

A low-angle photograph looking up at a dense network of bare, dark tree branches against a clear, bright blue sky. The branches are thin and intricate, creating a complex web of lines that frame the central text. The lighting is bright, suggesting a clear day.

**WHAT MAKES US
WHO WE ARE AND
HOW DOES THAT
MAKE US SICK?**

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The most precious gift we have is that of awareness.

Who are you?

What is the passion that drives you?

What do you believe in?

What do you need to make you whole?

What gives you the greatest joy?

What challenges prevent you from attaining and maintaining
that joy?

Do you believe life happens to you, or for you?

Which opportunities have opened doors for you?

Which challenges kept you playing small?

Did you know all of this affects your health?

Would you like to know how?

Did you know the body has its own innate wisdom and can
heal itself if you give it the right tools at the right time?

Would you like to have access to the tools to allow healing?

Are you ready to love the body you chose for this
incarnation?

Are you ready to work on you?

If you are ready please step inside.

“There is more wisdom in your body than in your deepest philosophy.”

Friedrich Nietzsche, book Thus Spoke Zarathustra

WHO AM I AND WHO DO I SERVE?

Hello my name is Anne and I am here to serve you as part of humanity's rich tapestry. I was born to be a healer and have been a healer in many previous lives. My interest in the human body arose at the age of 16, when my science teacher showed me the new syllabus for Human Biology A Level. I was half way through my A level courses so I dropped one in preference for Human Biology, completing this in six months, due to my teachers trust and her willingness to teach me during her lunch breaks. I am indebted to her.

My working career commenced in a science laboratory but after two years I realised I needed to be more "hands on" so I halved my salary for a career in nursing. From the first day in nursing school I loved the heart, working for many years as a specialist Intensive care nurse in Cardiothoracic care. I did a 5 year stint in theatre, assisting with heart operations such as transplants, valve replacements and coronary artery bypass surgery. I also looked after tiny babies born with heart defects post surgery.

Over time I became tired and weary so I changed career to Clinical Psychology. Here I learned how the mind controlled the body but I still loved the energy of the heart. I became a heartmath coach to bring mind and heart together. How beautiful that was. I learned to teach what I knew but I grew more tired.

Family dynamics and sickness made me look elsewhere for answers and so my journey into functional medicine (a form

of nutritional and lifestyle medicine) gave me another aspect of the clinical picture. Then in 2017 I was struck down with illness that resulted in a near death experience. Talk about physician heal thyself! Two of my closest naturopathic friends and colleagues saved my life where, NHS approaches had failed. I was literally given 5 days to put my affairs in order.

Two years on I was holding myself up with carrier bags full of supplements and restricted diets. At this point my dear friend and colleague Niki Gratrix introduced me to emotional detox. I learned that my “illness” was mindset driven and consequently could be healed. I also learned that I was a true empath with amazing gifts, but I couldn’t access those gifts. My lack of boundaries and soul contracts to carry burdens for humanity made me heavy, tired and disconnected from myself and source.

I had also been given antidepressants at the age of 12 to stop my recently deceased grandma from speaking to me, so I learned from the experience that speaking to non-physical beings was wrong, bad, crazy, and not to go there. I subsequently blocked all contact.

I followed Niki from emotional detox to ascension. Here I learned what I had blocked out from the age of 12, I am now in my 60s. I have rekindled my connection with source, working with source daily to help me ensure my case analyses are correct and thorough. Source helps me to see hidden trauma and family dynamics affecting health and behaviour of all concerned. My knowledge and skills of working with many healing modalities allows me to ask source direct if an approach will work, how long it may take, what planning is required, who may be best to deliver it. By reading energy I can feel things about a person they may not

be aware of or be comfortable saying to a stranger. It takes all the testing and guesswork out of the equation, saving clients £1000s. This is my gift and I would love to share my gift with you.

CHAPTER 1



“What is trauma and how does it affect us”

I use the term trauma quite loosely. We think of trauma as being in a car accident, being attacked, losing people we love. But in fact trauma can be so insidious we miss it. Most of our traumas come from early life experiences before the age of 7. Lets take a simple everyday example:

“You are 2 years old. Your mum has recently given birth to your younger sibling. Mum is breastfeeding your sibling and you have somehow managed to unhook the baby gate into the kitchen where a pan is boiling on the stove. Mum hears you but she knows she cant reach you in time before you pull the pan over on yourself so she screams “Don’t got near that, you will get burned”. You are afraid because your body has turned on the fight or flight response. You now have an emotional imprint of that fear so in the future you may develop a fear of pans boiling, fire, the smell of the pan’s contents, or even the tone and volume of mums voice.

