

The Prophetic Physician's Blog

Welcome to my blog! I would like to hear the opinions of other voices here that make up this great planet and universe that the Master Mind Creator has provided for us. So that we may all take part in the universal healing of the planet one person at a time. May we all give each other a divine prescription to a better life. Peace, love, blessings and prosperity to all.

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[What Is Your Question?](#)

Posted by: [Bishop Shammah Womack-EI](#) in *Untagged* on Aug 11, 2010

What is the most single, most important question you like answered about either health or wealth? I'm gathering information to put together a forum especially for you and your family. I really want to empower you so let me know what is your most single important question that you want answered. I'm awaiting your response as I am ready to serve you. Enjoy health and wealth.

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[August 10, 2010 is the New Moon Are You Doing The Same](#)

Posted by: [Bishop Shammah Womack-EI](#) in *Untagged* on Aug 05, 2010

If you haven't started on the good foot as of yet it maybe because your trapped in a cycle that you have to break out of. Your true self will be revealed of what you need to work on. This is a time of emergence-confusion and activity. There can be spontaneous growth if you turn to the Spirit rather than the flesh for help and assistants. This can be your new cycle if you decide to break out of the cycle. I will be teaching lessons each night on breaking out of the cycles of shatan. Check blog often for the telephone number and times. Your problem is your blessing unrecognized.

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[Special Late Night Session On The Secrets of the Heavens](#)

Posted by: [Bishop Shammah Womack-EI](#) in *Untagged* on Aug 04, 2010

If you would like to participate on this late night telephone conference class send me an email at bishop@bishopwomack.com wise-men always studied and came to the Prophets as well as Jesus by night for special counsel to have mysteries revealed. The heavens declare the glory of the Lord. Join me as we hear the declaration.

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[What Makes Your Generation Different From Others?](#)

Posted by: [Bishop Shammah Womack-EI](#) in *Untagged* on Aug 01, 2010

Well I'm a boomer and one thing we did do right is picked ourselves back up from our own boot straps. We became the authorities over our lives. We went back to the workforce with our bell bottoms and large fros as family began to be important again. Wow-is that spiritual evolution?

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[Mastermind-What's Your Progress?](#)

Posted by: [Bishop Shammah Womack-EI](#) in *Untagged* on Jul 15, 2010

Are you satisfied with what you have done and where you are?

[Prophecy](#) from [Kevin Powers](#) on [Vimeo](#) .

How would like a late night session sometime this week? If so let me know- it might be on a Friday night. Peace

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[Getting Fit with the Total Body Resistance Band Workout](#)

Posted by: [Bishop Shammah Womack-EI](#) in *Untagged* on Jul 11, 2010

Getting healthy and fit is something we can all strive to achieve in our lives. But, is there one way that works better than others when it comes to getting in shape? Actually, it depends on you and what motivates you to keep to an exercise routine. One choice is utilizing a resistance band workout.

You'll find many workout products on the market: DVDs, aerobic steps, free weights, weight machines, treadmills and the like. One that is both versatile and easy to use is the resistance band. Never heard of them? Here's what you need to know.

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[Are You Using The Point Of Contact Bands?](#)

Posted by: [Bishop Shammah Womack-EI](#) in *Untagged* on Jul 05, 2010

What is your experience like using the anointed bands? Are you more aware and conscious of what your saying, doing and being? Drop me a few lines to tell me what's happening with you. Peace see you at the Temple soon.

[Comment \(5\)](#)

[The Bible & Astrology!? Is It A Clue Of You!?](#)

Posted by: [Bishop Shammah Womack-EI](#) in *Untagged* on Jul 01, 2010

We are all in this boat together; why not learn to know each other better? Maybe we'll love and accept better. I will start a new course on Signs Of The Times. Register for this course about cosmic science.

