

Over 2000 students have taken this evaluation and have proven their results to be life changing and transforming. Learn how trial and error remedies leave you distrusting your body, learn how 2000 people had 7 health issues in common.

Score Yourself - Holistic Health & Lifestyle Evaluation: Get Visual Answers in 3 Simple Steps

By Georgie Anna Holbrook

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Score Yourself

Holistic Health & Lifestyle Evaluation

***Get Visual Answers
In 3 Simple Steps***



**Over 2000 People
Transformed
Their Lives
You Can Too!**

Georgie Anna Holbrook

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by Georgie Anna Holbrook

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Highlights

- Over 2,000 clients and students have taken this evaluation and have proven their results to be life changing and transforming.
- Learn how trial and error remedies leave you distrusting your body.
- Explore reasons why one rarely heals if they have an internalized quiver.
- Understand how emotions manifest in physical health issues as a language.
- Discover how health challenges can be 80% emotional and be reversed.
- Learn how 2000 people had 7 health issues in common. How they can be prevented and healed.
- Notice how 2000 people had 10-20 health and lifestyle issues out of 27, a wakeup call inviting change. No one had none!

Georgie Anna Holbrook
Specializes in how emotions manifest in physical.
health issues as a language – a cry for help!
She interprets this language for others.

Books by Author

Auto-Immune, Acne, & Rosacea Natural Healing

How 'Smart Emotions' Precisely Target Life's Issues & why

How Georgie self-healed a deforming disease on her face & near blindness

Describes how the body speaks in physical health issues as a language

How hidden hurts precisely appear in the 'exact' part of the body

20 pages of hands-on natural remedies

23 pages of client healing stories and how healing happened

Healing your inner child, disowning generational beliefs and patterns

Joy-Full Holistic Remedies

How to Experience Your Natural Ability to Heal

6 chapters of Georgie's self-healing tragedy to triumph story

10 chapters of self-help natural solutions and exercises

How to heal despite appearances

The Rosacea-Acne Natural Remedy

A Recent Discovery on How I Healed

Your hidden secrets will surface

How to take care of #1, healing your past

Learn to listen and trust your intuition

How trauma such as rape gets accumulated in the body
Anger, rage & stuffed emotions – will reappear

How to Believe in Answered Prayers

Growing Deeper Spiritual Roots

Inviting Angels/ Creating a prayer box/ Meditation

Steps to creating a prayer life/ miracle healing stories and more

How Jesus removed a lump in Georgie's lung 4 hours before surgery

Score Yourself, Holistic Health & Lifestyle Evaluation

Get Visual Answers in 3 Simple Steps

Living one's passion is measured by the 'internal story of their health' being in alignment with their 'external lifestyle'

2,000 people have taken this evaluation and proven it to be life changing

Discover how health challenges can be 80% emotional and be reversed

Understand how emotions manifest in physical health issues as a language

Disclaimer

This book details the author's personal experience with and opinions about how to identify precisely blocked emotions that cause health challenges and finding natural solutions for your body, mind, and spirit. The author is not a healthcare provider.

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This book provides content related to topics physical/ spiritual and or mental health issues. As such, use of this book implies your acceptance of this disclaimer.

Table of Contents

Chapter One	1
How have you lived your life up until now?	1
Trial-and Error Remedies	2
This Vital Evaluation.....	3
Soul Language Answers.....	4
How Accumulated Trauma Heals	4
Formula for Healing	5
Proven Trusted Results	6
Body, Mind and Soul	7
The One that I Love.....	9
Step 1: 16-Point Holistic Health & Lifestyle Evaluation.....	13
Step 2: Learn 7 Ways Your Body Speaks in a Language	
Inviting Change	49
1. Exhaustion?	50
2. Do you have hair loss?	52
3. Do you have TMJ jaw pain or issues?.....	54
4. Do you grind your teeth?	54
5. Do you get headaches?	54
6. Do you often find your stomach tense, anxious, nervous, feeling emotionally upset?.....	55
7. Do you have addictions or habits that are not good for you, and want to heal?	56

Step 3: Learn 27 Additional Areas Giving You	
Personal Feedback to Consider	61
2,000 people had 10-20 of these health issues. No one had none.	61
Your Answers.....	64
Your Answer Recap	65
What Does Your Score Indicate?	66
Validate Your Progress	66
Next Best Step	66
Empowering Others to Empower Themselves	67
About Georgie Anna Holbrook	69

Chapter One

How have you lived your life up until now?