You will have no recollection of this event as traumas tend to be stored in the amygdala (emotion centre of the brain), so cannot be accessed easily. But each time you are reminded via your senses (touch, taste, smell, sound, vision) you may

be traumatised again. This creates a higher and more prolonged level of anxiety than is normal for humans. When this anxiety increases and causes physical symptoms this is the body asking to be noticed and healed. If we have chronic illness this often means endless rounds of treatments until the trauma is healed. Once the trauma is healed the body relaxes and heals. Some traumas not accounted for in general practice include birth and attachment trauma, developmental trauma, adult trauma. These are crucial pivots to how we interact with our world and how well our body functions. I should point out that as humans we are designed to elicit the body stress response for 15 minutes every two weeks. I invite you to reflect on how many 15 minutes you have personally spent here this week.



The Keiser Permanente study (1995-1997) was one of the biggest studies into adverse childhood events. <https://www.cdc.gov/violenceprevention/aces/about.html> The study looked at over 17,000 cases but only looked at severe trauma. So this is very superficial but it makes the point very well.

CHAPTER 2



“What is conditioning and how does it affect us”

Conditioning is an interesting concept. It comes from the way we were brought up, our parents ideals and challenges, their conditioning, school, church and Sunday school, social media, television. Our parents, teachers etc can only work with the tools they have and the knowledge they amassed from their own upbringing and life experiences. The list is endless. If we have endured birth or attachment trauma the insult of negative conditioning has a much greater effect. It re-traumatizes us and yet we are unaware until we learn who we are.

Let me give you an example to demonstrate this

“You are in primary school first grade. The child next to you takes your pencil case and you retaliate by grabbing it back quickly before it disappears. The adult in attendance doesn't see the initial “taking” so you are reprimanded. Also the adult doesn't know why each of you acted the way you did but it is seen as socially unacceptable. If you have had birth trauma or attachment / developmental trauma your sense of self is already poor so this “injustice” you feel will further impair your sense of self. Over time the more similar incidents you have the less confidence you also have”.



<https://bmcpublikealth.biomedcentral.com/articles/10.1186/s12889-021-10732-w>

<https://www.psychologytoday.com/gb/blog/social-instincts/202204/how-traumatic-childhood-experiences-affect-people-in-adulthood>

CHAPTER 3



“What happens to suppressed emotions ”

I love this question. We are all energy beings after all. The world is energy. If we can use it to diagnose we can use it to heal and yet energy healing is seen as too woowoo or bad or not real.

We insulate ourselves from the earth's energy known as Schumann resonance with rubber soled shoes. Have you ever wondered why you feel better after a holiday? It isn't only the time off work. Emotions are energy in motion (E-motion). When we have traumas or stress that emotional energy gets locked in the tissues of the body. It blocks the flow of energy around the organ, reducing blood flow and therefore nutrient uptake by the organ. Without adequate nutrient uptake the organ becomes sluggish and may even fail. The heart is a beautiful example that can be seen in my blog.

If we look into the ancient medical texts such as Ayurveda and Chinese we can see which emotions

are associated with which organs so as an example we have the heart.

Heart

Feeling blocked, unenthusiastic, uninspired, flat, depressed, heavy hearted, stressed. Thinking that life is too hard and you cant be bothered with dealing with it. Feeling closed-hearted, rejected, hardened, cold.

Giving up on love, not believing you deserve it.

Frequent self criticism and self depreciation. Feeling worthless, angry and bitter. Waiting until things come to a boil to let your feelings out. Taking on too much responsibility, then feeling stressed and anxious.

Giving too much of yourself and pushing yourself further than you can handle. Not listening to your heart. Feeling unfulfilled, disappointed, put-down, and lonely. Holding onto a deep seated fear of being hurt or having your heart broken. In some ways envy or jealousy over other peoples success. (Segal 2010)

My background of teaching functional medicine at a school that integrates the ancient medicinal arts of Chinese, Ayurveda, Tibetan and others into the curriculum really opened up the field for me in terms of energy medicine. I find it sad that we use MRI, CT, Ultrasound scanning to find tumours and yet we don't use the same technique to dissolve and heal them.



Bessel Van der Kalk

The Body Holds the Score

[https://www.amazon.com/gp/product/
B00G3L1C2K/
ref=dbs_a_def_rwt_hsch_vapi_tkin_p1_i0](https://www.amazon.com/gp/product/B00G3L1C2K/ref=dbs_a_def_rwt_hsch_vapi_tkin_p1_i0)

Gabor Mate When The Body Says NO!

