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Three Keys to Inner Peace

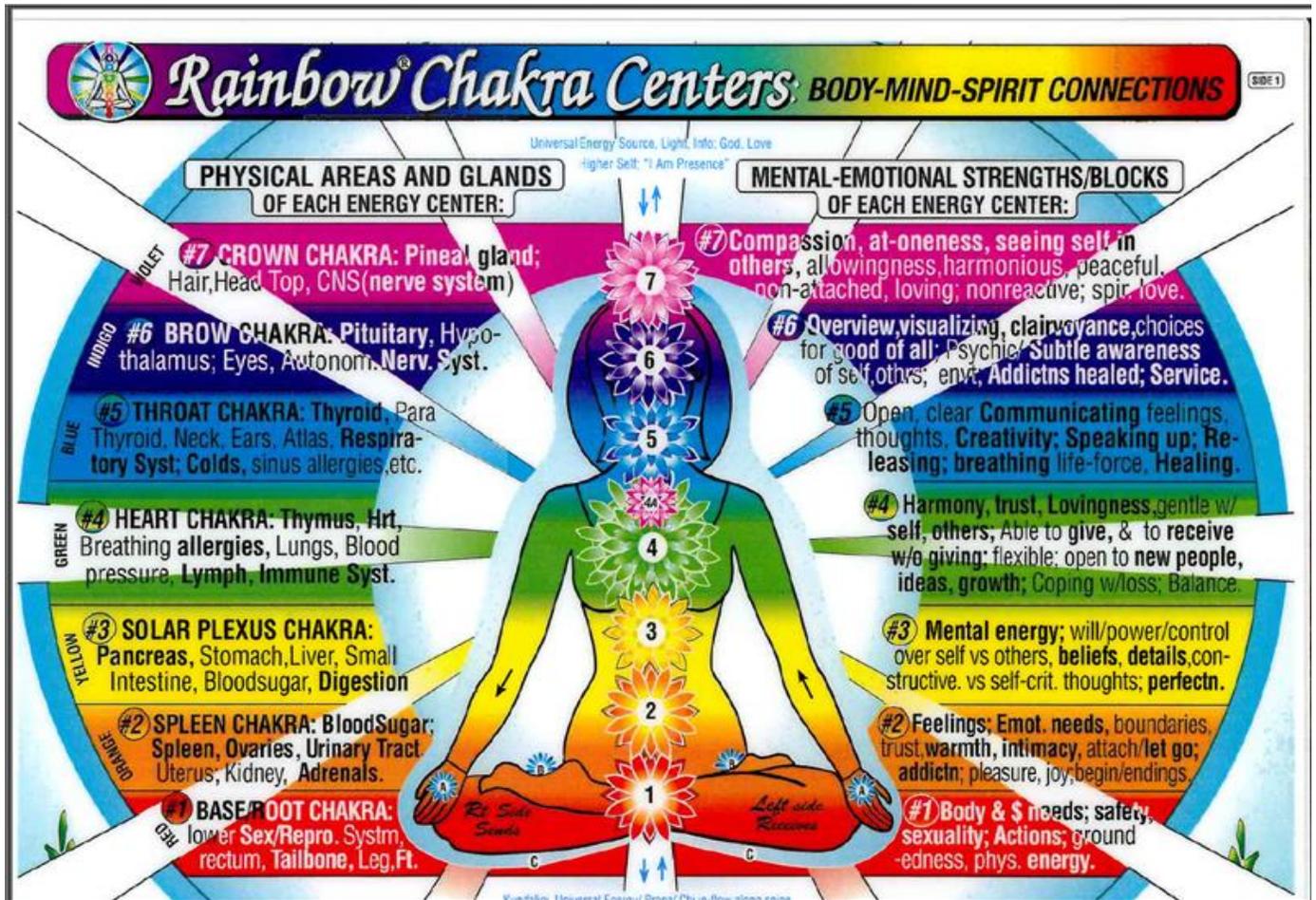
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The Mind Body Connection

The chakras are the seven major energy centers of the body. Each center is related to specific organs and an emotional-spiritual component. In traditional Chinese medicine, unresolved emotions (anger, resentment) can be trapped in various organs, resulting in physical imbalances.

