

**Freedom to Feel Fabulous:  
The Autoimmune, Anxiety, and Pain Reversal  
Tool Kit**

**FREEDOM<sup>®</sup>  
FRAMEWORK**

Dr. Keesha's Autogenic and Progressive  
Relaxation Audio Program

*Dr. Keesha*



## Progressive Relaxation

Welcome to one of the most powerful tools for pain (emotional and physical) and anxiety relief I have ever found. This tool is also key to reversing autoimmune disease. The technique I am going to teach you on the audio recording is called Progressive Relaxation.

Progressive muscle relaxation is a technique for learning to monitor and control your state of muscular tension. It was developed by American physician Edmund Jacobson in the early 1920s.

It is very useful to practice progressive relaxation for two or more weeks before moving to autogenic training with the biofeedback thermometer.

My name is Dr. Keesha Ewers. I cured my own autoimmune disease, rheumatoid arthritis, depression, and then breast cancer using this technique and the other tools I teach on [DrKeesha.com](http://DrKeesha.com).

I love to combine progressive relaxation and autogenic training because they empower you to heal your own pain, of all kinds. Both of these techniques are incredible for reversing the pain caused by migraine headaches, muscle cramps, chronic pain of any kind, and vaginismus (painful intercourse).

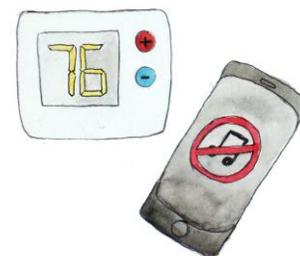
They are also powerful allies for reversing the ravages caused to the body by anxiety and any other kind of stress. In addition, they are inexpensive interventions for any of the chronic illnesses that plague our society such as autoimmune disorders, high blood pressure, heart disease, cancer, depression, and more...but with no side effects.



The preparation for your session is very important. Arrange yourself comfortably on the floor or a firm mattress. If you are on the floor, use a soft rug or yoga mat for warmth if necessary and utilize pillows to insert under your knees and behind your neck.



Make sure the room temperature is warm, that you are undisturbed, and have the necessary blankets and pillows.



Lie on your back with your hands palms facing up about 18 inches away from your waist. Your feet need to be spread at least 24 inches apart and allowed to flop easily out.

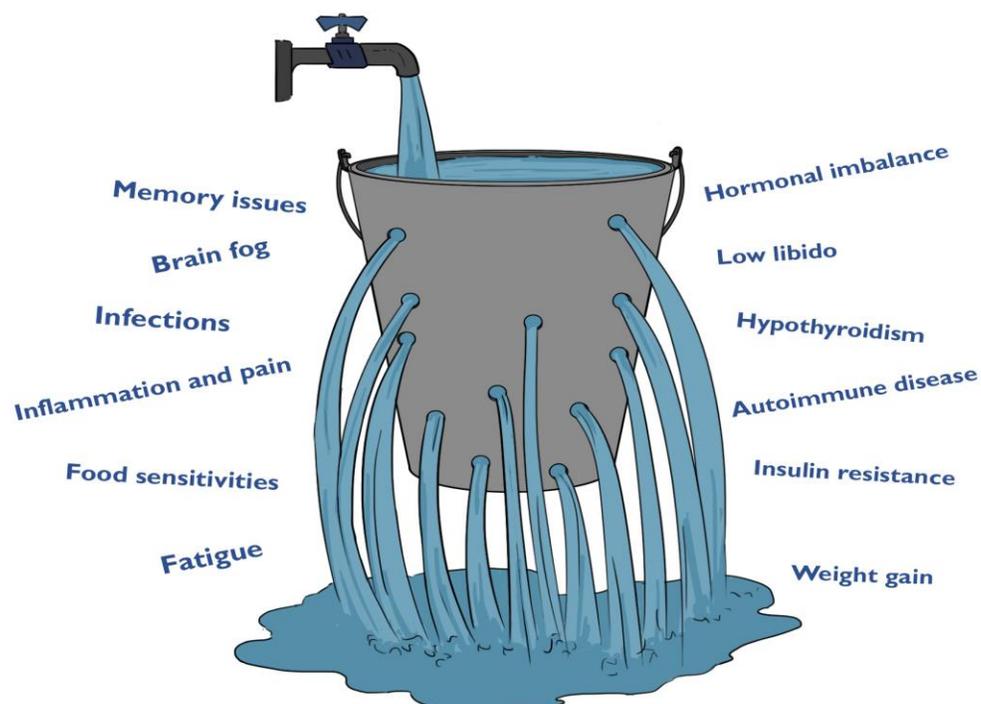
You are ready to begin progressive relaxation. Listen to the audio you have downloaded every night before bed for two weeks and then proceed to the autogenic training portion of this program.