Are you living your true purpose and passion in life? Your purpose in life is as unique as your fingerprints that only you can accomplish.

For me to honor my Inherent Purpose, my body as my friend, re-directed my life during a 7-year devastating health challenge. I could no longer live an 'externally' successful looking life, while 'internally' feeling empty, exhausted, unhappy, and numb to the possibility of living authentically with my true nature. My internal conflict had consequences.

At age 36, I was startled by a diagnosis of what many doctors labeled as an incurable, disfiguring, deforming disease of *rosacea*. As a red stop sign, my face went from mild acne to an extreme case of rosacea, with lancing boils and witnessing my face deform. When diagnosed, *I knew that medication was not what I was lacking*, but sadly, I had zero knowledge of my own natural healing and repair process. Without understanding how to help myself, I vowed to never be placed in this helpless position again. In my deep humiliation and emergency, I felt extremely vulnerable in taking a holistic approach with no proof or experience that trusting it would work. Once I was in this emergency, I knew I was late at studying natural solutions. Desperate, I proceeded.

Trial-and Error Remedies

In the next 6 years I went to medical doctors, major medical clinics, naturopathic doctors, various holistic practitioners, and healers asking the same questions. How does our immune system heal anything? - *believing our bodies are not as complicated as we have been taught*. How does a healthy cell become diseased and once labeled 'incurable' reverse? Why can't it reverse knowing its inherently part of the Divine Intelligence healing and repair system? This route left me with a variety of internal and external medication answers, but no true natural answer to my questions. I was determined I would find my answer and never be in this helpless emergency again - not knowing how self-healing happens. I visited 8 or more medical specialists a year, approximately 50 in total, which includes those in major medical clinics.

Over the next 6 years of trial and error remedies including going on a very strict diet, various cleansing programs, exercise, praying, fasting, and desperately chasing after the next best answer – I progressively got worse with my best efforts. My raw red face did deform, and the trauma affected my eyesight until at 42 years old I was not able to read or drive. Here is what I discovered:



Trial and error remedies left me feeling helpless, disappointed, sad, angry, and distrusting my body to heal. Notice that when we distrust our bodies, carrying hopelessness in our hearts, we will find it almost impossible to heal. Said another way, when we distrust our bodies to heal, we are telling our soul and our great Creator that we have lost hope and any trust in the natural Inherent Healing Process within us. Faith or fear – one will win. Faith wins – fear destroys.

This Vital Evaluation

This evaluation came out of my own healing story and discoveries. In the 7th year, given the correct steps to my own natural healing, my face totally healed, and my eyesight returned within *one year*. Going from progressively getting worse year after year, with my greatest of efforts not working, to healing, was a breakthrough in my *understanding* how my healing could happen.

Soul Language Answers

My emotions were rooted in those hidden hurts and unfortunate traumatic events from my past including being raped at age 14, and my lifetime of accumulated emotional pain in my sacred body. **My body kept score in a language that insisted it would get my attention and win!** For me eventually it was a red stop sign on my face as a language. Notice if it had showed up on my back – I would not have survived my previous fast paced, high stress, unhappy robot lifestyle. My face eventually became my GIFT in saving me from dying. Once this language was interpreted, listened to, held like a sacred gift, and understood, I self-healed, all physical manifestations went back to the nothingness they had originally come from, *my miracle healing happened in one year.*

How Accumulated Trauma Heals

Note, accumulated trauma does not mean I needed to re-live my hidden hurts, but acknowledge to my sacred soul the devaluation, false core beliefs, years of not grieving my losses, and how I denied how I worked over the top of feeling exhausted as my way to be successful. I misused my pure sacred Divine Intelligence identity! It required me to STOP and lovingly take time to experience my own healing. This is a journey of self-discovery, and healing takes whatever it takes. This for most of us is not an easy journey, but the results are worth the amazing discovery of a 'new reality' and a way to live in harmony with the great Divine.

While it was not easy because I had a lifetime of living opposite my natural beautiful energy flow. I had been taught all my life to be strong, don't feel, don't cry, I was not taught to love myself or that I mattered. I lived pretending to be happy serving others doing work I was good at. Any type of self-care was not logical as it felt like a waste of money; my internal anxiety and emptiness felt impossible to change. I knew something was wrong with me. It felt normal to feel numb as I couldn't identify what I was missing. I always acted in control so no one would question me. Everything I did felt like an effort, living a routine lifestyle I didn't know how to change. The fast-paced life I couldn't stop – like a train going fast but having no railroad tracks ahead of me, I replaced my birthright identity with deep-seated emotional pain.

