing Addiction, ChEmotionally yOurs



ChEmotionally yOurs explores the foundation of science that proven-ly gives keys to safety from and repair of the above (Chemotional = Chemicals that affect Emotions and Emotions/Stimuli that affect Chemicals in the body + yOurs [Yours and Ours/Independence and Inter-Dependence]). In addition, while uncovering many of the problems related, gives practical helpful exercises aimed at supportively bringing about health and wellness. It is not one thing, one medicine nor one change of habit that helps a person gain and maintain stability. A combination of several options is the answer. Like the medically true story of the man and his wife who found him drunk without having drank any alcohol; what the body can produce and how it regulates itself can be incredibly surprising. Also a surprise are the resoundingly far reaching and simple remedies that are needed to protect against and recover from such and other more deadly illnesses. In the United States of America as technology becomes more adept, the scientific understanding of the body is becoming more and more advanced. Understanding self and Self-help must do the same. Here is not only advancements, but also guidance towards self-directed recovery and discovery.

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