## Autogenic Training

Welcome to the most incredible stress-busting, disease reversing, pain relieving technique ever invented! This technique has been used since 1932 to effectively treat migraine headaches, vaginismus, chronic pain, stress induced illnesses (that is, nearly all illness), Raynaud's disease, high blood pressure, and it helped me reverse and cure my autoimmune Rheumatoid Arthritis and later my breast cancer naturally.

### Adrenal System and Immune System





I like to combine autogenic training with progressive relaxation (another recording I have made to reduce the fatal impact stress has on the body, mind, heart, and spirit). As you can see in the above illustration, if you perceive your life as persistently stressful, you will be pouring stress hormones into your system which cause a number of diseases, brain and mood issues, and low libido.

Autogenic training is a desensitizing-relaxation technique developed by the German psychiatrist Johannes Heinrich Schultz in 1932. You will need to practice around 15 minutes every day to get your brain and nervous system to re-wire and reverse the ravages of stress. Practice first thing in the morning, at lunch time if you can, and at night before you go to bed for the best results with pain relief.

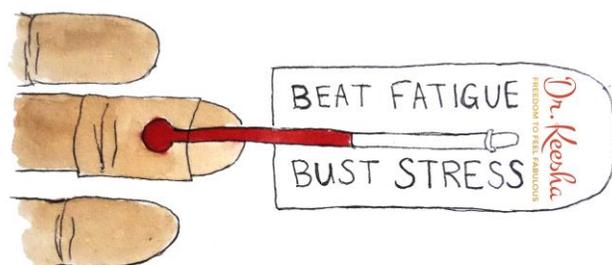
During the recording, you will hear me repeat a set of visualizations that will help you get into the deepest state of relaxation possible. You can do this lying down, sitting in a comfortable meditation posture, or in a chair with good support for your back. Rest your hands palms facing up on your thighs if you are seated, or palms up on the bed if you are lying down.



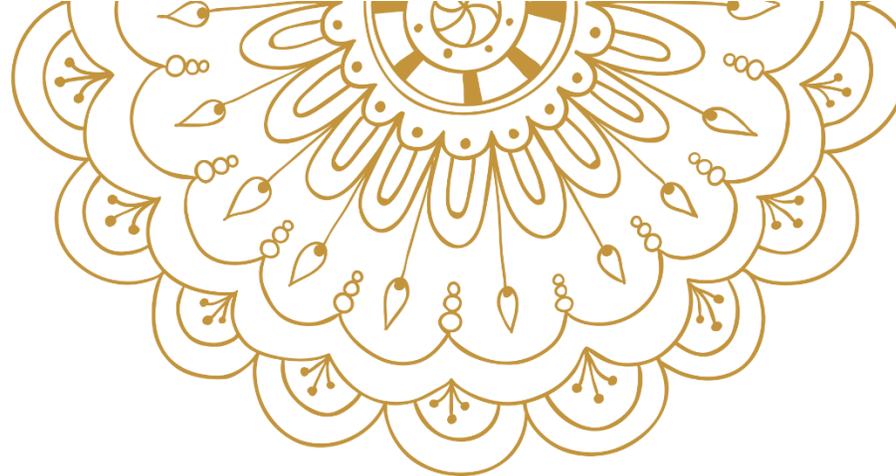


Use a biofeedback skin thermometer that is likely supplied if you purchased this recording from Dr. Keesha, the author. (contact us at [info@DrKeesha.com](mailto:info@DrKeesha.com) if you need to have one sent to you. If your recording was free there will be a small charge for the thermometer for the manufacturing and shipping costs).

Taping the thermometer to the middle finger of your dominant hand will help you to track how well you are doing with the practice. Keep the thermometer from touching any surface other than your finger so the reading can be accurate.



