



# **Manifest Perfect Health**

**Understand and Correct The 6  
Underlying Causes of Disease**

**Dr. Bradley Nelson**



Hi, I'm Joan Stein.

Dr. Bradley Nelson, is my mentor and friend.  
He has given me permission to freely give this book he wrote to you. Find out how this amazing work is helping people all over the world improve their lives.

It is our intention to help the world heal, one person at a time.

I am Certified in both the Emotion Code and Body Code and it would be an honor for me to help you on your journey to Manifesting Perfect Health.

Please contact me if you have any questions, or to schedule your Free Consultation where you can experience the healing benefits of this work.

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May you always have a Life worth Living!

Joan

# The Six Underlying Imbalances That Lead to All Disease

By Dr. Bradley Nelson

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I'm Dr. Bradley Nelson, and I would like to thank you for taking this time out of your life to read this short e-book about the underlying causes of disease.

Believe me when I tell you that I am qualified to speak on this topic. I've been a holistic chiropractic physician now for 22 years, and have taught seminars and given lectures on natural healing methods that I've developed literally all over the world to many thousands of people, as well as being the author of the best-selling book, 'The Emotion Code.'

First of all, let me explain a little bit about the Body Code System to you. I spent 17 years practicing as a holistic physician. During the last 10 years that I was in practice I was working with the sickest people that could find me. People who are suffering from supposedly incurable conditions such as fibromyalgia, chronic fatigue syndrome, lupus, cancer, and so on. Using the Body Code System, I was able to help the vast majority of these people to get well in fairly short order. There are webinars on our site at [healerslibrary.com](http://healerslibrary.com) that can explain to you more about how the Body Code System works, but let me just say that it is the most advanced method of energy medicine that is available on the planet today. Even more, it is a self-study course that enables anyone, without any medical background, to learn to be a healer. I developed the system over many years of working with real patients in the real world, and many of the insights in the system are not available anywhere else, as they came to me after years of hard work and prayer. I never intended to release the Body Code System to the general public. However, about 2 1/2 years ago I had a dream in which I was told that this information is to go to the entire world. It took me a year to put this package together, but it is now available.

The Emotion Code is the book that I wrote in 2007. In short, the Emotion Code is the simplest, easiest, and fastest method ever devised to find emotional baggage and release it, either from yourself or from someone else. Our emotional baggage consists of actual energies, the energies of intense emotional events that we've experienced that are still stuck in our physical bodies. These energies distort the normal energy field of the body, creating

pain, malfunction, all manner of disease, and even cancer. In addition, these energies (trapped emotions) are the driving force behind PTSD, depression, anxiety, phobias and all manner of mental illnesses.

# The Present Dilemma

## Western Medicine and “Sickness Care”

### The Present Dilemma

Let's take a look at the present dilemma that we are in—western medicine and sickness care. The traditional approach to medicine was really born on the battlefield in the Civil War and in the World Wars. And it was developed around a concept I like to call *heroic measures*. That means that if you're a soldier and a cannonball comes bouncing along on the battlefield and takes off your leg, you better hope your doctor performs heroic measures on you. If he does, hopefully he'll be able to save your life, because you certainly need heroic measures performed at that point. Of course, there have been many doctors on the battlefields and in the operating rooms who have performed heroic feats and life-saving surgeries, and there are certainly times when heroic measures are absolutely appropriate.



# The Traditional Approach

- Heroic measures
  - Wait till crisis erupts
- Focuses on:
  - External causes of disease
  - Dramatic intervention
  - Symptom suppression



The problem though is that focusing on medicine and healing in this way has created a situation where we are prone to wait until there is a *crisis* that erupts before we do anything about it. As a result, modern western medicine focuses on external causes of disease, dramatic intervention and on symptom suppression.

If you're like most people, you've taken medication at one point in your life to suppress some kind of symptom. That can be very appropriate at times. The problem is, at least in the west, we tend to rely on this method for taking care of ourselves instead of focusing on preventing problems. It's very, very expensive and has some big drawbacks.

## Risky and Expensive

First of all, medical errors in *prescription drug misuse* or *overdose* are among the leading causes of death in the United States. Many of the surgeries performed are drastic and unnecessary.



# The Traditional Approach

- **Medical Errors and prescription drug misuse or overdose are among the leading causes of death!**
- **Surgery:** Many are Drastic and Unnecessary



In the United States, we spend the highest amount of money per capita on healthcare than any other country. In 2008 we spent 2.4 trillion dollars on health care, a number so large it is really incomprehensible.

# Health Care Spending

- The U.S. spends the highest amount of money per capita on Health Care of every other country in the world
- \$2.4 Trillion in 2008 and rising each year



What it's buying us is not good health, but a number 1 ranking in degenerative disease. In other words, there are more sick people per capita in the United States than any other country on the face of the earth, even though we're throwing more money at this problem than any other country.

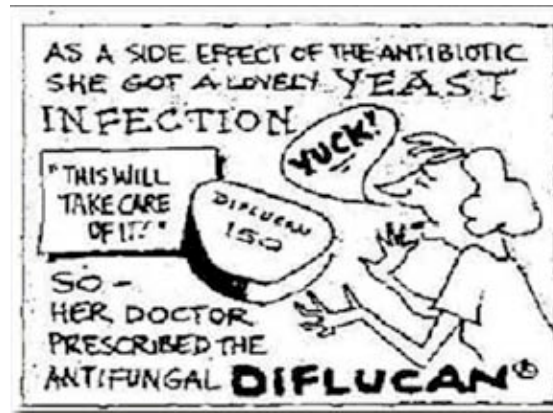
# The Traditional Approach

**The U.S. ranks as the **least healthy** country in the world, ranking #1 in Degenerative Disease!**

*Despite all that money spent on “health” care!!*

An X-ray image showing the bones of two feet. The image is in black and white, with the bones appearing as bright white structures against a dark background. The feet are positioned side-by-side, with the left foot on the left and the right foot on the right. The X-ray clearly shows the metatarsals and phalanges of the toes. There is significant evidence of degenerative joint disease, particularly in the first metatarsophalangeal joint (the base of the big toe) on both feet, where the joint space is severely narrowed and there are large, irregular bone spurs (osteophytes) extending from the joint surfaces. Similar, though less severe, changes are visible in the other metatarsophalangeal joints.

Take a look at the cartoon on the next page and you'll see how this could possibly occur.





## Chasing Symptoms

What are we doing here? We're chasing symptoms. And chasing symptoms is a very ineffective way to really take care of the body. Because this happens so frequently, it's not unusual for people, especially those over 60 years old, to be on a dozen different medications. Some of those medications are simply to counteract side effects of other drugs they are already taking!

All drugs have side effects, and as is not uncommon, the Captopril gives Susie a cough. So she goes back to the doctor and he prescribes an antibiotic, Amoxicillin and he says, "This will take care of that." The end result of this is that Susie feels lousy, *but* she feels lucky because her insurance paid for 90% of all these drugs, and isn't that the important thing? Important to who? It's important to the pharmaceutical companies, of course. This kind of thing happens all the time, but it is not a good way to take care of the human body.

- **“Unless we put medical freedom into the Constitution, the time will come when medicine will organize itself into an undercover dictatorship to restrict the art of healing to one class of men and companies and deny equal privileges to others and will constitute the Bastille of medical science.”**
- Dr. Benjamin Rush, signer of the Declaration of Independence**

## **Medical Freedom**

Dr. Benjamin Rush, who was one of the signers of the United States Declaration of Independence, said, “Unless we put medical freedom into the constitution, the time will come when medicine will organize itself into an undercover dictatorship to restrict the art of healing to one class of men and companies, and deny equal privileges to others, and will constitute the Bastille of medical science.” Unfortunately, his prediction has come to pass and this is exactly where we are with western medicine right now.

The Food and Drug Administration of the United States does the bidding of the pharmaceutical companies. Any alternative modality that threatens the established order is crushed, if possible. The problem with this is that, as you can see, western medicine does not always know what the best thing is for the body, and often makes things worse than they would have been without it.

# Medical Ideas Change

- **Bloodletting**
- **“Good” surgeries**
  - Tonsillectomies
  - Appendectomies
- **Drugs and Surgeries are currently overused “solutions”**



## Medical Ideas Change

Medicine and what is considered good for the body, changes over time. For a long time, bloodletting was a very popular way to take care of people and try to help them regain their health. The logic was that you had too much blood or that your blood was bad, and if they let some of your blood out that would help you. Of course, people often survived this so they figured that it worked.

