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MYSTIC BODY AND MAGIC CYCLE

A Life Changing Guide to **Women's Health**



Suzi Ben

How to ***Harness the Power*** of Your
Own ***Body Pharmacy*** And **Balance**
Your **Hormones** Naturally Without
Any Medication or Surgery.

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Mystic Body And Magic Cycle

Chapter wise Summary & 28 Fertility Affirmations

(Note: The following content is an extract from the main book [Mystic Body and Magic Cycle](#) a Life Changing Guide to Women's Hormonal Health)

Introduction: Everything you need to know about women's health (page-4)

**EVERYTHING YOU NEED
TO KNOW ABOUT
WOMEN'S HEALTH**



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Summary:

You can **get rid** of all your hormonal related illnesses and conceive fast by revving your **self- healing-capacity** of your body.

Here is the best thing...

You can do this yourself following the five step hormone balance plan...

Don't forget...

The **five step hormone balance plan** is based on **10 proven scientific facts**...So you can fully rely on this system.

Affirmation:

1. I am restoring my self-healing-capacity to conceive fast.

**Chapter-1.0 Your Health is in danger
(You must protect it before it is too late) (page-12)**



Chapter-1.1 Why your treatment is not working? ...13

Chapter-1.2 Why getting pregnancy becomes so hard for you? ...14

Chapter-1.3 Why allopathy can't reset your hormonal imbalances permanently.....24

Chapter-1.4 Why dietary changes alone can't help you much?..26

Chapter-1.5 Why Our "5 step hormone balance plan" cure all illnesses of woman?29

Chapter-1 Summary:

Doctors **treat the symptoms** but ignore miraculous self healing powers of your body and mind. **That is why** no matter what your doctor does **you are not conceiving**.

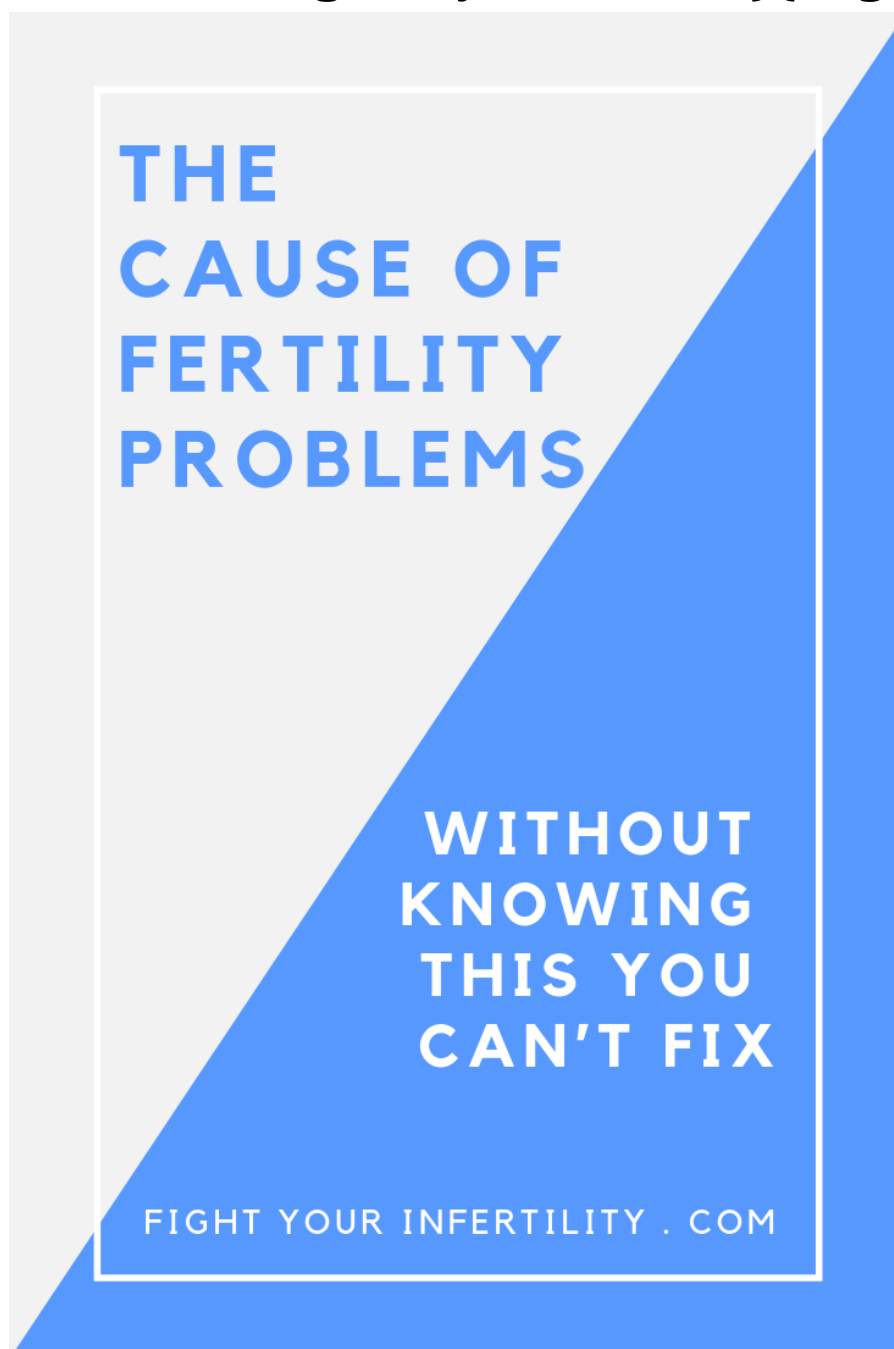
Realize this truth...

