

Good Health

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10 tricks to tame your **DIET DEMONS**



Cure your **worry habit** TODAY!

Here's how - p42



"I just don't **LOVE HIM ANYMORE**"



HOW 4 WOMEN COPEd

Giaan Rooney
"I'm counting down to the Olympics"

tried & tested

BURN FAT FASTER

THE TRUTH ABOUT THERAPY

SECRETS OF A LONG LIFE

YOUNGER SKIN NOW!

The all-natural way



goodalternatives.



MEDICAL INTUITIVES

what they can tell you

THREE LEADING MEDICAL INTUITIVES
EXPLAIN THEIR APPROACHES TO
DETECTING AND HEALING HEALTH
ISSUES. BY BONNIE CLEAVER

No-one knows your body better than you do – aside from these women. Here, they reveal their ability to psychically sense the state of your health.

Karina Godwin

Karina is the founder and director of the Flying Souls Institute of Healing in Victoria. She draws on years of experience as a psychic and healer, grounded in a medical background.



I was born with an intuitive ability, but never really embraced it because I wanted to be

normal. Then, working as a trainee nurse, it started to emerge. I'd look at a patient and intuitively know their diagnosis or put my hands on people and they'd say it made the pain go away. My daughter told a few mums at school that I could see angels, they pressured me into giving them a reading and it went from there.

I'm immediately drawn to areas of the body that are out of balance. I may get a deep sense of knowing or a vision, or see grey or black in areas of the energy field where there is a block. In other cases, I get medical images like what I used to see in surgery.

When I'm healing, I channel energy through my hands. I also use crystals

and essential oils to fast-track the process. I work with guides and angels who show me what understanding the client needs in order to let go of what is at the core of their health issues and be empowered in their life.

I've had numerous cases where people have come in with lumps or growths that have disappeared or shrunk after a healing. The body is constantly replacing its cells, so there's lots of potential for cells to replicate, be healed and return to perfect manner. That's really what a healing is creating.

I love watching people become healthy and happy. I can literally see someone go from being small, unhappy and in pain to creating the life of their dreams. It doesn't happen overnight, but with the right support, anyone can drive their destiny to where they want to be.

My wellness insights...

- We're all exactly the same. We all want to be happy, to be heard and valued. I've found the answers to those questions, so it's easy for me to support people in creating that.
- No-one has to live with illness if they don't want to. In saying that, some people don't want to heal, they'd rather stay with what's familiar. I think if we could embrace change, we'd have much less illness.
- The most harmful thing we do to ourselves is being self-critical – it's behind so many illnesses. If people could care for and love themselves, they'd be in a better place.

To contact Karina, visit www.flyingsouls.com.

Caroline Sutherland

Caroline is the author of *The Body Knows* series. A former allergy-testing technician, she targets health complaints with practical, holistic suggestions.



I come from a medical family. Both my father and grandfather were

doctors. I pursued a career in arts until a session with an environmental medicine specialist inspired me to change careers. I ended up working for the specialist, doing subtle energy testing for allergies and in the process became very intuitive. I could pick up imbalances that weren't ordered on the testing sheet, sometimes before patients arrived. Eventually, I created my own path.

My particular ability pertains to the physical body. Lots of medical intuitives see emotional issues, auras or archangels, but I don't do any of that. My whole *modus operandi* is around strengthening the physical body for the path ahead. If we can correct the physical, emotions stabilise and the spiritual lines up.

A normal session is done over the phone. I stay quiet, tune in and the universe gives me a download of information. I feel or know someone's got an issue with certain foods or a thyroid thing or their hormones are out. It's just a sense I have.

I don't intuit illnesses, I intuit imbalances. The fact that a person has diabetes isn't what interests me, it's that they've got a blood sugar handling issue and how we can correct it. I look at diet, then we'll work on sleep, exercise and happiness levels. My goal for the ►