



THE VALUE OF FORGIVENESS

Set your path to healing©

Nearly everyone has been hurt by the actions of someone else. Many of us, for example, have experienced the criticism, betrayal or vengeful actions of a friend, family member, or co-worker. It is tempting to hold on to our feelings of anger, pain and bitterness as a means of protecting ourselves. We may even want to punish the person that has offended us. While these feelings may start out small, if we don't deal with them, they can grow bigger and more powerful. Ultimately, if we allow our negative feelings to crowd out our positive feelings, we can find ourselves consumed by our sense of injustice.

Those wounds can make us prisoners of the past. Although our bitterness may hurt the other person, the person that really suffers is the one that is holding on to the pain. If we use our energy to be angry, we cannot use that energy to reach our potential and make the most of our future. When we forgive, however, we allow ourselves to heal and experience peace and happiness.

Forgiveness requires one thing: a decision to let go of a past hurt. It is important to recognize that we can choose to excuse the person without excusing his or her actions. Forgiveness does not mean denying the person's responsibility in the situation, and



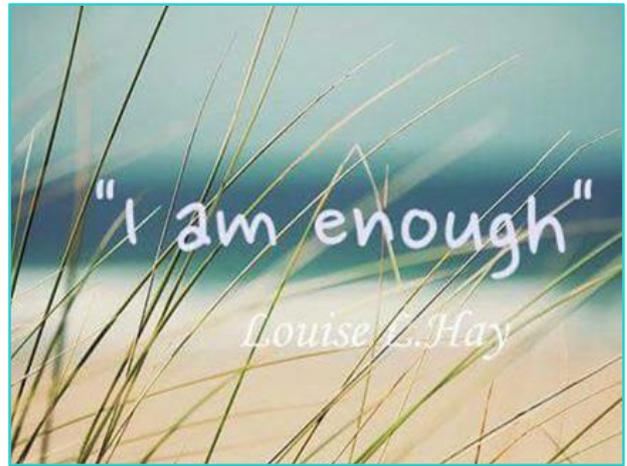
it doesn't minimize the wrong that was committed. The act that hurt us may always be a part of our lives, but forgiveness can lessen its grip on us. When we forgive, we stop dwelling on the memories of the past. It is impossible to live in the past and simultaneously take advantage of the opportunities of the present or plan ahead for the future.

Just as many of us need to forgive someone else, we may also need to ask for forgiveness. We have all hurt someone else in our lives, just as we have all been hurt by someone else. We can be bound to the past by our guilt and unresolved issues. By choosing to ask for forgiveness with a genuine and remorseful heart, we can forgive ourselves no matter how the other person reacts. We must realize that it is impossible to control anyone other than ourselves. When we forgive or ask for forgiveness, we do so because it is the right thing to do.

THE BENEFITS OF FORGIVENESS

If you practice the value of Forgiveness, you will experience these benefits:

1. You will improve your psychological well-being.
2. You will feel a sense of peace as you let go of old pain and anger.
3. You will have healthier relationships as you accept yourself and others.
4. You will be able to focus on improving yourself and your future when you are no longer focused on the past.
5. You will be better at managing your temper.
6. You will reduce the overall stress in your life, which will give you improved health benefits. You will be at a lower risk for depression, anxiety and substance abuse.



"To forgive is to set a person free and discover that the prisoner was you." - Lewis B. Smedes

THE CORRELLATION BETWEEN EMOTION, FORGIVENESS AND YOUR GUT

The inside of your body is a warzone, and you do not notice it, but there is a constant battle going on between good and bad. Our wellness starts with our thoughts, forgiveness of self and others, but also starts in your mouth. But it does not end there. What happens in your mouth can affect the 93,000-mile-long system of blood vessels that deliver oxygen to every cell in your body.

This is mighty important as breathwork and mitochondrial heal is essential to dislodge negative cellular memory and owning your health & wellness? Bacteria collect in your mouth the vessels can become inflamed. This lining is under constant attack from foreign invaders as well as inflammation. And your body responds to these kinds of attacks by unleashing an army of white blood cells to surround and destroy them.

But what most people do not know is that as they attack harmful bacteria and other microorganisms, your white blood cells also release hormones called cytokines. Cytokines kick your immune system into high alert, signaling for reinforcements of white blood cells to help combat diseases. Unfortunately, they also cause an inflammatory response across your entire body. High concentrations of cytokines in the bloodstream were the strongest predictor of death. Fortunately, you can fight the buildup of cytokines and help keep your ECB system clean and free of inflammation and damage, safely and naturally, in these easy steps:

Step 1: Outgun cytokines with CoQ10, the number one antioxidant for fighting inflammation in your gums. There are two reasons for this. The first is that CoQ10 is one of the most powerful antioxidants we know of. Studies show that antioxidants dramatically lower cytokines in inflamed gum tissue. To reduce cytokine production and stop this from contributing to heart disease, I recommend that everyone take CoQ10 regularly as a constant source of new energy for your cells. Especially the new form of CoQ10 called ubiquinol, that is 8 times more potent than regular CoQ10.

