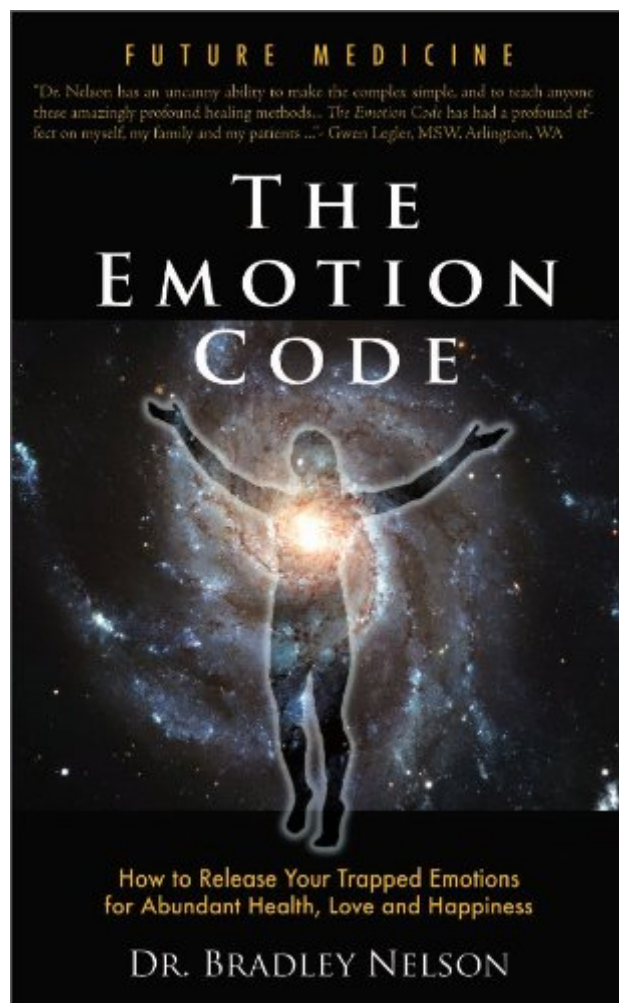




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# The Emotion Code: How To Release Your Trapped Emotions For Abundant Health, Love And Happiness



## Synopsis

In *The Emotion Code*, renowned holistic physician and lecturer Dr. Bradley Nelson skillfully lays bare the inner workings of the subconscious mind. He reveals how emotionally-charged events from your past can still be haunting you in the form of "trapped emotions"; emotional energies that literally inhabit your body. Dr. Nelson explains clearly and concisely how trapped emotions can create pain, malfunction and eventual disease. In addition, trapped emotions can exert a dramatic effect on how you think and on the choices that you make. Perhaps the most important discovery that Dr. Nelson has made is that trapped emotional energies often gather around your heart, creating a "Heart-Wall" that may block you from giving and receiving love freely. *The Emotion Code* is a powerful and simple way to rid yourself of unseen baggage. Releasing trapped emotions often results in the sudden disappearance of physical problems, self-sabotage, and recurring relationship difficulties. Filled with real-world examples from many years of clinical practice, *The Emotion Code* is a distinct and authoritative new work that is destined to become an instant classic on self-healing.

## Book Information

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## Customer Reviews

Wow, wow, wow, what an awesome book. First off, Dr. Bradley Nelson, through this book, introduced me to the wonderful world of muscle testing. At first I thought it couldn't possibly work, but the more I did it, I started to see there's really something to it! I felt like a whole new magical world was opened up to me. I could ask myself (or the universe?) anything and get answers. I've been using muscle testing to find out what supplements are best for my body, what foods are best, whether or not I should continue with the physical therapy I'd been going to with no success (and the answer was "no"), the causes of my insomnia, and so on. The book is worth it just for this bit of wisdom alone! But the book is REALLY about how most of us have trapped emotions that cause all kinds of emotional and physical ills and how we can release them with a simple technique using muscle testing and an ordinary magnet - even a refrigerator magnet will work. Dr. Nelson provides example upon example of how he's successfully used muscle testing in his chiropractic office. Reading about those examples were very helpful to (a) get my skeptical mind to start thinking this technique might actually work, and (b) give me ideas of all the kinds of experiences that can lead to a trapped emotion and all the various physical and mental ailments that can result from a trapped emotion. So now I've finished the book, and over the past few weeks have experimented with releasing my own trapped emotions. I've got to say, I think this really works! First I released a couple emotions and found out when and how (meaning what was the situation) they were trapped. Fascinating! Then I worked on the heart wall and released 7 emotions that were trapped there. According to muscle testing, my heart wall is gone. Now every few days I'll work on releasing another emotion or two, and I plan to do this until my body says there are no more trapped emotions. To give a little background, I have a history of problems with depression and anxiety. I was on medication for 20 years, and over the past few years have weaned myself off all pharmaceuticals (prescription and over-the-counter) and have totally revamped my diet, eating no wheat, dairy, sugar, alcohol, soy, yeast or processed food and only eating organic vegetables, fruit, some meat, nuts, seeds and filtered water with no fluoride nor chlorine. I've lost 50 pounds, which is awesome, but the depression has hung in there and no supplements, positive affirmations or alternative therapies seemed to work. Then comes this book. After releasing several emotions I was feeling noticeably better! Now I'm not out of the woods yet, but then again my body tells me I still have trapped emotions to release. I'm the most optimistic than I've been in a long, long time. I can't

wait to try the technique on some friends to see if it will help them as well. Again, I feel a whole new world has just opened up for me. This book is such a gift!

Amazing!!!! Learning so much and so glad I found this book. It really has changed my life. Such a gift to learn about trapped emotions and how to free them.

I really enjoyed reading this book and gaining understanding and insight into how to release trapped emotions from myself and others. I haven't had much experience with this type of healing but have had a couple of experiences that lead me to this book and validated not only my past experience but also proved to be a valuable resource to real life current situations and challenges. It's amazing how simple and straight forward this is. I am looking forward to seeing and realizing the real benefits from this type of work.

parts of it make total sense to me, other parts seem a bit hokey.

I never was able to get the muscle test to pass a skeptic's standards, but I bought a Trutester and used that instead (look it up, thanks are owed to the person who suggested it). I have had a long road toward actually using this. Family members would have me locked up for doing this, which is a shame because it doesn't violate any religion if used ethically. If you have no ethics, don't bother until you get some. I have used it once so far, by proxy. I can't prove it works and I'm very skeptical. However, if it doesn't work, I experienced a huge coincidence and witnessed a spontaneous improvement where nothing was happening before. More people need to try this, if you are looking for a huge breakthrough, this may be the one. So far, 50 stars and two thumbs way way up!!!

A friend recommended I get treated by a Body Code practitioner. I felt relief since the first session. I have seen her five times and am amazed at all the baggage I've been carrying. I've slept a lot to process and am already feeling like a new person. Am recommending this book and the treatment to everyone in my family! Book is easy reading and very inspirational. God bless Dr. Nelson and all the practitioners of this work!

This has literally healed my heart and has helped me release all my trapped negative emotions! I can communicate better with everyone and don't let others walk all over me like I used to, even though I didn't like it. I don't have to try so hard to be happy. I've shared with lots of friends and

family and they have experienced changes for the better too. This is a must read!

Initially I will admit I was incredibly skeptical about this book, but it does seem to actually work. If you decide to purchase this book, just make sure you give it a solid try before just deciding it's a bunch of crap. I gave it 5 stars because it's working well, and has been affecting my life in a very positive way. I'd recommend this to anyone who has a relatively open mind on how the world around you works. Please just give it a solid try as I said earlier.

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