



## Your Health Map

A Health Map is a tool for mapping out the events in your life that have led to where you are today. If you are not satisfied with your current state of physical, mental, emotional, or spiritual well-being then this tool is to help you get to the root cause so you can make a shift.

Remember if you just change your compass setting by 1 degree you will land in a different place than you are in now. Small shifts are preceded by big awareness.

Take a look at the Health Mapping worksheet below. You will see that all imbalances or dis-eases are created in four key areas. These are called your root cause areas. The four areas you are looking for life events in will deal with your physical self, your mental life, your emotional world, and your spiritual path. The big arrow in the center of the sheet is your timeline. Start with what you know about your parents, the circumstances of your conception and your birth and pregnancy story. If you don't know anything, then skip this part. Use hashmarks and create a timeline with the years of your life and recall as many details as you can about:

1. Your mother's state of mind and body when you were conceived.
2. The health of your parent's relationship when you were in utero.
3. Your mother's experience of being pregnant.
4. Your birth story.
5. How you were nourished after birth.
6. How you slept.
7. The general state of your health as you grew.
8. Were you on any medications?
9. Did you have any accidents?
10. Did you have emotionally trying times?
11. What were some of the meanings you made up about your life events at each year of your growth?
12. Did you have any surgeries?
13. Did you experience BIG Trauma?
14. Were you exposed to chronic daily life stressors that were beyond your power to manage?
15. Did you move?
16. How was your experience of school?
17. How were you exposed to sexuality?
18. What spiritual tradition, if any, were you raised with? What was the evolving nature of your relationship with it?
19. Did you experiment with drugs or alcohol? When did this occur?
20. When was your first sexual experience? Was it looked for? Were you happy with it? What age were you?
21. When did you leave home?
22. What's next?

And so on...be as complete as you can. You might want to use another piece of paper to fill in details.

# Dr. Keesha

When you are finished take a look at your health map. What connections do you see? How does putting this information on paper impact you? Are there some changes you would like to make as a result of the patterns that you can see now? Take this to your medical provider. They ought to be very excited to have this as part of your records that they can refer back to.

## What is Your Health Story?

### My Health Map Worksheet

Fill in the time line along the arrow with any information from the 4 root causes that creates the story of your present state of health & wellness.

Dis-ease triggers can be from the following areas:

- Emotional
- Mental
- Spiritual
- Physical

Preconception

Prenatal

Birth

Current Concerns

Cover Photo

What are your current symptoms? \_\_\_\_\_

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Dr. Keesha has been in the medical field for over 30 years. After being diagnosed with rheumatoid arthritis—an incurable disease according to Western medicine—she discovered how to reverse autoimmunity using her Freedom Framework® Method, which she has now used with thousands of her own patients and teaches to her health coach students in her online certification program.