

Mind Rewire LLC.

Mind Rewire - Subconscious Change and Health: Website Teaches Control in an Uncertain World

How to stop subconscious stress and use the subconscious mind to help solve trauma, life issues, and disease

CONCORD, Calif., December 22, 2017 (Newswire.com) - Christy Mattoon, a two-time number-one best-selling author and expert on subconscious change created the Mind Rewire program after years of battling weight gain and auto-immune issues herself. Not finding solutions with traditional medicine, Mattoon studied the causes and effects of stress on the body and practiced various methods of whole-body healing in-depth. Along the way, she lost more than 150 lbs and regained her vitality.



The rate of tragedy and devastating events in the world today are overwhelming. For many people, the anxiety and issues created because of these events can be paralyzing. The symptoms – everything from job and relationship burn out to depression and autoimmune illnesses – can be devastating. They can last a lifetime if not addressed.

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— CHRISTY MATTOON
OWNER, MIND REWIRE LLC

Now, an expert in subconscious change has created a website that offers help. The site, <http://MindRewire.com>, offers online self-paced training programs that break old patterns and develop tools for subconscious change.

"After only two sessions I can honestly say I feel like major change has occurred. I also

feel better equipped when triggered than I maybe ever have. Christy is someone I instantly trusted and felt comfortable with, which in my opinion, is half the battle in getting help from someone," said Noel from Washington.

"If you eat poison your body will respond. If you think negative thoughts your body will respond. When you get these 2 things right- life simply changes... Clean out the storage locker- the body and organs- the brain and subconscious. We are looking for the original blueprint, to restore health permanently," asserts Mattoon when talking about wellness and subconscious change.

Her mission is to teach people how easy it is to change. Change the subconscious mind and the state of health with a quick, effective strategies that anyone can master. Mattoon believes that the brain is a powerful tool and critical to reaching our full potential.

The Mind Rewire course is open to anyone and recommended to everyone wanting to make significant steps forward in their lives, whether that occurs in a personal, career, health, or relationship focused area. Mattoon also offers a free 30-minute session that gives you an opportunity to understand why subconscious change is different and how it can help you achieve what you want from life.

More information on the training program and the free session is available on the website: <http://MindRewire.com>

About Christy Mattoon and Mind Rewire

After losing more than 150 pounds and healing her autoimmune diseases, Christy Mattoon became a certified personal trainer and certified nutritional adviser. Her group fitness programs were wildly successful and included strength, mindset, visualization, and breathing techniques.

Today, Mattoon is an Energy Psychology practitioner with an amazing grasp of helping people change. Her experience and many certifications in mind-body work, make Christy a master at subconscious change. As the CEO of Mind Rewire LLC – Mattoon delivers practical, easy-to-follow training and presentations online, from the stage, and to small groups.

MindRewire.com was created to reach as many people as possible, and help them on their path to wellness. Mattoon helps people destroy the barriers created from their own limiting beliefs so that they can achieve the abundant life they were meant to have.

Call for an experienced Energy Psychology practitioner who is an expert in subconscious change and eliminating autoimmune issues to speak and discuss ways to relieve subconscious stress that can keep people in lifelong issues and illness if not addressed.

The topics Christy Mattoon can cover:

- **Recovery from Autoimmune Illness**
- **What is Energy Psychology?**
- **The five advantages of Releasing Subconscious Stress**
- **The fastest Subconscious Change and Release Technique**
- **The three previously unknown ways to avoid Autoimmune issues**

For more information, please contact:

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Website: <http://MindRewire.com>

MindRewire Videos:

Subconscious change - <https://youtu.be/YNZcV8VpxaE>
Autoimmune health - https://youtu.be/kCS_fngj2VA

Source: Mind Rewire LLC

Additional Links

- [Mind Rewire Website](#)
- [How I beat autoimmune disease and lost 150 lbs.](#)

Additional Images