Emotional and spiritual aspects of a person contribute to an individual's overall health. It has been proven that there is a link between the mind (thoughts, feelings) and the body (physical health). Emotional health is directly related to physical health.

Emotional blockages are a result of unhealthy processing of thoughts and can manifest through low self-esteem, depression, anger, and fear.



These blockages can prevent us from reaching our full potential in life. The ability to acknowledge and experience all types of emotions, and release them is an important part of emotional health. Diseases often appear in the emotional body before manifesting in the physical body.

Experiencing prolonged periods of emotional stress can make our bodies more susceptible to "dis-eases." Emotional blockages can cause imbalances in the body and lead to sickness and disease if left alone.

I would like to share my story of self-healing. I was experiencing anxiety, stress, feeling short of breath, and muscle tension in my body.

I knew that the physical symptoms were a result of emotional stress and self-neglect.

Ever since I gained a deeper understanding of the **mind body connection**, I was able to understand how my negative thoughts and feelings were detrimentally affecting my health.

Through awareness of my thoughts, I was able to shift my perspective to heal and transform. I am now able to:

- Feel confident and comfortable in my own skin
- Live from a place of love, instead of fear or anxiety
- Practice **self-love and respect**
- Experience an improvement in all relationships, allowing them to be more enjoyable and fulfilling
- Recognize and release thoughts that did not serve me well, such as feelings of inadequacy or unworthiness
- Have a more optimistic view of life and a positive attitude

I go through each day with more ease and feel lighter as I am able to let go of anxiety and stress through emotional awareness, **without having to take any medications**. Often times, medications only treat the symptoms of anxiety. Medications can also cause uncomfortable side-effects.

In order to uncover the root cause of anxiety and stress, we must dive deep into our emotions and allow them to be released and acknowledged.

There are several things that you can do to heal at the emotional and physical level. In this free report, I will share with you **three keys that allow us to heal**.



Key #1: Loving and Accepting Yourself As You Are

The most powerful relationship that you have is the one with yourself.

This means having unconditional love and respect for yourself regardless of what you have done in the past or what you are currently going through.

Loving yourself means accepting your life circumstances without judging. Forgiving yourself for any past actions, and knowing that you are a whole and perfect being just the way you are.

When you have unconditional love and acceptance for yourself, you will no longer need to search for it elsewhere. Some people spend a lot of time and energy searching for love and acceptance through others. If you always rely on another person to make you feel loved or feel happy, you will never be satisfied.

One way you can practice self-love is by making the time to relax to do the things that you enjoy on a regular basis. Make it a priority to nourish yourself regularly.

Being able to cultivate love and joy comes from within. As children, we are born with this natural gift.

It is our birth right to feel loved and be happy.

As we go through life, we sometimes forget the importance of taking care of ourselves so that we can experience joy. Sometimes we are overwhelmed with life's circumstances and we forget how to feel happy, joyful, and loved.

Improving the relationship that you have with yourself will allow you to practice self-care, and allow for healing.

How do we experience love, joy, and acceptance from within?

The answer is different for each person. I am happy to serve you in helping you to rediscover inner peace, joy, and love through my sessions.



Key #2: Mindful Awareness of Thoughts



Be aware of how your thoughts affect your mood. It is important to process emotions in a healthy way. This does not mean that you are only supposed to be happy all the time. It is okay to experience uncomfortable emotions such as anger, frustration, envy, resentment, and sadness.

Allow these feelings to surface so that they can be fully experienced. This experience allows for an emotional release, so that we can feel better and reach for more positive feelings. By allowing these feelings to surface, we can let go and release the feelings of anger and resentment. It is important to release such feelings because these **unresolved emotions can manifest in a physical ailment.**

Pay close attention to where your thoughts are. Most of the time, we are thinking about the past or worried about the future.

Many of our problems, traumas, anxieties, fears are all based in our minds. We are dwelling in the past, and then, negatively anticipating "the future".

Present moment awareness brings calm, peace and allows you to get in touch with your true self. By practicing meditation, we can train our mind to have present moment awareness.