You can revive self healing powers by changing your **diets and thoughts**. This is by far the **best way to conceive fast** and get rid of all the hormonal problems.

Chapter-1 Affirmation:

2. I am changing the diets and controlling my thoughts to be successful with pregnancy...

**Chapter-2:0 The cause of fertility problems
(Without knowing this you can't fix)(Page-38)**



Chapter-2.1 The cause of fertility problems (Never ask “what next after Clomid?”)...39

Chapter-2.2 The root cause of fertility problems (Modern medicine don't know this yet)....47

Chapter-2 Summary:

Doctors and the society **programming you** to believe that something is wrong in your body and therefore the treatment is not working...

You also strongly believe that **fault is yours** and the **treatment is right**....

Look!

Unless you **reframe this wrong belief**, there will be no end to your suffering.

Therefore...

Don't ask what is the **right treatment**? Instead ask what the **root cause** of my infertility problem...

Realize this truth...

The root cause of infertility problem is **gut imbalance and overall cellular degeneration** as we have discussed above...

The only way you can fix this root cause of the problem is by our hormonal balance plan.

Chapter-2 Affirmations:

3. Modern treatment is symptomatic and therefore I use it only for relieving the symptoms.

4. I am restoring my hormonal balance and reproductive health by repairing my body, mind and the energy with right food choices, with right thoughts and right lifestyle practices.

5. I am taking full responsibility of restoring my hormone balance because I alone can do this and no one can do this for me.

**Chapter-3:0 Five step hormone balance plan
(Absolute best and scientifically proven)(Page-53)**



Chapter-3 Summary:

In “Hormone balance plan” you recalibrate your **BODY** (through right foods), **MIND** (through right thoughts) and **ENERGY** (through right lifestyle practices).

And don't forget...

“Hormone balance plan” is absolutely the **best, simple, easy and cost free**, because it is based on **10 proven scientific facts** and therefore the **most dependable** for fixing all your hormonal problems.

Chapter-3 Affirmation:

6. I get pregnancy because the hormone balance plan is based on 10 proven scientific facts...

Chapter-4:0 Your body can fight all the hormonal problems (Doctors don't want you to know this secret) (Page - 58)



Chapter-4.1 Give your body the right foods...59

Chapter-4.2 Give your body the right exercises....63

Chapter-4.3 Give your body the right rest (not sleeping)...65

Chapter-4 Summary:

Your body is a complete **self balancing and self healing** organism.

Your Body can fight all the hormonal problems...

The goal of fertility treatment should be **restoring the body balance** (“homeostasis”) but not getting pregnancy. (Pregnancy happens naturally when the body balance is restored.)

The right foods, right exercises and maintaining a restful state can restore the body balance and reverse all your fertility problems **without use of drugs, pills and surgery.**

Doctors are not trained in the subject of diets, nutrition and subconscious mind reprogramming. (Doctors are trained to prescribe drugs and medicines.)

So you **don't expect** permanent cure from your conventional treatment.

Chapter-4 Affirmations:

7. My body is a complete self balancing and self healing organism.

8. I focus on restoring the “body balance” that results in pregnancy naturally...

9. I am achieving body balance by taking at least 30 to 40% of fresh vegetables and fruits every day...

10. I am achieving body balance with right exercises like bending forward, backward and twisting to both sides every morning...

11. I am achieving body balance engaging with the friends, family members and living in the nature...

12. My body is fighting all the hormonal problems...

Chapter-5:0 Your MIND can restore hormonal imbalances (Doctors don't know this yet)(page-71)



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Chapter-5.1 What doctors can't do, your conscious mind can do it...72

Chapter-5.2 How subconscious mind is causing all your illnesses?....76

Chapter-5 Summary:

Infertility problems & other chronic diseases are caused by **unprocessed childhood traumas**. These memories are stored in the nervous system and corresponding body cells. That is why there is a saying "**The body never forgets and never lies**".

