



# Healing Happens With Your Help: Understanding the Hidden Meanings Behind Illness

*Carol Ritberger*

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## **Healing Happens With Your Help: Understanding the Hidden Meanings Behind Illness** Carol Ritberger

Is illness really just the result of external factors such as viruses, bacteria, or environmental contaminants invading the body? Or, is there something more to why we become ill? Could it be that the ancient metaphysicians were on to something when they viewed healing from the adage As a person thinketh, so shall they be? Do the mind and body truly imitate and imprint each other so what affects one affects the other? And if so, is it possible that if we acknowledge and understand the impact of these elements, we could not only restore our body back to good health, but we could actually make it better than before we became ill? Healing Happens with Your Help provides the answers to these questions and more and uncovers the hidden meanings behind illnesses such as diabetes, cancer, heart disease, rheumatoid arthritis, fibromyalgia, chronic fatigue, depression, and headaches. It looks at illness not from symptoms, but from origins; and not from the perspective of curing, but from the perspective of healing. It explores the complex relationship between emotions, attitudes, and beliefs and provides a mapping process to show you where you energetically hold these triggers in the organs, glands, muscles, and spine of your body. Most important, Healing Happens with Your Help offers insight into how you can heal your body and your life by simply changing patterns and changing thoughts.

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