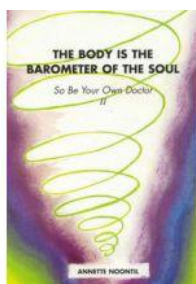


A to Z of Healing Affirmations

www.essencestoyou.com.au

INTRODUCTION

The following affirmations are an extension of the work of the late Annette Noontil and her book *THE BODY IS THE BAROMETER OF THE SOUL – SO BE YOUR OWN DOCTOR II*. The affirmations contained in this guide have been written by Essences to You. Each affirmation *is based on* Annette's listings of attitudes which may have caused each ailment.



Note - For corresponding attitudes which may have caused each ailment, please refer to Annette Noontil's work – The Body is The Barometer of the Soul – So Be Your Own Doctor II. This book is available at:

www.annettenoontil.com

Many thanks to Annette Noontil's family, for allowing Essences to You to extend upon Annette's work.

DISCLAIMER – The following affirmations should only be used to assist with emotional healing, and should NOT replace professional medical advice or treatment.

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