When I was young, most of my friends had voluntary tonsillectomies, a surgery where the tonsils are removed from the throat. I've also known many people who have had appendectomies as well, where the appendix is removed. Both of those were considered good surgeries in the past. Why? Because the surgeries weren't too difficult to do, there was good money in it, and these organs seemed to be expendable and didn't seem to serve any real purpose in the body. And if they got infected or irritated, they could cause discomfort, of course.



Now we know that the tonsils form part of the ring of Waldeyer, part of the body's first line of defense against cancer. It's part of the immune system. We also know that the appendix has immune functions, but it was only about a year ago that it was discovered that the appendix has another unknown function. The normal intestinal flora, of which there is about 3.5 pounds in the human body, can sometimes be wiped out by disease, but this flora bacteria will tend to propagate again and repopulate the colon from its hiding place in the appendix. This is another big reason why we actually have an appendix, to repopulate our intestinal flora in the event of major disease.

## Entrenched Ideas

- The 'established order' is loathe to change
- Galileo 1633
  - "Eppur si muove"
  - "And yet it moves"



## Entrenched Ideas

Drugs and surgery are the currently overused "solutions" to health. Now, instead of having too much blood, it's kind of like you have too many organs. Let's say you were to take your watch down to the watch repair because it isn't working suddenly, come back a week later, and the watch repairman says, "We know what's wrong with your watch. It had too many moving parts. We took out some of the moving parts and it should be OK now." What would you think about that? Would it seem normal to you? Again, drugs can be appropriate, and surgeries can certainly be appropriate. But I think everyone

will agree that drugs and surgery, especially in the West, are vastly overused and over utilized.

Entrenched ideas are difficult to get rid of. The established order is *loathe to change*. Once an idea is set in people's minds, it's difficult to introduce a new way of thinking. This is a picture of Galileo, who in 1633 was forced by the Catholic Church to recant his published opinions that the universe does not actually revolve around the earth. He said the earth was not the center of the universe, but the earth moves around the sun. He was forced, on threat of inquisition, to recant that statement. Yet he was heard to mutter, as he was leaving that proceeding, "eppur si muove", which means "and yet it moves." Regardless of the fact that they made him recant, his basic opinion was "yet it still moves." 'You can make me say whatever you want but still, the earth does move.' Eventually that truth did come out, but not without a fight, as you can see.

What's going on with medicine in our culture is similar to the situation I just described. We've been trained to think that if you get sick, you need to visit the doctor and get a prescription and that will take care of it. We've been trained to think that surgery is the solution for an organ that hurts or malfunctions. We've been taught that we need to get vaccinated to prevent illness. None of these remedies really get to the root of the problem, and in fact they often make things worse. So why haven't we realized this and done something about it? Because these ideas are entrenched, and have become the established order. Millions of dollars are poured into advertising campaigns to support the established order and keep people thinking that western medicine knows best. And yet, I believe, it doesn't. What we need to focus on is wellness, and disease prevention, which is exactly why I've created this healing system.

# Stress

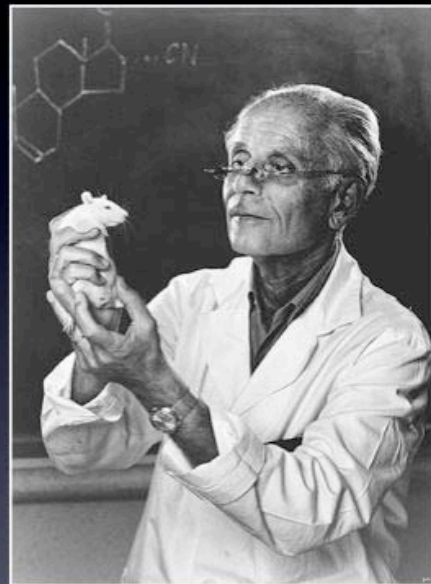
## How Stress Weakens the Body and Opens the Door to Illness

### Stress

We know that stress weakens the body and opens the door to illness. Dr. Hans Selye was nominated for the Nobel Prize for the research that he did on stress and how it affects the body. He was nicknamed the *Father of Stress Science* because he gave us so much of the understanding that we have about stress today.

### Dr. Hans Selye

- Nominated for the Nobel Prize
- Nicknamed the “Father of Stress Science”



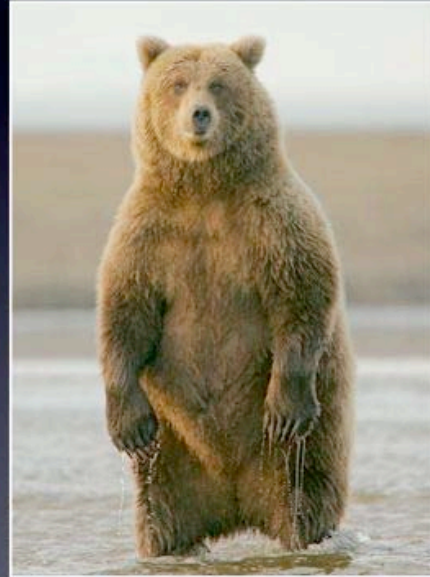
## The “Fight or Flight” Reaction

Imagine you're walking down a trail in the mountains and suddenly a bear stands up in front of you. It's 10 feet tall and it's getting ready to charge. What happens in your body at that point? Besides feeling an emotion of fear or terror or panic, there are some glands in your body that start producing some certain hormones. The adrenal glands sit right on top of the kidneys. They start producing adrenaline and cortisol, the “stress hormones.” These hormones have some very specific effects on the body. They begin to suddenly route less blood to the organs of the body, and more blood to the muscles of the body. Why? Because you don't really need to be digesting that breakfast right now, do you? Because you're going to either have to *fight* this bear or *run* away. In this case the hormone-induced stress response would be very appropriate. Your immune system is also affected; it is actually lowered by these hormones, because you don't really need to be putting any energy into recovering from that cold or flu right now, do you? You need all the energy you can get to fight or run. These stress hormones also elevate the blood fat and the blood sugar levels. Why? Because you need sugar and fat floating free through the blood so you can use it as fuel to, again, be able to either run away or fight the bear.

# STRESS

## **Adrenal glands**

- Adrenalin & Cortisol
- Less blood to organs
- Lowered immune system
- Higher blood fat
- Higher blood sugar



Of course, this is all very appropriate. It's called the *Fight or Flight reaction*, and it's perfectly appropriate for a situation like that. The problem however, is that these hormones, adrenalin and cortisol, are damaging to the body and they will bathe your tissues for up to 48 hours after one stressful event. What exactly is a stressful event? It doesn't have to involve a bear, or anything nearly as scary. The reality is that your body does not differentiate between being threatened by a giant bear or having an argument with one of your kids or your spouse. A stressful event could be something as simple as being cut off in traffic, or watching television and hearing a dramatic news story. You consciously know that the scary movie you're watching isn't real and that the killer isn't chasing *you*, but those hormones are still released in your body and you will still experience the fight or flight reaction. The problem is that most of us go from one stressful event to another in our lives. Is it healthy to remain in this type of state, with a lowered immune system and high blood sugar and blood fat levels? Not at all. In this state, the body becomes vulnerable to a host of problems, and the longer you're in a stressed out state, the more vulnerable your body is.



# The “Fight or Flight” Reaction

## **Stress hormones**

- Damage the body
- Bathe our tissues for up to 48 hours after one stressful event
- Contribute to creation of Disease



## **Stress Opens the Door to Illness**

So this is how stress opens the door to illness and disease. The more stress you're under, the more vulnerable you are to things like infections, parasites, toxins, allergies, structural misalignments, nutritional deficiencies, trapped emotions, and energetic imbalances. Think of stress as being like turbulence on an airplane. If turbulence can put an airplane into a spin, stress can basically put your body into a type of spin. When I took flight training years ago, I was told not to fly into a thunderstorm because I was told that your wings can come off and you'll die. I took that advice. If you think of your health as an airplane that's flying along, straight and level, stress is like getting into turbulence. And if you get into too much or too strong of turbulence, or too much turbulence for too long—in other words, too much stress for too long—it can put you into a tailspin and you may not even know it. Airplane pilots call that the graveyard spiral. The same type of thing can happen with the body if things aren't recognized and taken care of.

# Stress Opens the Door to Illness

**The body becomes vulnerable to:**

- Infections
- Parasites
- Toxins
- Allergies
- Structural Misalignments
- Nutritional Deficiencies
- Trapped Emotions
- Energetic Imbalances



## Tailspin

It's not noticeable at first, but there are some telltale signs when people are in this type of "graveyard spiral", or "tailspin" as far as their health is concerned. They'll say things to you like "You know, I'd like to go shopping with you but I just don't have the energy." Or they'll say, "I'd like to go play golf but I'm just in too much pain."