The emotions of shame, guilt, grief and fear are therefore **mirror reflections** of these sub conscious memories.

If you **can clear or reframe** these memories using simple mind exercises all your fertility problems and other ailments will **disappear from the body** soon...(The 4th step of our hormone balancing plan is dedicated for this)

Chapter-5 Affirmations:

13. I am healing all my childhood sub conscious mental wounds...

14. I am using mind exercises to heal the negative emotions of shame, guilt and fear so that I enjoy joyful life...

15. I am using mind exercises to restore my hormonal imbalances and restore my fertility...

**Chapter-6.0 Your ENERGY can root out
all your hormonal problems (page-83)**



Chapter-6 Summary:

Modern women **embrace and embody masculine activities** to catch up with the world. In this process they are **blocking feminine energy** and as result ending up with stress, exhaustion and all sorts of hormonal problems.

Modern women are therefore **out of alignment** with their feminine energy causing hormonal break down.

If you are serious about your reproductive health, you must **steer clear of all the deep-rooted negative beliefs** about your femininity.

You should **embrace feminine traits** of loving, caring and nurturing to release the feminine energy and restore your reproductive health.

(The 5th step of our hormone balancing plan is completely dedicated for this.)

Embracing feminine energy is therefore, **the easiest and the best fertility health strategy** every intelligent woman should consider.

Chapter-6 Affirmations:

16. I love my womanhood and embrace feminine traits joyfully...

17. I am releasing feminine energy consciously and root out all my fertility problems...

Chapter-7:0 Five step hormone balance plan (page-93)



Chapter-7 Summary:

The primary goal of hormone balance plan is to restore “**homeostasis**” or **body balance** and activate the self healing capacity of your body.

While the modern treatments **suppress** the symptoms and the underlying diseases the hormone balance plan completely **root out** the diseases.

Five step hormone balance plan is **therefore repair your body, mind and the energy and completely** cure all your fertility and hormonal problems.

Chapter-7 Affirmation:

18. I am restoring my hormone balance and protecting my fertility following the 5 Step hormone balance plan.

Chapter-8:0 Repair your BODY
(First 3 Steps of the hormone balance plan)
(Page-107)



Chapter-8 Summary:

Your body is designed to function and maintain its health on **autopilot**. The only thing you have to do is giving it the **right foods and right exercises**.

Animal products and vegetable oils disturb gut imbalance and metabolism that result in hormone imbalance. You, therefore avoid animal products and vegetable oils or reduce them completely.

If you want your body to function optimally your body requires energy, antioxidants and nutrients. **Starches** give your lots of energy. **Grains** are the source of antioxidants. **Non-starchy vegetables and fruits** provide important nutrients. You, therefore, provide your body with starches, grains, fruits and vegetables.

Apart from proper foods and nutrition, **cardio exercise and strength training** should also be incorporated in your lifestyle.

Chapter-8 Affirmations:

19. I am avoiding animal products and vegetable oils.

20. I am eating lots of grains and starches with vegetables and fruits.

21. I am doing cardio exercise and strength training.

**Chapter-9:0 Repair your MIND
(4th Step of hormone balance plan) (page-118)**



Chapter-9 Summary:

Belief and expectation; Doubt and fear are the deciding factors whether you can get pregnancy or not.

According to yogic system the **deep buried emotions of guilt and shame are the root cause of your fertility problem.** Reprogramming these wrong emotional beliefs is the key to restore your fertility.

Five step mind exercise can help you to reframe your subconscious beliefs of guilt and shame...

Five step mind exercise **unblocks and allows the energy** flow in **sacral chakra**, so that your **reproductive organs receive enough energy**...

The 5th step of hormone balance plan is therefore **simple and yet very effective** method to fight your infertility.

Chapter-9 Affirmations:

22. I am reprogramming the deep buried emotions of guilt with 5 step mind exercise.

23. I am unblocking energy flow in sacral chakra and releasing energy flow to my reproductive organs.

**Chapter-10:0 Repair your ENERGY
(5th Step of hormone balance plan)(page-142)**



Chapter-10 Summary:

Women who **numb feminine energy unconsciously** have **blockage in sacral center (pelvic center)**. When there is blockage in pelvic center their reproductive organs **don't receive enough energy** and that result in all sorts of fertility problems.

Realigning with feminine energy can **repair the blockage** in pelvic center and open it. As a consequence the reproductive system gets enough energy and therefore protects the fertility. So you have **99 percent CHANCE of reviving your fertility**.

Sacral Centre is all about your **sensuality, sexuality and your creativity**. Realigning with feminine energy goes beyond sacral center and heals all the blockages in your energy body...That is why your **body heals completely**. You are therefore **free from all hormonal problems**.