[https://www.amazon.co.uk/dp/178504222X/
ref=cm_sw_em_r_mt_dp_0Q9K5ZDEMT765GETRA6V?
_encoding=UTF8&psc=1](https://www.amazon.co.uk/dp/178504222X/ref=cm_sw_em_r_mt_dp_0Q9K5ZDEMT765GETRA6V?_encoding=UTF8&psc=1)

CHAPTER 4



“What happens to the gut / brain axis? ”

Trauma comes in at the solar plexus. This is our chakra centre of internal power. Not power over another but a boundary and an inner strength. Our ability to face a challenge. The amygdala (emotional centre of the brain) senses “alert”.

We are pre-programmed for this from days when we were prey to bigger animals. We cannot change it because it is the human survival mechanism. It kept us alive at one time but now it seems to be killing us because humans no longer live the life they are designed to live.

Blood is diverted from the body core (digestion) to the peripheries (arms and legs) to divert all energy for fight or flight. No point in being able to eat a woolly mammoth whilst needing to flee the tiger, because the body needs to be light and agile enough for speed. As the blood is diverted, the immune system is switched off to surveillance and into inflammation mode. This is to thicken the blood so

that if we tear our arm on a branch whilst fleeing the tiger the blood will clot so we don't bleed to death. Again there is no point in the immune system looking for bugs to kill if survival is paramount. Once the danger has passed the vagus nerve senses all is safe and begins to calm the whole body system down. The vagus nerve meanders all through the body through the direct brain-gut axis, then outwards.

Humans are designed to be in fight or flight for 15 minutes every 2 weeks and yet most of us live here as victims of our own success.

Please allow that to sink in.

The longer the body stays in fight or flight the bigger the burden. If the blood supply doesn't reach the gut then digestive juices can't be made due to nutrient deficiency. This messes up the pH (1-2) of the stomach so protein (our primary healing and repair nutrient) cannot be broken down. If the pH is too high the food passing out into the duodenum is not acidic enough to trigger the cholecystokinin feedback loop for bile release (from the gallbladder) and digestive enzymes / bicarbonate release (from the pancreas) to enable digestion in the intestines.

Foods that cannot now be broken down cause inflammation to the gut wall. This raises another hormone called Zonulin. As zonulin rises the

normally tight junctions of the intestinal wall (think cheesecloth) open wider (think colander) so larger partially digested protein fragments leak through into the circulation (blood) causing immune reactions we term food intolerance. The more foods we are intolerant to, the more leaky the gut wall and the more likely the limbic system is affected. The inflammation creates dying tissue then the gut microbiome unbalances in favour of pathogenic (bad) bugs that overgrow to eat the inflammation.

That last bit sounds really good yeah? It is until the pathogens are in big enough numbers that they crowd out the good microbes. At this point the body cannot neutralise the toxins from all the living and dying of bugs. The liver gets overloaded and maybe the lymph, then we become sick.

We are more bugs than man by the way, in case you are cringing now.

Now we have the pathway to auto-immunity and chronic unremitting health decline.

I am here to tell you all of that can be permanently reversed using a combination of Functional medicine and the 5-levels of healing model (physical, energetic, mental, intuitive, spiritual bodies) with intuitive testing to see which of these are impacting on your health.

CHAPTER 5



“My analysis and my gift to you”

My extremely comprehensive analysis will tell you
your

Empath status

Soul contracts

Hidden traumas

Pyroluria

Hormone and neurotransmitter imbalances

Digestive imbalances

Relevant gene expression (FUT2, Histamine,
Methylation, Dopamine and oestrogen pathway,
sulfation pathway) impact.

All possible gut imbalances and microbial population

Heavy metals / chemicals

and so much more that is individual to you.

It will advise on the appropriate test/s in case you need confirmation.

A 3-4 point plan (depending on case) with timings for each phase

Food and supplement advice and links to purchase with discounts.

Links to other healing modalities (energy medicine, psychotherapy, family constellations, emotional detox, vibrational healing). Many of which can be practiced alone without cost and are easy to include.

Recommendations to other practitioners are all people I have personally worked with and highly recommend.



ABOUT THE AUTHOR



Anne Pemberton

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In service to you.

With a lifetime of knowledge, skills and experience of the origins of illness and the tools, guided by source, to help you love you body back to consistent wellness.

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