

Health and Wellness Affirmations

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All energetic ties to old soul contracts regarding my body are now severed. I am now free of all karmic ties to old ways of being, old chords of attachment and soul contracts that no longer serve me. I am free.

My body is in optimal shape. I am healthy, vibrant, balanced and in the best health ever.

I am at my optimal weight and this happens so easily and naturally.

My back including my low back feels strong, loose, and relaxed.

Every single one of my organs functions optimally.

My liver is balanced.

My cholesterol and triglycerides are balanced and optimal.

Every single cell in my body is healthy and filled with vibrant wellness.

I am filled with vibrant health.

My hormones are in balance.

My body is in balance.

Everything in my body is now restored to its perfect, balanced and natural state of health, vibrancy and wellbeing.

I feel young, energetic, strong, and healthy.

My body is super healthy now.