Energy loss and chronic pain are usually the first signs that a person is in this tailspin. If things are allowed to continue, the person will soon realize "I don't just have low energy, I'm completely exhausted and I've felt this way for months. What is wrong with me?"

So they go to the doctor and say, "Doctor, I am chronically fatigued. I'm exhausted all the time." The doctor looks up some things in his book and he comes back and says, "We know what's wrong with you. We have a diagnosis."



# Tailspin!

- **Stress = Turbulence**
- **Not Noticeable at First**
- **First Signs are:**
  - **ENERGY LOSS**
  - **CHRONIC PAIN**



And they say, “Oh, what is it? What is it? I can’t wait to know what’s wrong with me!” And the doctor says, “You are chronically fatigued. You have Chronic Fatigue Syndrome.” And how do they feel? They’re so grateful to know what the diagnosis is, and they tell all their friends, “I know what’s wrong with me now. I have Chronic Fatigue Syndrome. I’m chronically fatigued.” But you see they already knew that. The doctor hasn’t told them anything they didn’t already know. In fact, if they were to press the doctor for more information, he most likely would say, “We don’t know what this is. We don’t know what to do about it. We don’t have any idea what causes it. All we can do is give you these medications to suppress your symptoms.”

## The End Result is Disease

The same thing happens with chronic pain. One day the person wakes up and realizes, “Wow, I don’t have just a little bit of pain, I’ve got pain all over and it’s not going away. I’ve been like this for months now. There must be something really wrong with me. My muscles *hurt*.”

And so this person goes to the doctor and says, “Doctor, I have pain in my muscles and it’s not going away. What is wrong with me?” And the doctor will poke them and prod them a little bit and look it up in his book and come back and he’ll say, “We know what’s wrong with you. We have a diagnosis.” And this person says, “Wow, I’m so glad to know. What is it? What’s wrong with me?” And the doctor says, “You have pain in your muscles.” In other words, what the doctor really says is, “You have Fibromyalgia.” The direct interpretation of Fibromyalgia in Latin is *pain in the muscles*. Now of course this person already knew that. They knew they had pain in the muscles. That’s what they told the doctor. And they tell their friends, “I’m so glad to know what’s wrong with me. I finally have a diagnosis. I have Fibromyalgia, which means I have pain in my muscles.” That’s how it works. The end result of this process is disease if you continue to spiral down further and further.

## The End Result is Disease

**Q. - What is a Disease?**

**A. - A Collection of Symptoms**

**Q. - What Causes Symptoms?**

**A. - IMBALANCES!**



### Stress Opens The Door To Disease

What is a disease? A disease is nothing more than a collection of symptoms. What causes symptoms to arise? Imbalances—that’s it. All disease is caused by imbalances. That’s as simple as it is. Actually, that’s probably the oldest

idea in the history of the world. It's certainly the oldest idea in the history of healing and medicine of all types. Stress is not really the cause of disease, but stress opens the door to diseases. Stress breaks the body down, tears down the body's defenses, and opens the door to all kinds of problems. Let's get into this in a little more detail because this is really what The Body Code is all about.

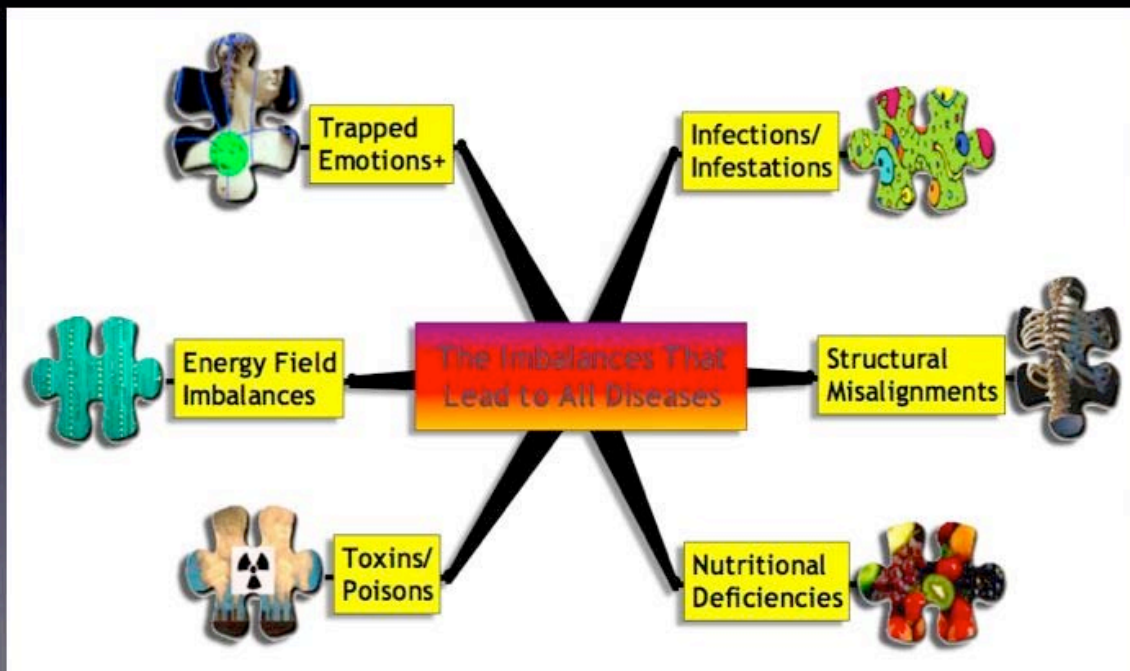
# How We Lose Our Health

## The 6 Imbalances that Lead to All Disease

### The 6 Types of Imbalances That Lead to All Disease

This is the map that I put together when I was in practice years ago because I needed a way to categorize all the different imbalances that I was finding on people. There are 6 puzzle pieces here, you'll notice, because the 6 different types of imbalance combine to form a kind of puzzle.

### The 6 Types of Imbalances in the Body






Being a holistic doctor is a bit like being a detective. If you're a holistic doctor, you don't prescribe medication, so you can't use drugs to suppress people's symptoms. You have to figure out what's really going on and fix it, then the body will naturally regain its health. I found that there are six different types of imbalance that create all disease in the body. I found that by using this map, I could deal with pretty much whatever a person was suffering from. And in fact, as time went on, I realized that it wasn't all that important what a person had been diagnosed with, but what was important was to figure out what the specific imbalances were and correct them.

## Imbalance #1: Infections/Infestations

Infections are viral, bacterial, fungal, and mold. Infections are the number 1 killer worldwide.