Step 2: Blast away oral inflammation with Boswellia. The resin of the Boswellia tree has been used to calm inflammation for centuries in India's Ayurveda medical tradition. Boswellic acid is a potent inhibitor of 5-lipoxygenase, an enzyme responsible for inflammation. Boswellia is especially effective at reducing oral inflammation.

Step 3: Shut down inflammation with Omega 3. Studies show these omega-3 components go to work almost immediately to relieve inflammation. They have also been shown to drastically reduce the levels of pro-inflammatory factors like cytokines. The most potent plant source of omega-3s in the world is Sacha Inchi oil. They are easy to digest and fully absorbed by your body. Its quick response time means it creates direct benefits you can feel right away.

ELIMINATE THE TOXINS THAT MAKE JOINTS ACHE

The resin of the Boswellia tree has been used to calm inflammation for centuries in India and the Orient. In a study, people who took Boswellia could walk farther than before and had healthy range of motion. **Meadowsweet** is a favourite for calming discomfort. It contains salicylates, which you may recognize as the natural compound that early pain relievers were created from. It is popular in Europe and has a long history of use. **Arnica Montana** is another European herb with a long history of use on the surface of the skin.

- **Fight pain** by helping to balance the inflammatory response
- **Clear out toxins** that can build up in your cartilage, muscles, and connective tissues
- **Help soothe muscle soreness** from sports and intense exercise
- **Support healthy tissue and cartilage** by helping your immune system do its job
- **Speed recovery** so you can get back to doing what you love

Also include 100 milligrams of magnesium daily because it ISs a mineral your muscles cannot do without. Your muscles need it to stay relaxed and functioning. When you do not have enough, you can feel tension, fatigue, and soreness. **Heal the emotions, be good to you and take care of inflammation, as inflammation leads to physical disease! The manifestation of the dis-ease caused by lodges or couped-up emotion not recognized, not acknowledged, and not healed!**

BEING GOOD TO YOU: SELF CARE

Apple Cider Vinegar, Honey and Cinnamon Super syrup



Simple to make and with readily available ingredients, this health tonic is wide-ranging in the benefits. It can relieve constipation, reduce inflammation, support kidney function, promote heart health, prevent or fight urinary tract infections, protect against bacterial, fungal or viral attack and keep the common cold at bay. Notably, it is potent in health care, helping to boost your immune system and support strong heart and organ function. The success with this health tonic is to source only the highest quality ingredients.

The **apple cider vinegar** must be raw and organic. That will ensure it still contains the active cultures that support your gut biome and bolster your immune system. Gut health is linked to mental health in recent years, and solid immunity. Organic means the apples from which it was made are not coated in pesticides, heavy metals, and toxins, which would then pass into your system and offset all your hard work. **Honey must be raw**, preferably organic, which means the bees have not pollinated flowers or plants which were treated with pesticides, herbicides, or other nasty applications. This ensures you get only the highest quality honey from known sources. Raw means that the honey has not been pasteurized, a process to increase its shelf life but can render it biologically inactive by killing off the active enzymes in the honey!

And the **cinnamon** should also be organic. Buying non-organic ingredients mean you will be at risk of ingesting harmful toxins and heavy metals, which can negatively impact your health. **Combine two cups of the apple cider vinegar, one cup of honey and two teaspoons of cinnamon in a jar and stir well. Store your super syrup in a cool dry area, do not refrigerate as it will cause the honey to harden. Take a few sips in the morning, and again at night.**

Warm Water, Lemon and Apple Cider Vinegar

It is a simple tonic you can make if you have the ingredients ready: all you need is room temperature filtered water, raw organic apple cider vinegar and half an organic lemon. Drinking this tonic in the morning, as you wake up before you eat or drink anything else, is an excellent! It stimulates digestion, expels toxins from the liver and supports your digestive enzymes for a busy day ahead.

Your water should be filtered water. This ensures the base for your tonic is not introducing new toxins into your body. The apple cider vinegar should be raw, organic, and unfiltered. When apple cider vinegar is filtered, the health-giving accumulation of beneficial bacteria and yeast that turns the apples into vinegar, is removed. The lemon should also be organic, to ensure its skin is not infected by pesticides and other harmful chemicals. Fill a glass with warm water, squeeze in half a lemon, and pour in a teaspoon of apple cider vinegar. Sip this slowly, appreciate it mentally, and let it work its magic! Health tonics work best if you keep using them, please make sure you drink them as directed for at least a week to begin experiencing the myriad of health benefits they bring. As you do, you will notice that your digestion normalizes, your breath is sweeter, your mood is better, you have less inflammation, and you will experience increased sense of wellness...

To you, to your health, and to your wellness! In LOVE & LIGHT

Francesca Fondse

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