Meditation is one method of helping us cope with different emotions and daily stress. Meditation is important for emotional well-being. Meditation can be done while sitting, standing, or simply by taking a walk out in nature.

Start by sitting comfortably, closing your eyes if you like, and taking deep breaths. Bring your awareness to breathing in and breathing out for five minutes each day.

You can do this exercise in the morning when you first awake, and in the evening before you sleep. You will notice that meditation helps to calm the mind.

In the fast paced world that we live in today, it is important to make time to take care of ourselves. Meditation is one way that we can practice self-care.

Meditation helps you to connect with your intuition and your inner knowing.



Why Meditate?

- To increase Self-love, Self-Awareness, and Self-Acceptance
- To Reduce Tension, Anxiety, and Stress
- Improve Clarity of Thinking and Emotional Balance
- Enhance relationships with Friends and Family
- Deepen the Sense of Meaning and Purpose in Life
- Move from isolation to deep connection
- Break old unhealthy habits and ways of thinking
- Feel renewed and empowered
- Be able to see yourself in a different light and better find solutions to problems

What is more important than the foods you eat to feed your body?

What you **feed your spirit** is of utmost importance.

How do you talk to yourself? What is the inner voice saying to you?

Are they positive happy thoughts that uplift you? Or are they negative thoughts that bring you down?

Are you living your life according to someone else's expectations? Or are you leading a life according to your own beliefs, to feel fulfilled and joyful? Are you always feeling stressed out and anxious?

Chronic stress, worry, and anxiety can manifest into physical symptoms of:

- | | |
|---------------------------|-------------------------------------|
| *Insomnia | *Generalized Anxiety Disorder (GAD) |
| *Depression, Irritability | *Muscle Tension |
| *Inability to Relax | *Feeling Out of Breath |
| *Digestive Problems | |

You may be able to manage your symptoms, but you should not be living this way. Being in a place of constant worry and anticipating the worst, as a habit, affects how you approach work, family, friends, and the world in general. Any trigger from our everyday surroundings can provoke the worry.

How do we prevent this from happening?

We can take care of ourselves through meditation, proper diet, sleep, massage, and exercise.



Key #3: Own Your Life

One of the most important things that you can do is to **take responsibility for your life, your health, and your happiness.**

We can get stuck in a place where we blame others in our life, or blame our life circumstances. We play the victim in our own lives, instead of taking the initiative to make a change.

The truth is that you are a powerful creator, and you have the ability to change things if you are unhappy.

Once you realize that you have the potential within yourself to make changes, you can create the life that nourishes your mind, body, and spirit.

Create a life where you are thriving and blossoming, not just existing.

Once you begin to make changes from within, your outer world will reflect these changes. The shift begins from within.

When we take responsibility for our own lives we feel empowered over our own health and happiness. We no longer feel the need to blame others for our own unhappiness.

Begin by changing one thing in your life that would make you happier. For example, you might want to minimize your time around people who drain your energy.

Practice self-care once a day. For example, you can set time aside to take care of yourself by:

- taking a nice, relaxing bath
- making time for journaling, inner reflection, and meditation
- listen to uplifting music