# Infections and Infestations



**Infections:** viral,  
bacterial, fungal, mold  
*- # 1 Killer worldwide*

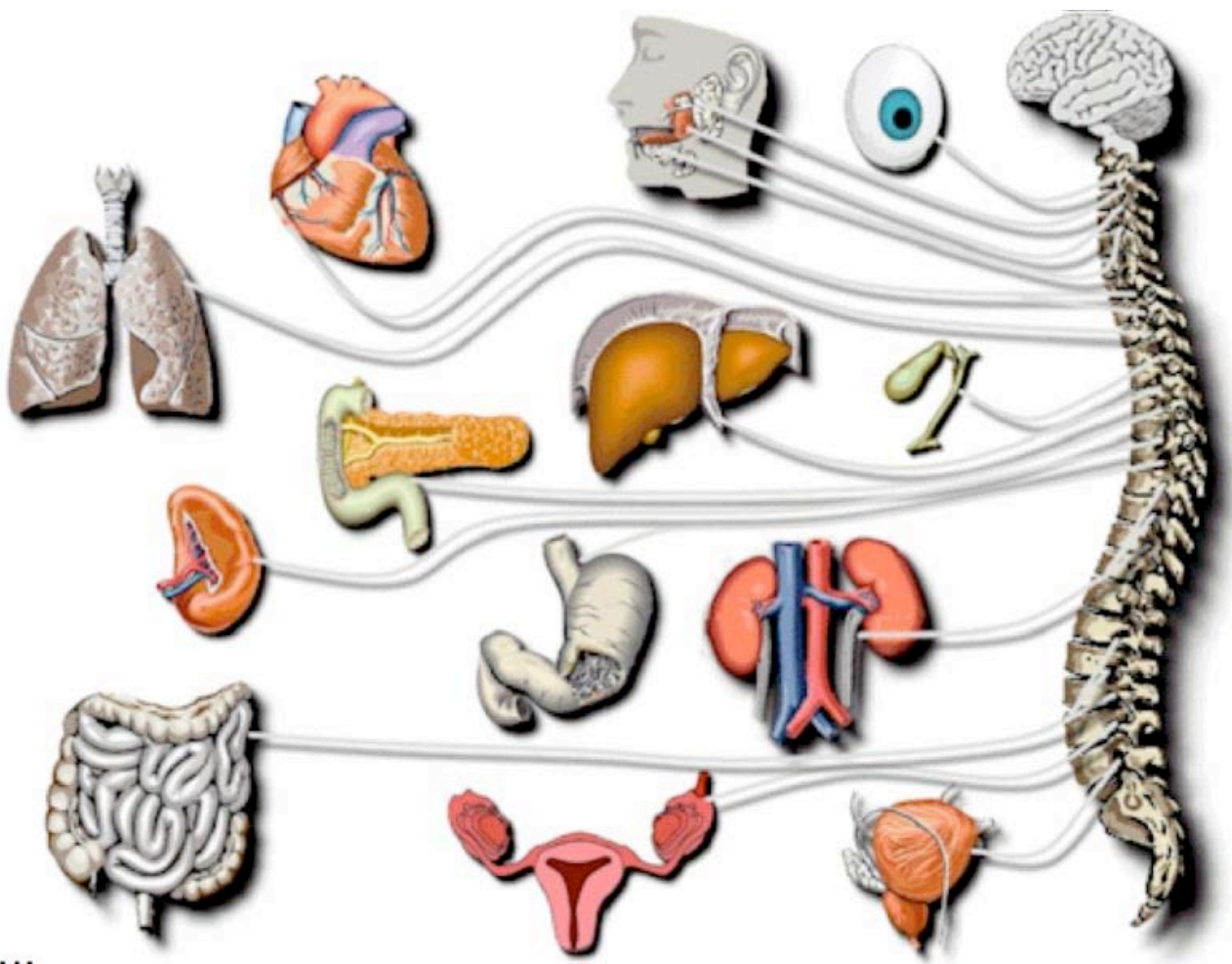
**Infestations:** Parasitic  
*- 85% of U.S. Population infested -many different varieties*  
*- Few of these ever show up on medical tests*  
*- Best killed with specific herbs*

**Trapped Emotions enable these and can hamper recovery!**

Literally millions of people die every year from infection. Infestation refers to parasitic infestation. Believe it or not, about 85% of the United States population is infested with some type of parasite. There are many different varieties of parasites, and few of those ever show up on a medical test. These are best killed with specific herbs. Trapped emotions will enable infections and infestations to persist, because they can lower the immune system, but we'll get into that more later.

## Imbalance #2: Structural Misalignment (Subluxation)

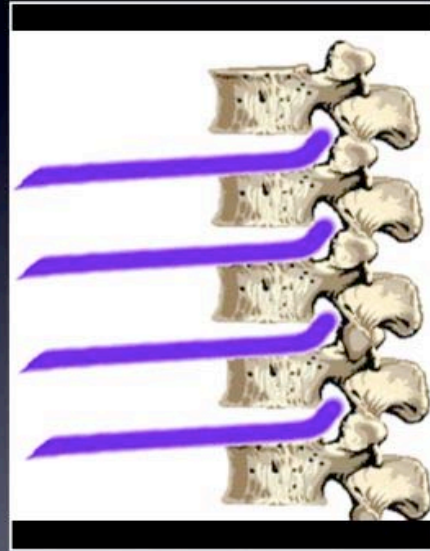
Let's take a look at structural misalignments. Here at the top right we have the brain, and on the right side of the picture we have the spinal column. On the left side and in the center, we have all the organs. The grey lines connecting the brain and the spinal cord to all of the different organs of the body are the spinal nerves.



....

# Normal Nerve Function

Nerves carry  
information and  
instructions from  
brain to body



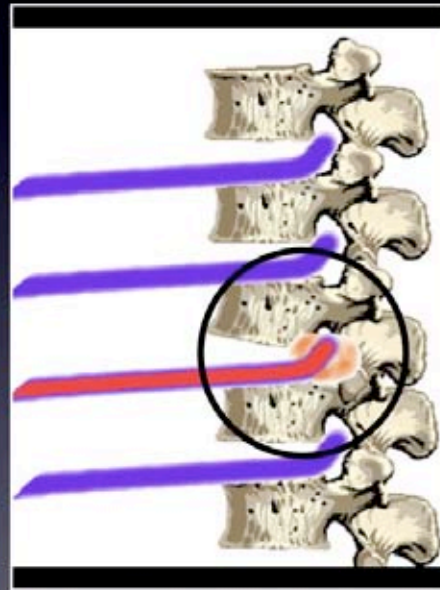
## Normal Nerve Function

Nerves go out from the spinal column to the different organs of the body. The delicate spinal column and nerve roots are protected by the bones of the spine, which are called the vertebrae. The next picture shows normal nerve function, where all the vertebrae are aligned and no pressure is being put on the nerve roots. The nerves are allowed to freely carry information and instructions from the brain to the organs and tissues of the body, allowing for good organ function and communication.



# Misalignment (Subluxation)

- Misalignment of vertebrae puts pressure on nerves and causes poor nerve communication
- Result is poor health and eventual disease
- Trapped Emotions often create misalignments



## Misalignment (Subluxation)

When a spinal vertebra becomes misaligned, it is called a *subluxation*. In this picture is an illustration of a misaligned vertebra- the 3<sup>rd</sup> bone down in the stack of bones. This vertebra is now putting pressure on the nerve that it houses, instead of protecting it. This creates poor communication going from the brain to the organ that's at the other end of the nerve, and vice versa. Poor nerve transmission and reduced communications will result in poor organ health and eventually, disease. Trapped emotions will often create subluxation, and releasing a trapped emotion will often help to correct a misalignment or subluxation in the spine. Chiropractors are trained to correct subluxations, restoring proper nervous system communication.

# Nutrition

- Most people have deficiencies
- Foods grown in depleted soils
- Correctable with supplementation
- Trapped Emotions make it more difficult to absorb nutrients and can create deficiencies



## Imbalance #3: Nutritional Deficiencies

We cover nutritional deficiencies in much more detail in the nutritional section of *The Body Code*, but this is just an overview of where we're going. Most people have deficiencies, mainly because we don't eat the way we should and our foods are grown in depleted soils. The topsoil in the United States used to be about a foot and a half deep, but now it's only about an inch and a half deep. Over about 80% of the farmland soil in the US is considered sterile, so they have to use all kinds of artificial fertilizers to grow things. Nutritional deficiencies are correctable with supplementation, and part of *The Body Code* is about understanding exactly what supplements you need and how to determine that. Trapped emotions can also make it more difficult to absorb nutrients and they can also create deficiencies.

# Toxicity

- A new worldwide phenomenon
- Heavy metals, radiation, industrial wastes, etc.
- Average intake of 14 lbs. of chemicals/year
- Toxins can be cleared from body
- Trapped Emotions make detoxing more difficult



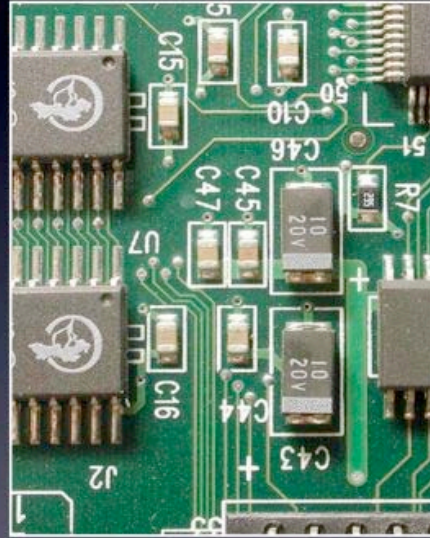
## Imbalance #4: Toxicity

Toxicity is a new phenomenon worldwide. We're talking about heavy metals, industrial waste, radiation, and so on. The average person takes in about 14 pounds of toxins per year in the form of food additives, humectants, preservatives, food coloring and so on. It's an easy figure to calculate because they know how many millions of tons of food additives are being produced every year, so it's easy to see where those are going. Toxins can be eliminated from the body and we'll talk more about exactly what to do about that in the Toxicity section of *The Body Code*. Remember that trapped emotions and other energetic imbalances, such as *Psychic Traumas*, can make detoxifying more difficult. For example, let's say you have a trapped emotion that is lodged in your liver. The liver is the second largest organ of detoxification in the body. If you have a trapped emotion in your liver, all the chemical reactions taking place in the liver are going to be a little off. They're not going to be quite how they should be and that will make detoxification more difficult. Toxicity is a very big cause of obesity, among other problems, but we'll talk more about that later on as well.



