

# January Wellness Newsletter

## Who has Cravings?

Whether it's a simple occasional craving for something, or a constant pressure urging you to do or have something, cravings are something just about everyone experiences at one time or another. There are four primary behaviors that relate directly to the current thinking about cravings; negative thinking, self-doubt, procrastination, and resentment.

Addressing the feeling underlying or prompting those behaviors is at the core of what can break the chains of cravings and bring about true emotional freedom. Anxiety, fear, and depression, can come from a psychic or spiritual hole in our self-esteem, often from subconscious messages, from experiences in the past.

Cravings for money, sex, food, alcohol, drugs, shopping, tobacco, technology, including: Internet, Facebook, phone, email, and video games are more than a source of distraction. They can plague day-to-day life, keeping blocks in the way of positive change and success.

### Resources:

Tommy Rosen YouTube videos;  
[Recovery 2.0](#)

Susan Pierce Thompson YouTube videos;  
[Brightline Eating](#)

Daniel Amen MD;  
[Unchain Your Brain](#)  
[Change Your Brain Change Your Body](#)

Bruce H. Lipton PhD YouTube videos;  
[The Biology of Belief](#)



## Learning Opportunities:

- **Breaking The Chains of Cravings using AFT with Janice Fiore; Every Sunday in February 8pm EST \$79 (early bird) \$99**
  - Recommend attending FREE WEBINAR first. See FB post on Brain Works Naturally.
- **Aroma Freedom Technique Immersion Class using AFT with Janice Fiore; January 27<sup>th</sup> 1-5pm \$99**
- **Aroma Freedom Technique Certification Class using AFT with Janice Fiore; February 10<sup>th</sup>-11<sup>th</sup> 9:00-5:00pm (early bird \$540) \$599**
- **Movement Motivators for the Classroom with Janice Fiore; Oxford Middle School, Oxford, NY; 3:30-5:30pm \$20**

Aroma Freedom Technique (AFT) is a step-by-step process for identifying and releasing negative thoughts, feelings, and memories, that interfere with reaching our goals and dreams. It is meant to be used as a way to set a person's emotional energy flowing in a positive direction towards growth and expansion, rather than contracting in fear, doubt, or paralysis.

It uses Young Living Essential Oils to trigger a permanent shift in how we view ourselves and the world. Leaving this class, you will feel comfortable to use this process with yourself and loved ones. To become a certified practitioner and charge for your services, you must take the certification two-day course by a certified instructor or online with Dr. Benjamin Perkus. I am offering a certified class in Binghamton, NY **February 10<sup>th</sup>-11<sup>th</sup> from 9:00-5:00pm**. A benefit to getting certified includes follow-up mentoring sessions online.

**To Register for any classes above, go to [WWW.BRAINWORKSNATURALLY.COM](http://WWW.BRAINWORKSNATURALLY.COM)**