

SELF-HEAL

Meaning: Self-heal: to recover or restore oneself, particularly in terms of emotional or psychological well-being, often through intrinsic processes or practices.

1. We all have an inner capacity to self-heal, given the right conditions.
2. Practicing mindfulness can help individuals self-heal from emotional trauma.
3. The body has a remarkable ability to self-heal, often recovering from injuries without intervention.
4. Through therapy and self-reflection, she learned how to self-heal and move forward in her life.
5. Complementary therapies can enhance the body's natural ability to self-heal and maintain balance.

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