# Energy Field Imbalances

- Energetic body is Highly Organized
- Circuits are like fuses in a house
- Certain Organs & certain muscles are on same circuits...
- Chakras are deep energy centers



## Imbalance #5: Energy Field Imbalances

The energetic body is highly organized. When you are born, you already have this highly organized energy body inside of you, and it is divided up into circuits and chakras. The circuits in your body are similar to the fuses in a house, only in your body, certain organs and certain muscles are on the same circuit.

Here is an analogy for how circuits work: Imagine that you've plugged 5 hair dryers into the outlet in your bathroom and you turn them all on at the same time. You'd blow the fuse in that room. The light would turn off and the hair dryers along with them. It's possible that in the next room, your stereo may suddenly shut off as well, if it's on the same circuit as the bathroom. The body is set up the same way, with certain organs being on the same circuit as certain muscles. For instance, if you have a problem with your right knee, it's probably because you have an imbalance in your gall bladder, because the right knee muscles are on the same circuit as the gall bladder. Likewise, if you have trouble in your left knee it's probably originating from a problem in your adrenal glands, because these are on the same circuit. You'll find that

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correcting an imbalance in the adrenal glands for instance, will often have an immediate balancing and pain relieving effect on the left knee.

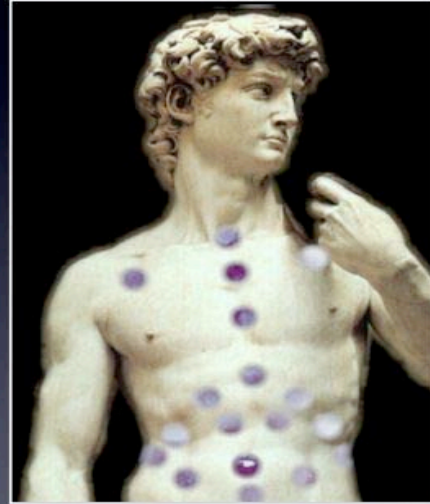
## Organ/Gland Connections



So how do you find these imbalanced circuits? The easiest way is to use *The Body Code* test points.

# Body Code Test Points

- Each point corresponds to an organ or gland
- By touching a point and performing a muscle test, we can test the energetic balance of organs and glands



By touching a test point on the body and performing a muscle test, you can test the energetic balance of each the organs and glands in the body, and thereby also the muscles that are on the same circuit as that organ or gland. So if you touch the kidney test point and get a weak muscle test, you could expect to find possible lower back or neck trouble in the individual, because the kidney is on the same circuit as the muscles of the lower back and the neck. By bringing balance back into the kidney that is imbalanced, you will also be restoring balance to the lower back and upper neck muscles. Some other common connections that I didn't already mention are low back pain and the uterus, and upper back pain and the liver and gall bladder.



# Connections

- Left Knee Pain
- Right Knee Pain
- Low back pain
- Pain in upper back
- Pain in neck
- Adrenal glands
- Gall Bladder
- Kidneys/Uterus
- Liver/Gall Bladder
- Kidneys

On this page we see some of the most common connections between the organs and glands. If you have left knee pain, for example, you most likely have an imbalance in the renal glands. If you have right knee pain, I can pretty much guarantee you that you have an imbalance in the gallbladder. If you have low back pain, you probably have an imbalance in the kidneys, or if you're a woman, it may also be an imbalance from the uterus. Pain in between the shoulder blades is typically from an imbalance in the liver or gallbladder. And pain in the neck also results very often from an imbalance in the kidney.

Please note, that an imbalance in any of these organs is not the same as the disease in any of these organs. You can have an imbalance in organ decades before you actually end up having some kind of the disease in that organ, if ever.

Nevertheless, an imbalance in any organ or gland will definitely imbalance a certain muscle or muscles that will thereby imbalance a certain joint or joints, leading eventually to pain and malfunction and arthritis.



# Trapped Emotions

## The Invisible Epidemic

### Imbalance #6: Trapped Emotions

I worked in a brick and mortar chiropractic practice for 17 years. For the last 10 of those years, I specialized in treating people who were considered to be incurable by the medical profession, I found that the biggest common denominator for all those patients was trapped emotions. The emotional events that they had gone through had stayed with them, were continuing to imbalance them, and were manifesting disease in their bodies. I knew that there would never be enough doctors to help people get rid of their trapped emotions, and I realized that people were going to have to learn how to get rid of these trapped emotions themselves. That is why I wrote my book, *The Emotion Code*. *The Body Code* fills in the rest of the picture for anyone who's read and wants more.

## What is a Trapped Emotion?

Trapped emotions are truly an invisible epidemic in our world. As we go through our lives we experience different emotions all the time, this is completely normal. Emotions give our lives meaning and color; we wouldn't be who we are without our emotions. Sometimes, however, we experience very negative emotions like anger, frustration, resentment, sorrow, sadness, and so on. When we are feeling any of those intense emotions, the energy of that emotion can become trapped in the body.

When this happens, we call it a *trapped emotion* - a bit of emotional energy, trapped in the body. A trapped emotion will always lodge somewhere. They will usually lodge in the trunk of the body, however they can lodge anywhere. They

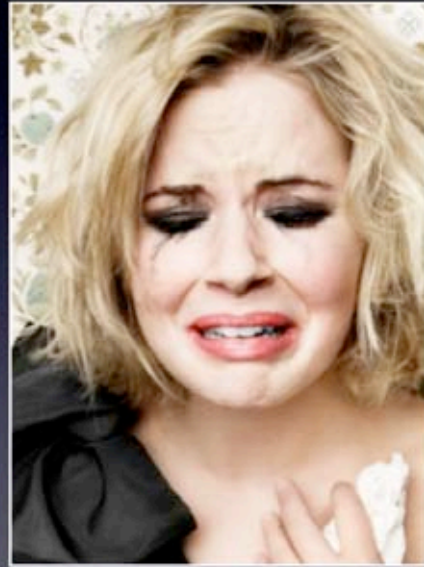
can occur at any age and they can even be inherited. Trapped emotions can cause inflammation, congestion, self-sabotage, depression, anxiety, and more.

# Trapped Emotions

- **During moments of intense emotion**
- **Energy of the emotion becomes trapped**
- **Will always lodge somewhere**
  - **Usually in the trunk of the body**
  - **Can lodge anywhere!**

# Trapped Emotions

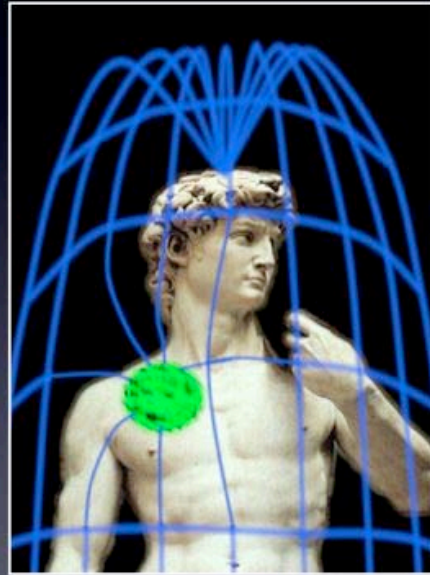
- Can occur at any age, or can even be inherited
- Cause inflammation, pain, congestion, self-sabotage, depression, panic attacks, phobias, etc.



Typically a trapped emotion is the size of an orange to the size of a cantaloupe and wherever it lodges in the body, it will distort the normal energy field of the body. When you distort the body's energy field, you are distorting the body itself. Because what is the body? It's nothing but energy. Energy is what makes up the body. That's why trapped emotions will cause pain, malfunction and discomfort, up to and including cancer, in my opinion. Trapped emotions will also tend to create mental and emotional problems such as depression, anxiety, self-sabotage, panic attacks, phobias, and more.

# Trapped Emotions

- Typically orange to cantaloupe sized
- Distort the normal energy field



If you look at this picture, that little ball is a representation of a trapped emotion. If that emotion happens to be anger, the person will tend to be a more angry person than they otherwise would be. Why? Because literally part of their being is constantly vibrating at the rate of the emotion that's trapped there. In other words, every emotion has a certain frequency or vibration, and when an emotion gets trapped in the body you will continue to feel that emotion. In a case like this, if the emotion is anger and a situation arises where you could become angry, you will become angry much more readily than you otherwise would. Why? Because part of you is already vibrating at that frequency, part of you is already angry. That's how trapped emotions work and that's why it's so exciting to be able to find and release them. That's why so much of the time there is an immediate effect that takes place when we release a trapped emotion. The body is allowed to return to its normal, healthy, undisturbed state and when this happens, amazing things take place!