You blocked sacral center **unconsciously**. You can unblock and allow the flow of sexual energy to your reproductive organs **consciously**. **So getting fertility is absolutely in your hands**.

Chapter-10 Affirmations:

24. I am becoming a complete woman by embracing 17 feminine traits.

25. I am integrating the 17 feminine traits into my feminine cycle.

26. I am aligning with my feminine energy and activating my body pharmacy that revives my reproductive health.

27. I blocked my sacral chakra unconsciously and therefore I am unblocking it consciously...

28. I am getting pregnancy because getting pregnancy is absolutely in my hands.

Conclusion (Page-205)

Relying only on modern medicine you are risking your fertility and health...

Your body is a fantastic gift you have. It can do miracles beyond your comprehension if you restore homeostasis and activate innate self healing capacity...

Conventional medicine...

The underlying factor for all the chronic diseases including your reproductive problems is unresolved childhood emotional wounds. Unless these emotions are heard, understood and cleared using the “five step hormone balance plan”, it is not possible to restore your health completely.

Don't forget this BIG Revelation!

What your doctors cannot do for years, you can do it on your own following our “**five step hormone balance plan**” and fulfill your long cherished dream of becoming the mother.

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Whew!

You just learned everything you need to know about restoring hormone balance and health through the 5 step hormone balance plan. But of course the magic elves aren't going to take over from here. And that's why you need to start dietary and exercise regimen as soon as possible.

Now, typically I'd merely encourage you to take action, wish you the best of luck and cross my fingers for you.

But today I'm requesting you to follow this ritual (without fail). READ ALOUD the 28 affirmations every day.

READ 28 AFFIRMATIONS before you sleep in the night and after you wake up in the morning. Follow this ritual till you get rid of all the hormonal problems and successful with pregnancy.

Realize this truth...

Affirmations fortify the belief. Beliefs create the chemistry. Chemistry heals the disease.

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There is a saying...“Believing is Seeing”.

When you believe you begin to see things.

You are thinking about it.

You are visualizing about it.

You are talking about it.

You are doing things differently.

While you are doing your job...

Your brain is building new neural pathways and activating new neurotransmitters.

Your new neural pathways and neurotransmitters are repairing your endocrine system; releasing happy chemicals and healthy hormones into your blood stream.

Your happy chemicals and healthy hormones are correcting your cellular malfunctioning.

In a nutshell...

You are completely changing yourself and your destiny.

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Imagine what life is **going to be like** for you **after** you start reading “**28 Fertility Affirmations**”; start following the “**5 Step Hormone Balance Plan**” and conceiving.

So follow the ritual of reading of **28 fertility affirmations** without fail...

So follow the **5 step hormone balance plan** with letter and spirit...

The **journey you're about to embark upon** is a fun and fulfilling one.

That's right;

You're getting rid of all your hormonal problems.

You're conceiving.

Wishing you lots of baby dust & complete hormonal health

Namasthe!

Suzi Ben
Ben Praveen

(Note: The above content is an extract from the main book [Mystic Body and Magic Cycle](#), a Life Changing Guide to Women's Hormonal Health)

Are you scared that you're never going to be a mom?

I know how much you desperately want your child. And that is why you are taking Clomid cycles, checking charts and embarrassing internal exams...But unfortunately the result is often BFNs or miscarriages.

Look!

All the fertility problems are hormonal disorders. It is a signal of deteriorating overall health. Doing the same things like Clomid cycles and checking charts does not bring any luck. The delay could damage reproductive system irreversibly and put your dream and health at serious risk.

Why you shouldn't focus on conceiving?

Focusing only on conception is like focusing on the fruit and ignoring the soil. This is the reason why you are not getting pregnancy no matter what you do.

The secret to conceive fast is focusing on the restoring hormonal balance ...

Mystic body and magic cycle is **“5 Step hormone balance plan”** intended to restore your hormone balance?

“5 Step hormone balance plan” let you know how to harness the power of your own body pharmacy and balance your hormones naturally without any medicine or surgery...

5 Step hormone balance plan is based on 10 proven scientific principles and therefore the most dependable for fixing all your hormonal problems.

5 Step hormone balance plan is therefore absolutely the best, simple, and easy restore your hormone balance.

Why you shouldn't be heartbroken when the test result comes negative?

I know!

The uncertainty and randomness of treatment kills you because you're not sure when you are going to get pregnant? Whether you get pregnant or not?

As an intelligent farmer focus on soil, you should also start focusing restoring hormonal balance rather than focusing on getting pregnancy

So!

Here after you shouldn't be heartbroken when the test that comes back negative. Because you know that you conceive obviously once you restore your hormone balance.

Want to restore your hormone balance naturally?

[Click this link to grab the copy "The mystic body and magic cycle" and transform your life and destiny](#)