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[Voice Remapping - An Alternative Health Option](#)

Posted by: [Bishop Shammah Womack-EI](#) in *Untagged* on Jun 27, 2010

No man (or woman) is an island. Everything that we come in contact with in our lives affects us in some way. Sometimes, the effect it produces is not the kind we want. Voice remapping is a technique used to help restore balance in our lives when we encounter trauma or pain. One way that we, as humans, deal with trauma or emotional distress is burying it deep within ourselves. As long as we don't think about it, the problem can't hurt us, right? Unfortunately that is not always the case. That pain keeps cropping up in our lives in different areas – mood changes, relationship issues and the way we think, to name a few. Any sort of painful situation affects the way that we think. For instance, if you burned yourself on a stove at an early age, you may be afraid of fire or refuse to cook on the stove. The actual traumatic event may not even be remembered, but the resulting fearful thought patterns are still there nonetheless. Voice remapping is used to identify what is causing the pain and uses our voice to help. Once we understand and deal with the issue, our lives can be free from the past injury and move forward. Here is how the process works. The main piece of equipment used in voice mapping is the VoCal 360. Our voice changes when we talk about subjects that are painful or stressful to us. We might not notice it but technology like the VoCal 360 can pick up on these changes. A recording of the voice is made with the subject talking about themselves in relation to different subjects. The recording is then plotted on a visual pictograph. Patterns begin to emerge that show areas of stress. Emotional patterns also emerge that correspond to what the person was talking about at the time on the recording: family members, work, childhood memories and the like. When certain frequencies in our voice are missing it can indicate stuck ways of thinking that lead to beliefs fostered by emotional trauma. While the recording is analyzed, the subject will sit in a wooden monitoring chair. The chair is surrounded by a magnetic field and you will be wearing goggles. The goggles show light, and headphones play soft music. There are transducers that run along the chair emitting vibrations throughout the body. Places on the recording where certain frequencies are missing are played for the

subject. They are only asked to concentrate on the issue that is being talked about in the recording. Slowly, the body learns to balance its response to the trauma or stressor. How well the body has learned is reflected in changes in the voice patterns. Voice remapping is said to be a permanent treatment for returning harmony to the way that we think and deal with stress. Our new voice patterns (remapping) demonstrate that our thinking is no longer being influenced by past trauma. If you desire a session you may call the clinic 973-748-0090

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[How to use supplements to help build muscle?](#)

Posted by: [Bishop Shammah Womack-EI](#) in *Untagged* on Jun 23, 2010

Are you doing your best to build maximum muscle in your workouts? Maybe you have thought about ways to enhance this with supplements but weren't sure which ones to use, if any. Here is some information on bodybuilding and supplements to get you going in the right direction. Supplements are just that – used to help with what you are already doing. In bodybuilding, what builds muscle is lifting weight and yoga. If you are a woman, you probably want toned, tight muscles whose definition is easy to see through the skin. For men, you want to get the same look only with bigger muscles. What builds muscle is protein, and what increases your endurance during a workout are carbohydrates to boost your energy levels. Sometimes you can't get all of the nutrients that you need in your food. So, that is where supplements come in. They are a helper, not the main source of your bodybuilding efforts. With that said, here are some supplements that you can take to enhance your performance and the results. Multivitamin – Nutritionists have been saying it for years. A good multivitamin can go a long way to increasing the health of your body. It provides a day's worth of vitamins and minerals to replace the ones you may not get on any given day. Creatine – In the body, mitochondria in the cells create ATP (adenosine tri-phosphate). This is the energy source for the body. When ATP loses a phosphate group, it needs to regain one again through cellular respiration to release more energy for the body to use. When you are lifting hard, energy is a necessity. Creatine provides the needed phosphate group. Omega-3 fatty acids are very important to the body. They help to build a healthy heart and reduce inflammation in the body. This can come in handy when you are injured. Omega-3s can be gotten from eating cold water fish like salmon, but just in case you can't eat enough, consuming fish oil in capsule form can provide what you need. Protein mix – You can mix this with water or nut milk. The mixes come in many flavors to make your taste buds happy. When building muscle, protein is important. It can be hard to get enough lean protein to meet all your needs. That is where these powders come in. They provide the needed protein in shakes that can be consumed between meals or as a meal substitute once in a while. What to Avoid Well, avoiding any type of steroid almost goes without saying. Steroids are dangerous to your health as well as enhancing your muscles in an unnatural way. In competition this is considered cheating. Most supplements on the market are not necessary to enhance your performance: most of them you get from food.

Food sources are more natural and the best way to provide nutrition for your body. Even out of the ones above, your multivitamin will do the most good. Supplementation is meant to help your bodybuilding efforts, not replace them. There is no substitute for doing the work. If you need more help or have any questions call my clinic at 973-748-0090

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wellness consultation.

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