## Common Symptoms of Trapped Emotions

Trapped emotions will always make their existence known in some way, either physical or emotional, by creating illness and even cancer. Every cancer that I ever saw had trapped emotion(s) as part of the underlying reason for its existence. I believe that trapped emotions are certainly one of the underlying causes of cancer. They may also make their existence known by emotional self-sabotage, depression, and emotional feelings that you can't seem to shake. The safest and healthiest way of all for trapped emotions to make their existence known is to go through this little process of identifying them and removing them with the Emotion Code. Hopefully, you will do this before they start creating all kinds of symptoms for you, because they *will* make their presence known somehow, eventually.

The relief is unexplainable to the point of shedding tears of "JOY" for the release of carrying such heavy burdens for so many years. What a wonderful feeling of release that I never dreamed would come true. . .

Thank you, thank you. . . Luana L.

I'm feeling an awesome difference since I released my Heart Wall. To begin with, my self-esteem has gone up to the sky. Secondly, I've been having one creative idea after the other... I feel the driving force, which seemed to have left me long ago, is back again, with a lot of strength. I cannot really express how grateful I am to you and to God, in first place, that led me to find you and your work. Elena R.

The Emotion Code works with animals as well!

Three years ago, we adopted a cat who was found on the city streets of Albany, the capitol of New York. She has been terrified of all noises and clattering sounds. Even taking a fork from the cutlery drawer has sent her racing from the kitchen to the living room, toenails scraping the floor, eyes huge and black. My son acted as surrogate, and we ascertained that she had been stuck by a car in Albany. She wished to release the emotions of terror and abandonment... Overnight, she changed. She no longer races from the kitchen with the kitchen clatterings, and she is now starting to sit upon our laps, something she never had done before. She is more affectionate and calmer. We are joyous that she has progressed so well... Thank you so very much for such a blessing. Clara J.



"The Emotion Code has helped me way more in a few months than spending 15 or 20 years in therapy!"

"Where I have spent more money than I like to think about in the last 21 years in my quest for happiness, has been done in this short period with just a few hundred dollars! After yesterday my struggle is finally OVER and I truly feel free. Free to just LOVE and BE! Now I can dance naked in my my own living room if I like ! I can jiggle it and giggle it! Having sex with my husband with abandoned joy! And let me tell you, he is he one happy fella!"

I was not allowing myself to have financial freedom and while I loved my work, it wasn't bringing me the financial success I desired. After working with Dr. Brad, whom I met at a marketing conference, I read the book and found myself doing the processes daily for a few weeks. During that time, so much began to open up. I kept getting 'memories' of things I hadn't thought about in years, and instantly did an emotional release with magnets. Very soon after, everything began to change in my life. I now have a successful speaking and coaching practice – supporting women in reinventing themselves in midlife. My finances have dramatically altered and even my health has improved. I've spent hours in therapy with less dramatic results than this simple practice. Dr. Bradley is onto something huge...! Dr. Toni LaMotta

I have helped two people more than once release trapped emotions that were unbalancing parts of the brain. The imbalance was causing them to feel suicidal. Each time it was very amazing to see them before and after. They went from feeling so low, blue, and intent on suicide, to being happy and laughing and energetic and having hope. Kathy B.

Recently a man depressed for over 15 years; in 2 sessions of removing his Heart-Wall his depression was gone. He said it felt like he had been given a second chance at life.

# The Heart-Wall

## The Walls Around Our Hearts

### The Heart-Wall

The Heart-Wall has been called “the most important discovery in the history of energetic medicine.” The heart is actually the core of our being; it is the center of our soul, the seat of the subconscious mind, and the seat of all our creativity. Sometimes we experience pain in the heart area when someone is hurting us, or when we are feeling very deeply grieved. This physical sensation, which we refer to as heart ache, is caused when this deepest part of our being is assaulted in some way. If this happens to a person more than a couple of times, if they feel this deep heart ache feeling more than a couple of times, the subconscious mind will begin to put up a wall of energy around the heart. This wall of energy is literally made from the energy of trapped emotions. Releasing the heart wall has allowed those who could not find love to find it; it has allowed those who could not find success to find it; it has changed the lives of those who were suicidal or suffer from severe depression, sometimes literally overnight; it has changed the lives of those suffering from PTSD, and has allowed them to finally find peace.

The Heart-Wall was discovered in 1998. I was at a conference on magnetic healing with my wife and she woke me up early one morning, saying that she had had a dream.

In her dream she saw an order wheel (like you may have seen in diners), where the waitress will clip an order to the wheel and spin it around so the cook on the other side of the counter will be able to read that order and cook the meal. She saw an order wheel with three orders clipped to it. When she woke up she knew that those three orders represented three health issues of hers that we had not dealt with before.

We started doing some testing and took care of and released the first two health issues, which were a couple of trapped emotions that we had missed before. When I turned my attention to the third order on the order wheel, I suddenly had a waking vision. I was looking at an incredibly beautiful hardwood floor. It was like looking down the hallway of a beautiful hotel from the turn of the century, with hardwood floors that were highly polished and absolutely beautiful. And I'm literally seeing this, not in my mind's-eye, but in front of me. It was an amazing experience. At the same time that I'm seeing this, I'm also given the understanding that her heart, my wife's heart, is somehow *underneath* this floor. I had absolutely no idea what this meant, but I told her what I was seeing and what I understood, and we said a prayer for help and began testing, trying to get some answers about what the meaning behind this was. What we found was that she actually had a wall around her heart that was made of negative emotions that she'd picked up during her lifetime.

## The Heart-Wall

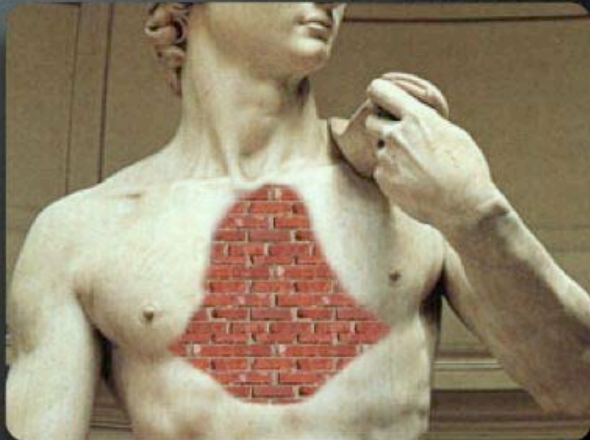
- How it was Discovered
- Made of several trapped emotions. Each emotion is a layer of the Heart-Wall
- What it Causes:
  - Blocks Ability to Give and Receive Love
  - Creates Depression, Isolation, Numbness
  - Makes it harder to heal physically
  - Blocks you from Success

She was born into a family that was quite dysfunctional. Her father was a very angry man and would “blow his top” at any time without notice, so all the children grew up walking on eggshells all the time. When she was about two years old, she started developing this wall around her heart. I’m sure that you have felt that feeling that we call ‘heartache,’ where you feel a physical sensation in the chest—a pressure, where those words ‘heartache’ or ‘heartbreak’ come from. Your spirit does not like that emotion because your heart is, I believe, the core of your being and the seat of the subconscious mind, the seat of all of your creativity, and the center of who you are. Her body didn’t like that feeling, either. And so it started to create a wall around her heart to protect that heart from being totally broken.

As we tested further, we found that this wall of hers was thicker than a foot, thicker than a hundred feet or a thousand feet, and it was thicker than a mile—it was actually five miles thick!

## The Heart-Wall

- Emotions trapped in the heart area
- Physical effects
- Emotional effects



So there we were, with this symbolic wall made of hardwood; a five-mile thick wall of hardwood around her heart, protecting her heart. This was really bizarre to both of us, but what we’ve learned since then is that about 93% of people

actually have a heart-wall because they have been through some traumatic things in their lives.

## Measuring the Heart's Magnetic Field

Having a Heart-Wall handicaps you in many ways. It blocks you in your ability to give and receive love freely, and it will create depression, numbness, a sense of isolation, and anxiety and self-sabotage. Because it blocks your creative abilities, it will also block you from success. Having a Heart-Wall can make physical healing more difficult as well, since messages of healing emanate from the heart.

Scientists have done some amazing studies with the heart over the last few years. They can now measure the magnetic field of the heart using a device called a Magnetocardiogram. When they use that device, they find that the heart has a magnetic field that's about 12 feet in diameter. They have found that when you're feeling love or affection for another person that your heart waves become apparent in the body of the other person, and that your heart rates will synchronize.

