

Relief With Peace Audio Bundle

Listen your way to pain relief



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Relief With Peace Audio Bundle

Well, hello there! I'm Jane Hogan, Functional Medicine Certified Health Coach, civil engineer (ie: problem solver!) and founder of Jane Hogan Health. I help mid-life women find freedom from inflammation and pain without meds or surgery, through private and group coaching, and Wonderful Fine, an anti-inflammatory living membership program.

Our thoughts and feelings matter! My functional medicine health coach training emphasized the vital importance of mind-body medicine. Mind-body methods are backed by scientific research, so I know how important it is to incorporate these techniques to help lower pain.

In my own healing journey with rheumatoid arthritis in 2016, I hit a plateau until I worked on thoughts and feelings to reduce internal stress and promote healing. This was key in moving me to the next level in reversing the pain and inflammation. If only I had started with it, my healing would have been so much faster. That's why I want to help you!

Why are your thoughts so important? Scientific studies have proven that cells respond to thoughts and feelings. By guiding your brain with new positive thoughts and creating positive feelings in the body, you are reprogramming your subconscious mind and sending healing messages to all your cells.

These audio recordings are specifically designed to help relieve pain naturally. Are you ready to start? Let's go!

In wellness,



thewellnessengineer.com



Relief With Peace

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Here are your audio files. Use the link to download these files to your device. Listen, feel the peace and let the pain release.



Peaceful Mind

Let go of old belief patterns which may be contributing to pain by reprogramming your brain with 108 affirmations to ease pain and promote peace. Why 108? It's just a cool number! [=>>DOWNLOAD HERE](#)



Peaceful Body

This calming guided meditation helps relax the body by directing attention in a peaceful and loving full body scan, down-regulating the perception of pain. [=>>DOWNLOAD HERE](#)



Peaceful Heart

The heart is the master communicator in the body. Focusing the breath on the heart while feeling positive emotions to quickly create peace and calm, emotions that are associated with helping to lessen pain. [=>>DOWNLOAD HERE](#)

Use the power of the mind and heart for health, vitality and healing.

Natural relief from aches and pains IS possible.

I know because I have done it and I have helped others do it too!



FOLLOW and LIKE my Jane Hogan Health page on Facebook where I share:

- My personal lifestyle for healing
- Proven natural pain relief strategies
- Useful links and information
- Scientific research on natural healing
- Informative weekly live videos
- Inspiration and amusement
- Tools to help you thrive

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Stronger Together

