

My 5-Step Guide To Get Freedom From Body Pains



By Sumit Upreti
Cosmic Wellness Coach

Build A Super Healthy Life

Do you feel excited every morning to live your day? If yes, awesome. If no, it's time to change your energies.

Most of us are so busy in life that we forget to take care of our own body & mind. Stress & Anxiety takes over. And we end up eating loads of medicines for chronic diseases.

But the irony is that the medicine that is supposed to heal us, comes with FREE side effects. Now, we take more medicines with more side effects, for lifetime.

Here's a simple 5-step guide that helped me to get Freedom from Body Pains.

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Cosmic Wellness Coach





Step 1

Awareness About Side Effects Of Medicines

Awareness is the first step in healing. Research on harmful effects of all medicines you already taking or about to start. Google will give you authentic eye-opening facts. Believe me, your doctors will never tell you most of these. You will then understand why there isn't a permanent cure to any disease in allopathy.

How to find real facts:

1. Google: Harmful effects of (your medicine name)
2. Read Precautions and warnings for consumption
3. Find which all body organs are affected by one medicine





Step 2

Identify Root Cause Of Diseases

Most of us are searching instant solutions to our long term problems. We never look at what really triggered it. Scientists say most diseases are Psychosomatic. And until we manage the root cause, the problem will only continue to grow.

Take out time to think:

1. Research shows: Root cause of most diseases is STRESS.
2. Why am I in stress? Which events trigger my Stress?
3. Relationships | Money | Fears | Overthinking | Career





Step 3

Learn From An Experienced Coach

Think of the possible methods or therapies to remove the root cause of your disease. Find the best coach you resonate with and learn directly as a student. Stop wasting time on FREE social media tips, you need guru energy. Random techniques cannot give long lasting results. Start your guided journey of healing, transformation and abundance.

Finding the best coach:

1. Checkout the success stories of his past students
2. Look for similarities in your values and life goals
3. Surrender to your coach fully and follow his process





Step 4

Create 30 Day of Implementation Plan

With the help of your coach, create a concrete list of steps you can take to achieve your life goals. For example, in our 9 days Cosmic Detox Challenge we have powerful kriyas to cleanse colon & liver, release emotional traumas and increase self confidence. Thus, eventually getting freedom from medicines.

Make an easy to follow plan:

1. Create a step by step daily routine
2. Keep Journal of How you are feeling everyday
3. Follow the process with 100% honesty and consistency





Step 5

Evaluate Your Progress Weekly

Every week, evaluate your progress with the coach. Taper your medicines slowly. For example, share the events that made you feel physically or emotionally stressed. Connect regularly with other students. Group Energy helps you heal faster. If you are building new habits, make sure you continue one habit for at least a month before starting a different habit.

Follow ups are crucial:

1. Always participate in group activities
2. Stay focused on your goals without giving up
3. Allow your body to heal naturally with time





By Sumit Upreti

sumitupreti.com

Learn How to Get Freedom From Body Pains Through Cosmic Healing in just 30 days.

Why not join my Online Workshop? You'll get to learn my 3 Secrets for building a Super Healthy Life, living stress-free, freedom from body pains and more. Limited seats. Register Now.

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