When we're feeling love or affection for another person, we're literally sending them electromagnetic energy—from our heart to theirs. Remember that a heart-wall is made of negative emotions—negative emotions that surround the heart. So that love-energy coming from your heart to theirs becomes distorted and twisted and warped by the heart-wall. The heart-wall creates *isolation* or feelings of numbness, and that's what was happening with my wife, Jean. She not only felt numb to emotions, but she also had a hard time making friends. Anytime she was in any kind of a social group, she always felt like she was on the outside looking in, until the day that the last emotion making up her heart-wall was released. It took us about two weeks to clear all the emotions in her heart-wall. We would clear an emotion and then her body would have to take a couple of days to process that release. After about two weeks, the last emotion was released and she, at that moment, felt an immediate change. She suddenly felt like she was on the inside looking out, instead of the outside looking in, and she has continued to make great strides and great progress since then.



The heart-wall will definitely create depression, in my experience. We've seen people who were suicidally depressed change in a matter of days after releasing the heart-wall. And it also will definitely block a person from succeeding. When you have a heart-wall you actually have what I like to call an "abundance-block." When you graduate from high school or college they tell you to "follow your heart." And that's true. Your best self and all of your best creativity and your best potential is found in your heart, in the heart-brain, not in the brain in your head. And so, if you're going to achieve everything that you're capable of achieving, you need to have a heart that is open, and you need to be able to express all that is in your heart. But when you have negative trapped emotions that are wrapped around that heart, that are blocking that heart, or acting as a barrier or a wall, it creates an abundance-block and really stands in the way of you succeeding.

The emotions that become trapped in the body are used by the subconscious mind to create this wall. We discussed a few minutes ago about how everything in the universe is made of pure energy. I believe that the subconscious mind understands this concept implicitly. And so, when you first start feeling those feelings of heartache, the subconscious mind, not liking that at all, will search for some way to prevent that. And so, it will actually look around for building materials, and by that I mean energy, pure energy, excess energy that is lying around in the body like stacks of lumber. The most common sort of excess energy in the body? Trapped Emotions. So the subconscious mind will actually take those excess energies that are lying around and will take them and fashion a wall with them around the heart to protect that heart from being totally broken.

## Physical Effects of Heart-Wall

The physical effects of having a heart-wall are often pain in the neck, discomfort in the shoulders, tightness in the shoulder muscles and so on. How many people do you know that suffer from that? These are very common side effect of having a heart-wall, and of course the emotional effects are isolation, inability to find love, inability to fall in love, to stay in love and so on.

One of the most amazing experiences that I have had with this was when I was working with a woman who was very religiously devoted. She was still unmarried at 43 years old even though she was very attractive. I found she

had a heart-wall. She had a goal to be married within the next year but she was still alone because of her heart-wall. When I started to work with her, first of all I asked what this wall was made of, because the subconscious mind will always choose some kind of a material for the heart-wall to be made out of. In her case it was clear plastic. When I arrived at this, she said to me, “Oh, I love clear plastic! When I was a kid, my parents covered our couches and our carpet and our stairs and everything with clear plastic.”

This is a perfect example of how there is often some kind of logic in the material that the heart-wall is symbolically made of. In her case, she was very religiously devoted and a wonderful woman. If you think about that, here she is a very religious, very pure kind of a person who wants to keep her heart clean and pure from all of the dirty things in this world, and so it created a wall around that heart. But it was clear plastic because that’s what she was used to. And of course, why do people cover things with clear plastic? So that 20 years later they can take the cover off the couch and it’s like they just bought it, right? Well, this wall around her heart was made of clear plastic. It was about four inches thick.

I was in New York actually as I was working with her and we were at this convention, kind of sitting off in the corner and I started actually releasing these emotions from her. I was sitting across from her and I gave her a magnet and as I’m releasing these emotions, I actually had her use the magnet. I would find them and identify them on her and then tell her what they were and then she would go ahead and roll or slide the magnet over her forehead to the back of her neck three times to release each emotion. When we cleared the last emotion, I had an amazing experience. It was like a stone had suddenly been rolled away from in front of her heart and instantly I was being bathed with this beautiful, incredible feeling coming out of her heart. Imagine spending a long cold, dark, gray winter inside and then suddenly there is a sunny day, the first sunny day in months of grayness, and you walk outside and you just stand there and soak up that sun, and it feels so wonderful. That’s exactly how it felt to me; I wasn’t making it up; it was very real, and something that if I live to be a million years old I will never forget it. It was really amazing. I told her what I was feeling, and I told her that she would now be better able to create or find that relationship—better able to find love and get married and reach her goals because now, that energy from her heart was now radiating out into the

universe and filling the immensity of space, and it was going to start drawing things to her. As I was telling her this, a very good-looking single doctor that I had met at this event (who happened to be the same religion as her)—walked right by me, and walked right up to her and started talking with her, and I thought to myself, “Wow, this stuff works fast.” It really does! So if you think about this, 93% of people have a wall around their heart and it’s such an important thing to get rid of this wall, because the heart is really the core of who we are!

## Heart Transplants

We’ve had the ability to transplant hearts now for a long time, and we know now that a lot of people end up receiving not only the heart from the donor but also many of the donor’s memories and affinities. For example, I saw a documentary once where a woman had gotten a heart transplant. Her friends came into the recovery room and said, “Hey, you’ve got your new heart now. When you get out of here what do you want to do?” And she said, “Well, I’d kill for a beer!” They all looked aghast, and she looked was shocked at herself, because she just drank tea. When she got out of the hospital, she found that she really did like beer and that she craved green peppers. And when she would travel to certain towns which she never been to before, she would have this eerie sensation that she had been there before, and she knew what was going to be around the next corner. Then she went back to the hospital and found out that a man who had died in a motorcycle accident was her heart donor. As you might imagine, he craved green peppers and drank beer, and had been to all those towns that she had had those eerie feelings about.

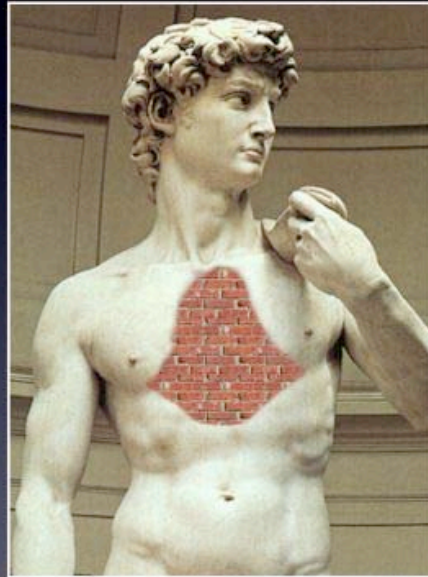
Another fascinating story is told of a middle-aged white man who got a heart transplant. He knew that he was going to get a heart from a young black man. After he got the heart transplant he had this incredible, insatiable yearning for classical music. He couldn’t stop listening to it. He would play classical music loud in his home all day long. He would listen to certain passages obsessively over and over. Finally, his wife thought he was losing his mind. He’d never liked classical music before. They were amazed to find out that he had received the heart of a young black man who was a concert violinist, who was hit by a car as he was crossing the street on his way home from a recital.

The heart has memory. In fact, there's a story about a young woman who received a heart transplant from another young woman who was murdered, and there was enough memory in the transplanted heart that she was able to help the police solve the murder.

Another story from just within the last year or so involved a middle-aged man who received a heart from a younger man who had actually killed himself by shooting himself in the head. This man was so grateful to have a new lease on life that he began writing to the donors widow. For two years they carried on this correspondence. Finally, when he actually met her face-to-face he said, "The moment I saw her, I couldn't take my eyes off of her! It was like I'd known her all my life!" They ended up getting married, even though there was quite an age gap. This made national news within the last year or so because, after about eight or nine years of marriage, he actually killed himself. He shot himself in the head just like the donor did.

# The Heart-Wall

- Emotions trapped in the heart area
- Physical effects
  - Chest Pain
  - Neck Pain
- Emotional effects
  - Numbness
  - Depression



There are all kinds of stories like this about the heart. I like to say that we are now living in the “age of the heart.” And I believe that if we are going to evolve and get to the next level as a civilization, as a world, it is only going to be through unlocking our hearts and allowing our heart-brain to direct our lives. We’ve been using the brain in our heads for thousands of years now and you can see where it’s gotten us. We’ve advanced technologically but we still are living like primitive man in many ways. We believe that it’s okay to bomb people and we believe that war is a perfectly justifiable way to solve differences between nations. That’s the kind of thinking that is produced by the brain that’s in our heads. The heart-brain however, would solve all these problems by choosing a much higher path. But until we get rid of enough of these heart-walls from people, things are going to continue as they are.