My self-help books are filled with this wisdom on how accumulated emotional trauma heals. Please read and understand this information and it will transform your life!

Formula for Healing

Emotions manifest in physical health issues as a language not to be feared, cursed, raged at, denied, or labeled bad. I might add, I believe in some cases avoid health issues being 'cut out.' We do not have to be afraid of our soul's emotional language. I discovered that 80% was emotional healing and 20% was my diet and exercise. Notice, I had this formula reversed for 6 years, 90% trial and error remedies, 10% exercise and *zero emotional importance* while I was progressively getting extremely worse.

Proven Trusted Results

This evaluation has been proven with hundreds of people. For example, it has been used successfully in an 8-week workshop for 200 medical staff at their hospital, including weekly media coverage, a university with 800 people over two days, and proudly 20+ years of one-on-one clients. In my time of having a disease I would have scored in most areas of this evaluation very low, having most of the symptoms listed, with the exception I wasn't taking medication. With my low scores I distrusted ever healing, because I could not see or find the answer without deeper emotional understanding.

- *I had a physical disease on my face – the effect.*
- *I had near blindness, no longer reading or driving – the effect.*
- *I had a 24-hour a day internalized quiver – I was traumatized.*
- *I had an emotional internalized buried story – the cause.*
- *I had a compromised immune and adrenal system – the cause.*
- *To solve any type of issue/ problem at the level of the effect, it will continue to get worse.*
- *To solve it at the cause level, the effect will automatically return to the nothingness it came from.*

This proven evaluation was developed out of my own years of experience and wanting to create a **VISUAL**, kinder way to

make trusted improvements in baby steps we can all experience and build confidence in ourselves.

With understanding of the why this evaluation is vital for one's life and wellness, one will be motivated now because of having deeper understanding to embrace inspiring and desired changes.

Body, Mind and Soul

Holistic approach means *whole person approach*, an opportunity to re-unite with your soul and live a balanced, happy and healthy life. You can now walk proud understanding with reverence your soul's language and what is required to embrace these life changing ideas and suggestions.

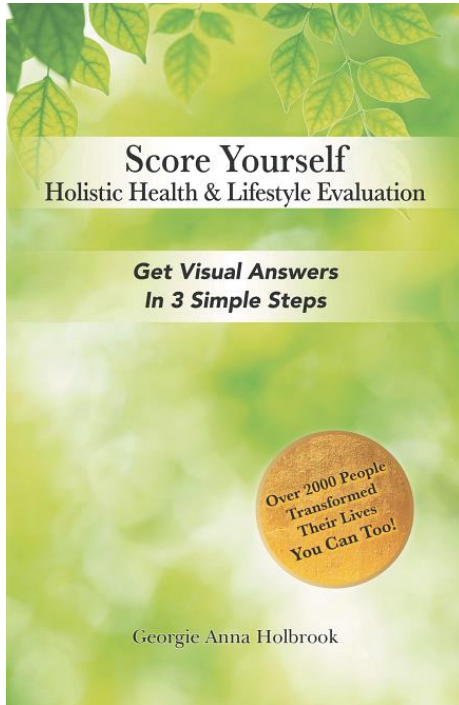
I have lived and taught holistic healing, which will and can complement any medical route another person has or is going through. I welcome everyone to learn firsthand how to invite love and happiness into their lives.

I invite you to challenge yourself to study and help yourself prevent health issues and learn how to self-nurture, love, and honor your body, mind, and soul's Innate Intelligence.

From my heart to yours, make an intention to learn, heal and be true to yourself. Take time to listen to your soul and know it will always open up a new living reality, an opportunity that you will not want to miss. As Jesus tells us "Be Still and Know,

the Kingdom of God is Within, and greater things can you do than I did.” May we take the challenge and prove His words, especially living by His example and letting our light of self-love shine from the inside out. This only comes when **we feel securely** rooted in ourselves and the love gained from proving by our own experience this amazingly joy-filled wisdom. May we hear and *trust* our true-selves and not run through life on empty and die with our passion still inside of us.

Take this evaluation and enjoy the self-confidence you will gain in proving nature’s way *inherently* works for YOU. Once known, you cannot – not know regardless of who or what tries to uproot your inherent experience and beliefs. Take on an attitude of “**nothing is impossible to improve or heal**” because Someone greater than all of us, created us, and does have the answers. Learn to spend time in nature and become still; allow silence to become your friend. Trust your inner knowing and trust your life.



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