

Natural Healing Through InnerDialogue™



Learn About InnerDialogue™ and its use in naturopathic healthcare, and how a Portland naturopath at Heart Spring Health can support whole-body healing.

➔ What is InnerDialogue™?

InnerDialogue™ is a practice that assists in bringing awareness to preexisting patterns that have led to a person's present state or illness. Using kinesiology and mudras, the naturopathic exercise leads to a dialogue allowing the patient to understand influences on their condition.

➔ What impact does stress have on our bodies?

Mental and emotional stress have a powerful impact on our physical bodies. A person's current health condition is an accumulation of several years of lifestyle habits and daily routines. The things we do every day have the most significant impact on our overall health. This may include harmful habits such as consuming toxic substances or having ongoing negative thoughts.

➔ How can InnerDialogue™ treat chronic stress?

The human condition is susceptible to the impact of stress caused by a personal state of anxiety. InnerDialogue™ corrects this imbalance using kinesiology that works as a feedback system between a patient's muscles and nervous system. Hand or body gestures (mudras) can also be used to understand the nonverbal narrative the body holds.

➔ Who can benefit from InnerDialogue™?

InnerDialogue™ is beneficial for those who long for better lifestyle habits but find themselves stuck in recurring patterns that are not supportive of their health. The naturopathic practice can also benefit patients who feel disjointed between what they want from their health and how to achieve it. Working with a Portland naturopath on InnerDialogue™ may help those who are seeking psychological support beyond talk therapy or those who have experienced trauma in the past.

➔ How can I get started with InnerDialogue™?

Dr. Serron Wilkie is a Portland naturopathic physician at Heart Spring Health. She can help you understand some of the causes of your current condition and support your efforts to diminish stressful habits that keep you stuck. She can also help you reground; restoring a clear sense of direction and purpose in your life.

Dr. Wilkie recommends the following as a foundation for promoting positive long-term habits:

www.marcandangel.com

The Power of Habit by Charles Duhigg

The Biology of Belief: Unleashing the Power of Consciousness, Matter & Miracles by Bruce H. Lipton

Breaking The Habit of Being Yourself: How to Lose Your Mind and Create a New One by Dr. Joe Dispenza



Heart Spring Health

Serving individuals, their families, and communities with radiant health

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