

# WHAT IS THE EMOTION CODE®?

Created by Dr. Bradley Nelson (D.C., ret) after more than 20 years as a holistic chiropractor and teacher, The Emotion Code® is designed to help you:

- Resolve physical discomfort
- Ease emotional wounds
- Restore love to relationships
- Break cycles of self-sabotage

In his work as a holistic chiropractor, Dr. Nelson discovered that his patients' aches and pains were often more than physical, but also emotional. He coined the phrase "**Trapped Emotions**" to describe the negative emotional energy that may become trapped in a person's body during a trying time.

It's our premise that when the negative energy of troubling emotions becomes trapped in the energy field of the body, it can cause:

- Chronic health problems
- Tendencies toward sadness, anxiousness, or fear
- Inability to give and accept love
- Bodily malfunction and disease

**The Emotion Code® is used to discover and release possible underlying energetic causes. Using it could help ease physical discomforts, overcome emotional distress and negative thinking, conquer self-doubt, and more.**

Your Certified Emotion Code Practitioner (CECP) has been trained to help you identify and release potential Trapped Emotions in a 4-step process designed to clear the way for your body's natural recovery ability to take over.

## DISCOVER

how Trapped Emotions might be holding you back

## EXPOSE

which emotions they are and where they may have come from

## RELEASE

those potentially harmful energies in moments

## EMPOWER

yourself to restore emotional and physical balance



DISCOVER HEALING

## PRACTITIONER

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# THE EMOTION CODE

Discover your body's own energy healing power



discoverhealing.com

# UNPACK YOUR EMOTIONAL BAGGAGE

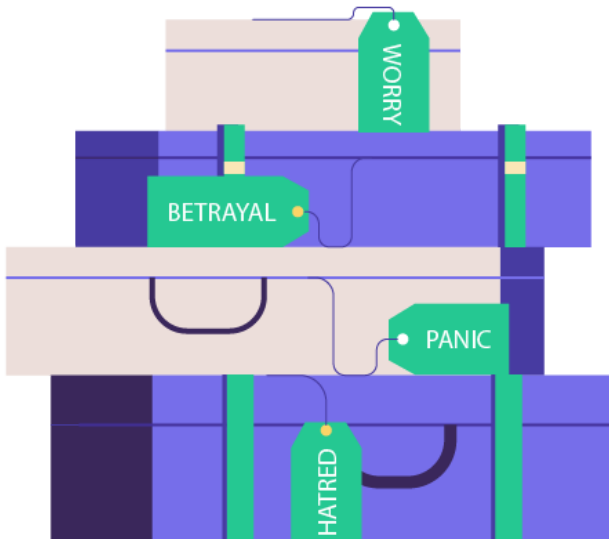
Have you ever felt like:

- You're on the outside looking in
- You're blocked from giving or receiving full love
- You can't recover from a loss, divorce, or other emotional turmoil

Or, maybe something just seems "off" about the way you feel, but you can't put your finger on it. Most of us have been there at one time or another, which may be due to what a lot of people call "emotional baggage." And our premise is that, like our bodies, emotions are nothing more than energy.<sup>1</sup>

**The Emotion Code® can help you discover and get rid of that negative emotional energy and unpack your emotional baggage for good.**

<sup>1</sup>Source: <https://www.businessinsider.com.au/physics-atoms-empty-space-2016-9>



# WHAT HAPPENS IN A SESSION?

The Emotion Code® is completely painless and non-invasive.

It's a simple process designed to use muscle testing (a form of biofeedback) to tap into the knowledge stored in your subconscious mind.

Your practitioner will begin by asking a series of simple yes or no questions, assessing your body's response via muscle testing. Often, this process identifies Trapped Emotions that may affect physical and emotional wellness. Then, your practitioner can work to release those energies one at a time using magnetic energy and principles of ancient Chinese medicine.

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## STUDY RESULTS

Our own research study with 158 participants revealed the following results after using The Emotion Code®\*.

- 37% reduction in symptoms of self-reported 'depression'
- 31% reduction in Symptoms of self-reported 'post-traumatic stress disorder'
- 10% reduction in symptoms of self-reported 'anxiety'

\*Discover Healing can't guarantee any specific results, and reported results do not constitute a warranty or prediction regarding the outcome of any individual using The Emotion Code® or The Body Code™.



## WHERE DO I START?

You can get started by setting an appointment with a Certified Emotion Code Practitioner. Since sessions can be done remotely, location isn't an issue.

To learn more about The Emotion Code®, watch videos, and subscribe to valuable educational content, visit [discoverhealing.com](http://discoverhealing.com) and pick up The Emotion Code book online or at your local bookstore.

Learn more at  
[discoverhealing.com](http://discoverhealing.com)