## Healing is a Sacred Calling

I love this picture because it reminds me of the power and majesty of God, our Creator. It was taken with the Hubble telescope and they looked at an area of the sky that they'd never seen any light coming from. They chose a very small area, about the width of a dime on edge, about 100 feet away. They opened up the shutter of the telescope for about one million seconds, and when they opened the shutter, this is what they saw. They counted thousands of galaxies in this picture, every galaxy containing billions of stars and planets. This picture reminds me of who we are. It reminds me of the knowledge that I gained when I was a young man and I had a profound spiritual experience. I learned that there is a God. I learned that He is real, and there is a purpose to our lives here. When we help people to get well, and when we release imbalances that they have, and we help them to function better and feel better, and get over their anxiety or depression, or other physical illnesses, it's like dropping a pebble into the pond of eternity. Those ripples go on and on and spread out forever. They never stop. You can do a little bit of work on someone and you really have absolutely no idea what the end result will be many, many years from now. So I believe that it is a sacred calling to help people and *The Body Code System*, including *The Emotion Code* makes it much easier for you to help yourself and others as well.

I tell you in all sincerity that I take no credit for these methods. I believe that I was chosen by God before I came into this world to bring this work, with these healing methods, to the earth. I believe that this body of work, and especially the Heart-Wall work, is literally destined to change this world, to bring the earth to a higher level of vibration, and to help transform this Earth to a state of perfection and peace that none of us have ever experienced before. I believe that is the big picture!

A final message from Joan Stein:

Thank you so much for being here. I truly look forward to introducing you to this amazing work and helping you achieve just what Dr. Nelson talks about, being able to get where you feel perfection and peace in your life.

Additional information is available on my website:

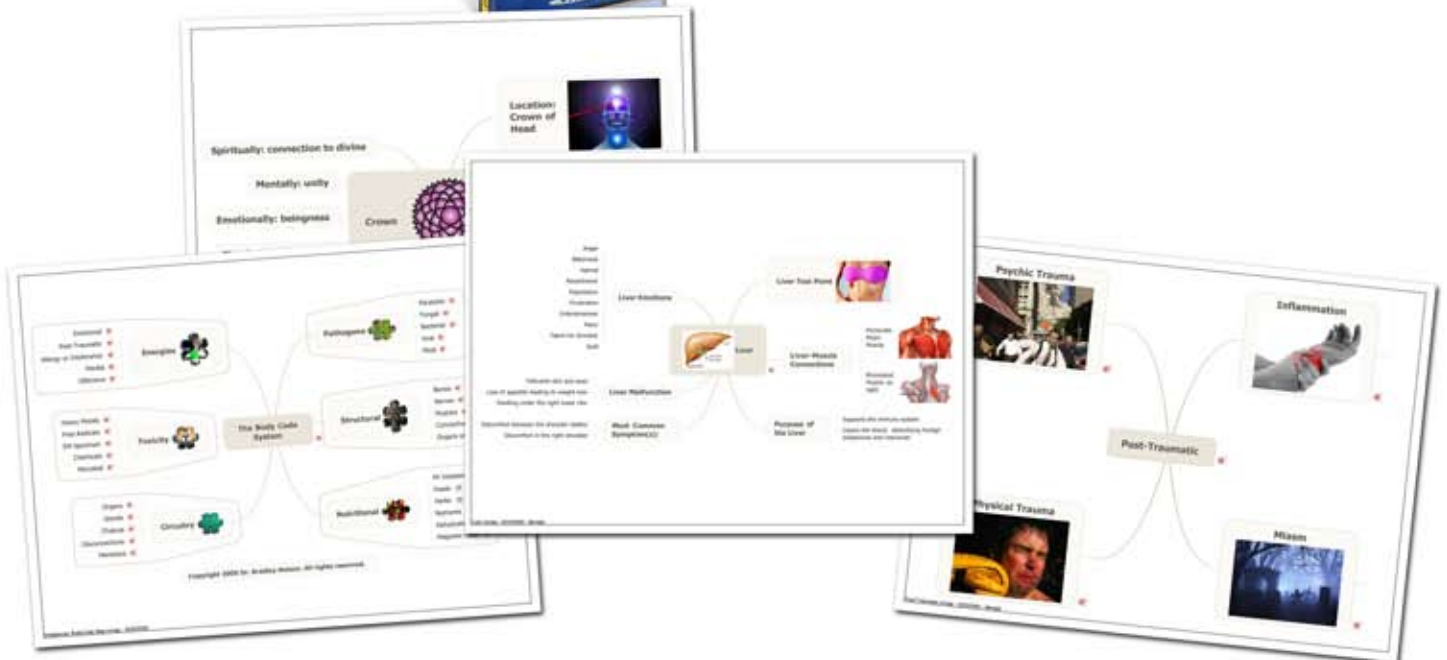
<http://www.OasisEnergyHealingCenter.com>

Or email me at: [Joan@oasisenergyhealingcenter.com](mailto:Joan@oasisenergyhealingcenter.com)

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So powerful it can detect any imbalance in the body, and yet so simple it can be used by anyone...

Advanced energy balancing system allows anyone to become a master healer...





# Are you ready to take the next step in your journey for better health?

Thank you for purchasing *The Emotion Code Transformation Package*. It is an incredibly powerful tool all on its own and I know it will have a dramatic effect on your life when you put it to use.

It has everything you need to get started using The Emotion Code and I hope that it sets you on a path of discovery and fulfillment unlike anything you have experienced before.

I also wanted to let you know about another option for you that can expand your energy healing knowledge and abilities.

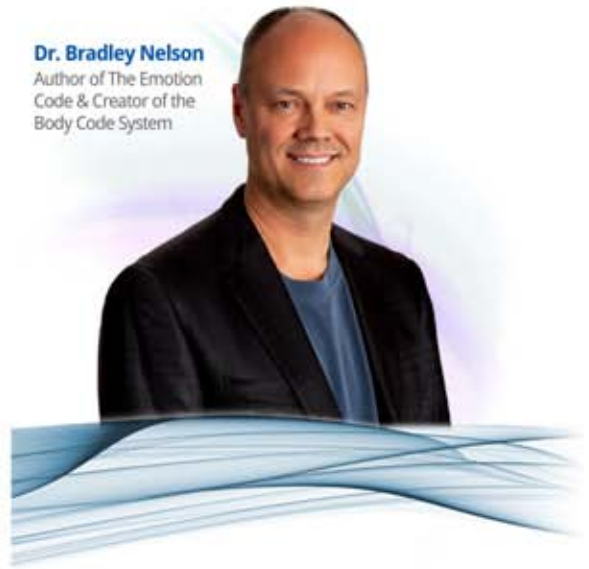
You see, as powerful as The Emotion Code is (and I know you will find it powerful all on its own) it is just the tip of the iceberg of what you are capable of as a healer. I want to pull back the curtain and give you the opportunity to learn more about a breakthrough energy healing method that took me over 25 years to perfect. **I want to introduce you to The Body Code Healing System.**

Are you ready to feel the joy of not only taking control of your own health but helping those around you achieve their peak health, energy and the life they have always dreamed of?

I want you to envision what you can do to help yourself and others when you have the power of The Body Code in your life...

- Quickly pinpoint and correct any health imbalance... from the smallest issue to the biggest problems.
- Discover what is holding you back and how to break through abundance blocks in your life.

Dr. Bradley Nelson  
Author of The Emotion  
Code & Creator of the  
Body Code System



- Find real, lasting happiness... even if you have always felt like something is missing.
- Make the best possible decisions about your health... get the right answer every time.
- Unleash more energy and break free from the pain that slows you down.
- Discover the truth about weight gain, depression, food allergies, arthritis, pain management, and much more.
- Become a sought after practitioner, create a new income stream and break free from traditional jobs.
- Get rid of that nagging pain... the one that is stopping you from getting out there and living life to its fullest.
- Feel the freedom of limitless health and abundance... never be dependent on drug companies, or the medical industrial complex again.

And that is just a small fraction of what is possible when you bring The Body Code into your life.

Please visit The Body Code website to watch live demonstrations of The Body Code method in action.

**Click the link below now to watch demonstrations and learn more  
about The Body Code System...**

## [BodyCodeHealing.com](http://BodyCodeHealing.com)