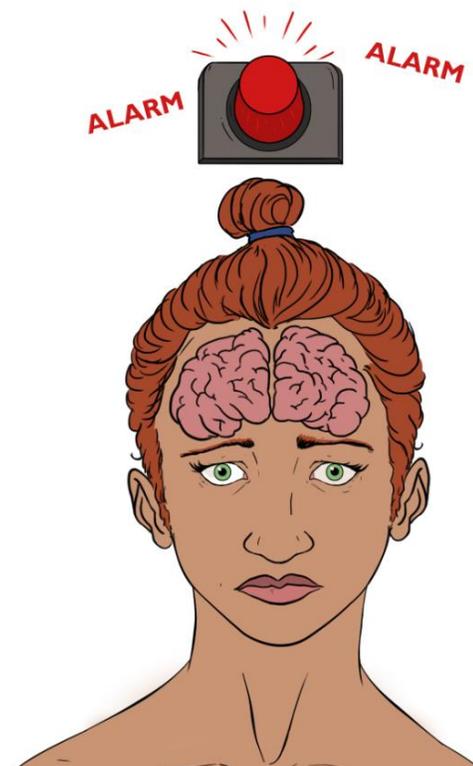
Do not hold the thermometer between your fingers as the pressure will affect the readings.



Start by noticing your starting temperature. It should read anywhere between 60 and 100 degrees Fahrenheit. The temperature reading is a good measurement for blood flow to your hands.

When your internal fight-or-flight alarm system is going off in response to perceived stress, your hands will not receive proper blood flow because the body is sending most of your oxygenated blood to your life-support organs. That's why when you are stressed or anxious your hands get cold. Raising the temperature in your hands is an indicator that you are reducing the stress load on your entire system.

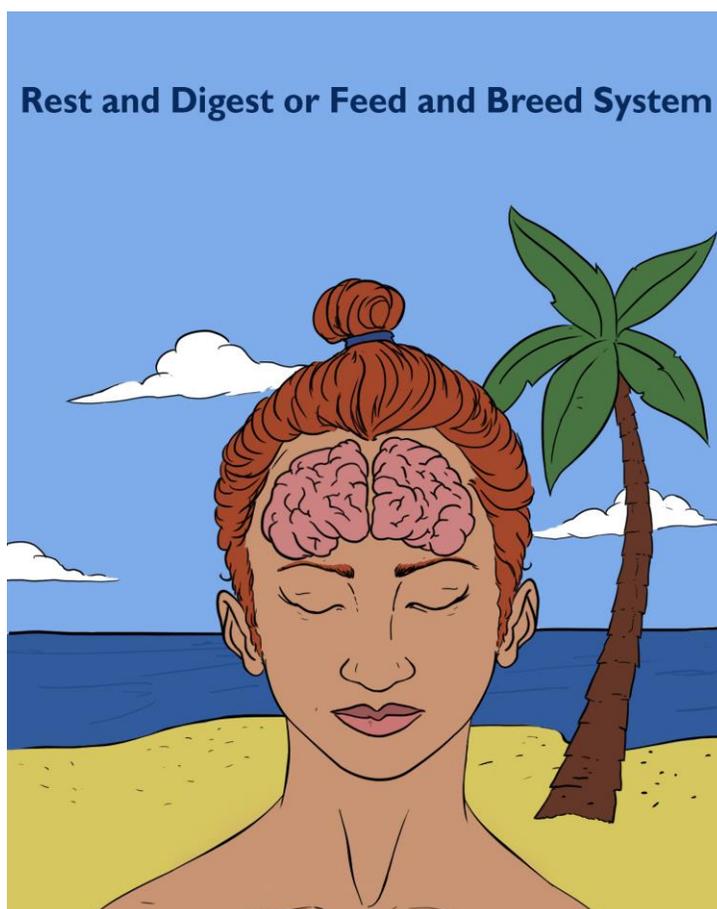
### Internal Alarm-Impending Harm System