The Challenge

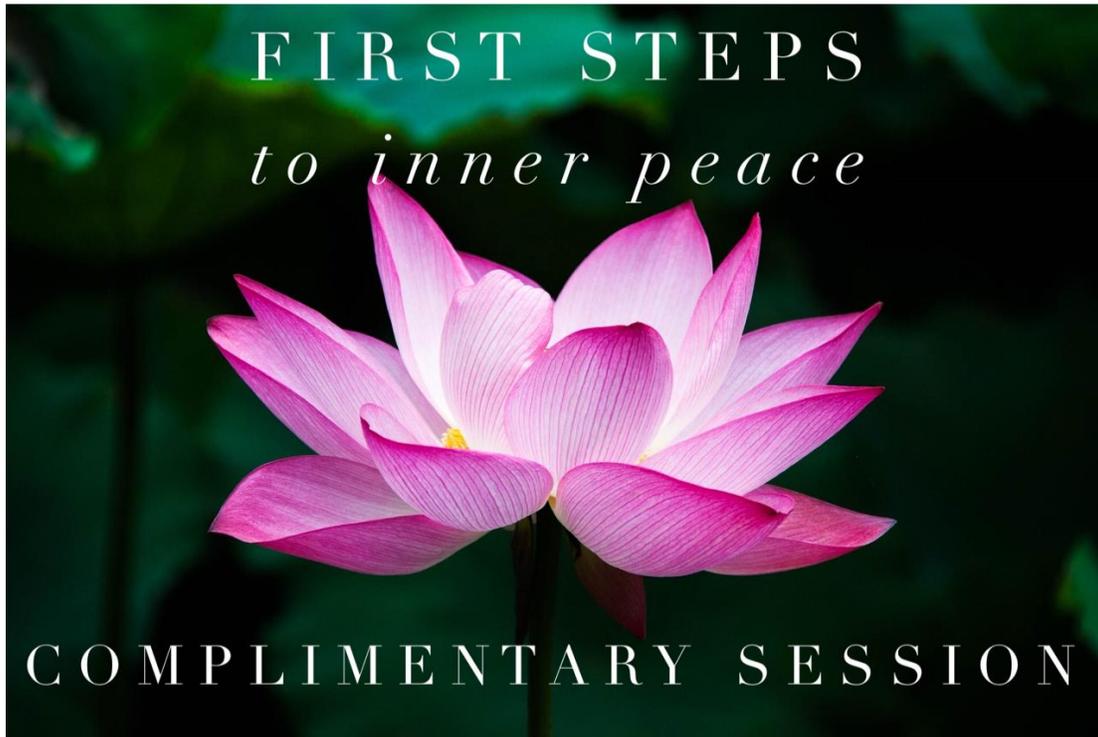
Once you have decided that you would like to begin improving your health, it is important to find external guidance and support to help **maintain the change.**

It takes time to replace old lifestyle and thought habits with new ones that support health and wellness.



It is important to your success to find outside support through a group or a health coach to help with the transition to maintain the change.

My Special Offer: First Steps to Inner Peace Session



I offer a limited number of free sessions each month, to people who are ready to take the next step to create true healing. The value of the session is \$88.

In this complimentary phone session, we will:

- Create a crystal clear picture of how your life would be when you are free from chronic stress, anxiety, worry, chronic illness
- Explore hidden obstacles that have been keeping you from achieving your health and wellness goals
- Identify your next steps for creating true healing from chronic stress and anxiety

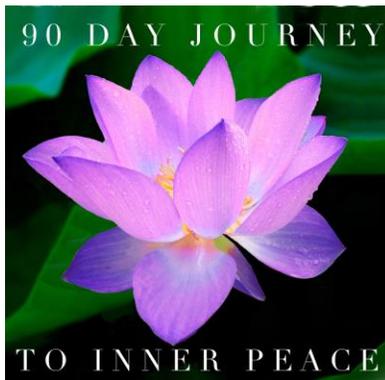
[Click here to register for a complimentary "First Steps to Inner Peace" session.](#)



About Piamas Puatrakul

Dr. Pia Puatrakul is a Health Empowerment Coach and Pharmacist. She believes in the body's innate ability to heal through self-awareness, diet change, emotional healing, meditation, and spiritual practice. Combining her background in both Eastern and Western healing practices, Pia helps clients suffering from chronic illness, stress and anxiety to reawaken their natural ability to heal.

Program Offerings



90 Day Journey to Inner Peace Program

- Uncover and heal the root cause of stress and anxiety
- Create harmony at the body, mind, and spirit level
- Discover inner peace and a renewed zest of life
- Medication review & lifestyle recommendations
- 3 month program

[Click here to read more about the Journey To Inner Peace Program](#)



Spiritual Serenity

Jumpstart to Wellness Program

- Adopt mental-emotional attitudes for inner peace and serenity
- Create a lifestyle that supports your health and happiness
- Uncover and heal the root cause of stress and anxiety
- Medication review & lifestyle recommendations
- 6 week program

[Click here to learn more about this special offering.](#)

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