

Juanita Ecker's Body Code/Emotion Code Sessions

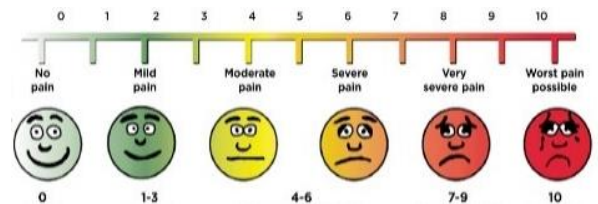
Check All that Apply

<input type="checkbox"/> Aching wrists, fingers, and hands	<input type="checkbox"/> Headaches	<input type="checkbox"/> Sinus problems
<input type="checkbox"/> Aching back	<input type="checkbox"/> Hips feeling tight or sore	<input type="checkbox"/> Stiff hands and fingers
<input type="checkbox"/> Always tired/exhausted	<input type="checkbox"/> Holding on to toxic relationships	<input type="checkbox"/> Strained family dynamics
<input type="checkbox"/> Angry/bitterness	<input type="checkbox"/> Hormonal issues	<input type="checkbox"/> Stress over being laid off
<input type="checkbox"/> Anxious about everything	<input type="checkbox"/> Indecisiveness/wishy-washy	<input type="checkbox"/> Stress over job restructure
<input type="checkbox"/> Anxious in public	<input type="checkbox"/> Knee discomfort	<input type="checkbox"/> Struggle to learn or comprehend
<input type="checkbox"/> Binge eating, emotional eating	<input type="checkbox"/> Lack of range of motion	<input type="checkbox"/> Tight jaw
<input type="checkbox"/> Bloating, gas or stomach issues	<input type="checkbox"/> Limiting beliefs: relationships	<input type="checkbox"/> Tingling in fingers, hands or feet
<input type="checkbox"/> Blocks: building your business	<input type="checkbox"/> Limiting beliefs: success	<input type="checkbox"/> Trouble losing weight
<input type="checkbox"/> Blocks: getting clients	<input type="checkbox"/> Loneliness	<input type="checkbox"/> Trouble staying focused
<input type="checkbox"/> Blocks: love	<input type="checkbox"/> Low self-esteem	<input type="checkbox"/> Unworthy/worthless
<input type="checkbox"/> Blocks: money and success	<input type="checkbox"/> Menopause issues	<input type="checkbox"/> Weight gain
<input type="checkbox"/> Blocks: to taking action	<input type="checkbox"/> Money problems	
<input type="checkbox"/> Bowel issues	<input type="checkbox"/> Nail biting	
<input type="checkbox"/> Cold hands and feet	<input type="checkbox"/> Neck is stiff or tight	
<input type="checkbox"/> Constant cough	<input type="checkbox"/> Negative self-talk	
<input type="checkbox"/> Constipation	<input type="checkbox"/> Night sweats	
<input type="checkbox"/> Cravings for sweets or carbs	<input type="checkbox"/> Numbness: hands, feet or legs	
<input type="checkbox"/> Cravings for coffee or soft drinks	<input type="checkbox"/> Old negative memories	
<input type="checkbox"/> Cravings for wine, beer or liquor	<input type="checkbox"/> Pets with behavioral issues	
<input type="checkbox"/> Difficulty breathing	<input type="checkbox"/> Pets with physical challenges	
<input type="checkbox"/> Digestive issues	<input type="checkbox"/> Procrastination	
<input type="checkbox"/> Eliminate a food or drink	<input type="checkbox"/> Relationship or divorce issues	
<input type="checkbox"/> Eliminate an annoying food habit	<input type="checkbox"/> Resentments	
<input type="checkbox"/> Falling or staying asleep	<input type="checkbox"/> Resistance to exercise	
<input type="checkbox"/> Family member with an addiction	<input type="checkbox"/> Resistance to hydration	
<input type="checkbox"/> Fear of anything	<input type="checkbox"/> Runny nose, sneezing, coughing	
<input type="checkbox"/> Feeling anxious	<input type="checkbox"/> Sadness	
<input type="checkbox"/> Feeling stuck or resisting change	<input type="checkbox"/> Sexual intimacy issues	
<input type="checkbox"/> Food sensitivity	<input type="checkbox"/> Sore throat	
<input type="checkbox"/> Grief: family, friends or pets	<input type="checkbox"/> Swollen ankles	
<input type="checkbox"/> Guilt	<input type="checkbox"/> Shoulder issues	
<input type="checkbox"/> Hatred or holding a grudge	<input type="checkbox"/> Shyness or fear of speaking up	

An Emotional Eater?

It's time to eliminate the negative emotions that are triggering food cravings, emotional eating or overeating behaviors. Ask Juanita about her successful program.

Severity Chart



To book an appointment with Juanita, email her at Juanita@TheShiftingSand.com to arrange a time.