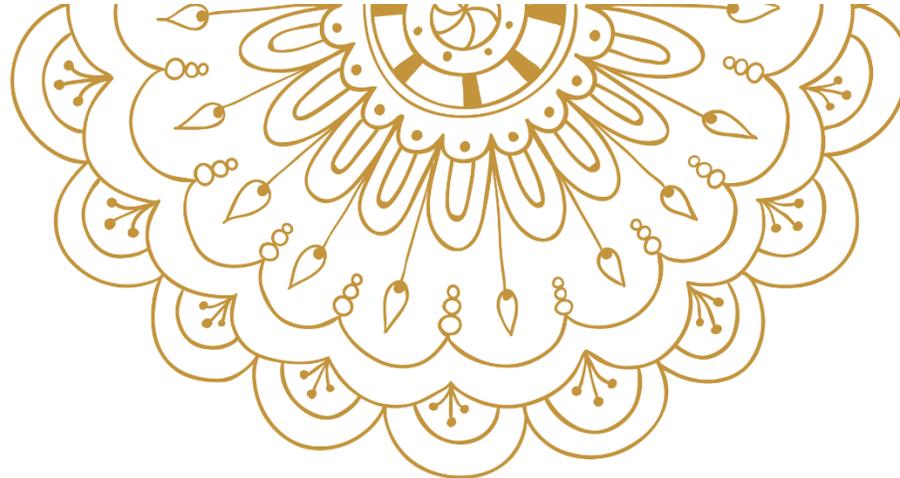




As with every self-improvement activity, regular practice is the key to success. You should be able to raise your skin temperature by several degrees, unless your baseline is already at 91-93 °F. The colder your hands are in first place, the more potential you have to raise their temperature.

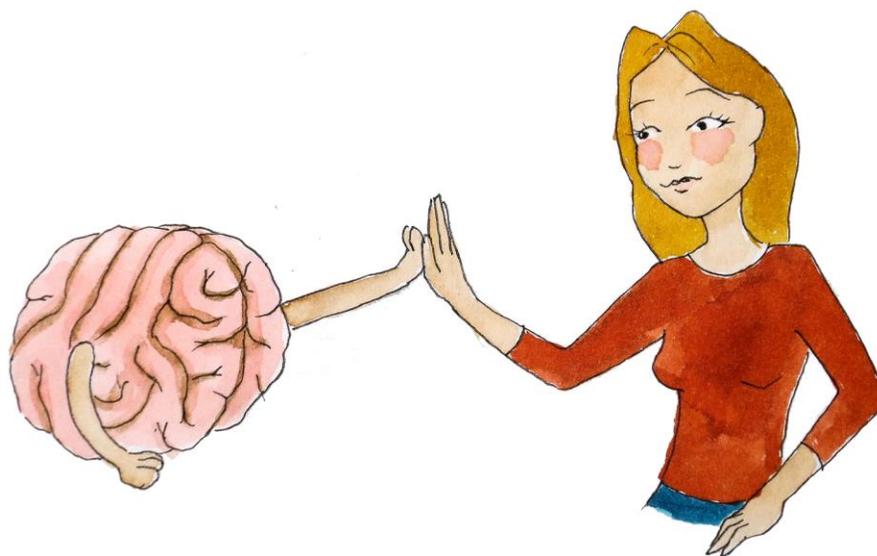
Eventually, by practicing this autogenic training technique and progressive relaxation, you will be able to induce a state of relaxation at will. For now, you are training your body, much like a beginner learning to play the piano. It is necessary to start practicing techniques such as scales before you can take off on your own and play whole concertos.





After you have practiced for a month or two it will be time to see if you have acquired improved stress resilience.

Do a session and bring your hand temperature up to indicate you are fully relaxed and deeply peaceful. Then imagine a stressful event that you encounter in your life. Picture a stressful person. Remember an unpleasant conflict. Do this briefly and see if you can retain warmth in your hands. If you can stay warm under pressure (rather than keeping cool), you are re-wiring your brain and body response to stress.



Congratulations! This is a powerful step toward the ability to reverse your own migraines, cure your own autoimmune disorder, calm your anxiety, lift your depression, and ease your own pain without the use of medication and the side effects that come with such drugs.



Deeper inquiry and exploration can be found at [www.DrKeesha.com](http://www.DrKeesha.com) in the blogs and videos, on the webinars, by working one on one with Dr. Keesha Ewers, and even by becoming a [certified Integrative Medicine health coach](#).

My mission is to empower you to heal yourself and then to empower you to help other women heal. If you are interested and find a spark of passion for helping others you can check out the [Academy for Integrative Medicine Health Coach certification course](#). When you are an Integrative Medicine Health Coach, you learn to use Functional Medicine to find, fix, and free the blocks to vitality...which now you know is essential if you are to be free of pain, anxiety and disease.

Feel Fabulous!

Dr. Keesha

[www.DrKeesha.com](http://www.DrKeesha.com)

