

HEALF HX26 TAKEAWAYS

The HX26 Reset Guide

What I took from a weekend with world-class wellness experts - and how to bring it back to your breath, body and nervous system.

*A personal guide by La Simms
Cancer Cured Me | Lala Loves | The Personal Reset Method*

For women who are ready to feel clearer, calmer, lighter and more connected to themselves again.

A note before we begin

This is not a full transcript of HX26, and it is not a complete round-up of every speaker who was there. It is my personal summary of the speakers I saw, the themes that landed most deeply for me, and the practices I would actually bring into real life.

There were so many other people I would have loved to see, but there is only so much one nervous system can take in across two packed days - especially when you are surrounded by red light, breathwork, cold plunges, supplements, sound baths, world-class speakers and several thousand very enthusiastic wellness people.

What felt so affirming was not that I learnt something completely new. It was that so much of what was being said by people with huge global platforms is the same work I already talk about in my community, my retreats, my podcast, my speaking and my one-to-one sessions.

The biggest message I came home with was this: everything we need is already within us.

Experts can be brilliant. Science can be brilliant. Ancient wisdom can be brilliant. But none of it is here to make us outsource our own knowing. At its best, it brings us back to ourselves.

For me, the starting point is always the nervous system. Before we try to manifest, optimise, biohack, receive, forgive or change our lives, we need to ask: does my body feel safe enough for this?

Because we can only receive at the level our body feels safe to receive. We can only create from the state we are living in. And often, what looks like procrastination, sabotage, people pleasing or lack of discipline is really a body that has learnt to brace, protect, over-give or stay small.

That is why I always come back to the breath. We arrive on our first breath and we leave on our last. The breath is not just a nice extra. It is the simplest, most natural tool we have to shift state, come back into the body, soften the nervous system and begin again.

1. Dr Andrew Huberman

Neuroscience, rhythm, breath, prayer and miracles

Dr Andrew Huberman spoke about the things many people know him for - the brain, the body, circadian rhythm, light, oxygen, breath and the ways our daily habits shape our health.

But what really stayed with me was that he also spoke about prayer, intuition and miracles - the kind of experiences that cannot always be neatly explained by science, but are still very real to the people experiencing them.

I found that powerful. Because so many of us have been taught to trust the mind and dismiss the body. To trust data but override intuition. To look for proof outside of ourselves before we listen to what we already know.

My takeaway: science and mystery do not have to be in opposition. The brain matters, but it is not the whole story. The body, the breath, intuition, prayer, stillness and connection all belong in the conversation too.

What to practise:

- Get outside early and let natural light reach your eyes before the day runs away with you.
- Use your breath before your phone - even three slow breaths can change the tone of your morning.
- Create a moment of prayer, stillness, gratitude or quiet listening - using whatever language feels right for you.
- Notice the first answer your body gives you before your mind starts asking everyone else what they think.

2. Roxie Nafousi

Manifestation, self-worth, action and receiving

Roxie Nafousi spoke about manifestation in a way that was much more grounded than the version that often gets thrown around online.

Her well-known seven steps are: be clear in your vision, remove fear and doubt, align your behaviour, overcome tests from the universe, embrace gratitude without caveats, turn envy into inspiration and trust in the universe.

What landed for me was that manifestation is not just visualising something lovely and waiting for it to appear. It is self-worth. It is clarity. It is aligned action. It is becoming the version of yourself who can actually receive what you say you want.

And this is where the nervous system piece matters so much. You can write down all the things you want, but if your body does not feel safe to have them, hold them or be seen with them, part of you may keep blocking, shrinking or delaying.

My takeaway: manifestation is not just about calling something in. It is about becoming a safe, embodied match for the feeling you think that thing will give you.

What to practise:

- Ask: what do I say I want, and what do I secretly believe about having it?
- Notice where you deflect compliments, help, rest, money, love or support.
- Take one small aligned action instead of waiting to feel perfectly ready.
- Use gratitude as a daily state shift - not a performance, just a return to what is already here.

3. Dave Asprey

Energy, ageing, fear, forgiveness and gratitude

Dave Asprey spoke about biohacking and ageing more slowly, but the part that really stayed with me was his message about energy.

Where are we spending it? And where are we wasting it?

He spoke about the five Fs that drive human behaviour: fear, food, fertility, friendship and forgiveness. The idea that landed most deeply for me was that if so much of our energy is being used up in fear, stress, resentment, old stories, old wounds and trying to control everything, that has a real cost.

His message was that fear ages us faster, and one of the fastest ways out of fear is forgiveness.

Not forgiveness in a spiritual bypassing way. Not pretending that what happened was okay. More like: I am no longer willing to let this take up my life force.

There was also a strong thread of gratitude throughout the weekend. Gratitude not as a cheesy plaster over pain, but as an antidote to fear - a way of shifting attention, softening the body and reminding the nervous system that there is still something good, safe or supportive here now.

My takeaway: where your attention goes, your energy follows. If fear is running the show, the body pays. Forgiveness and gratitude can help us reclaim energy that has been tied up in old pain.

What to practise:

- Ask: where am I leaking the most energy right now?
- Notice whether fear is protecting you, or keeping you stuck.
- Practise forgiveness where it feels possible - not to excuse someone else, but to free yourself.
- Write down three things you genuinely appreciate before bed, especially on the days that have felt a bit much.

4. Peter Crone

The mind, old stories and true freedom

Peter Crone is known as The Mind Architect, and watching him work felt almost magical. His gift is in helping people see the invisible beliefs, assumptions and stories that are quietly shaping their lives.

So many of us are not responding to what is happening now. We are responding through old beliefs such as: I am not safe, I am too much, I am not enough, I have to keep everyone happy, I have to earn love, I have to prove myself, I cannot trust myself.

Those thoughts can feel completely true. But Peter's work reminds us that a thought feeling familiar does not make it true.

My takeaway: freedom begins when we stop obeying every thought as if it is fact. Sometimes the thing we need to release is not the situation itself, but the meaning our mind has attached to it.

What to practise:

- When you feel triggered or small, ask: what am I believing right now?
- Then ask: is this definitely true, or is it just familiar?
- Notice whether you are living from the present moment or an old protective pattern.
- Breathe before you believe the thought. The pause is where the freedom starts.

5. David Ghiyam

Kabbalah, soul correction, receiving and purpose

David Ghiyam spoke about Kabbalah in a way that made ancient spiritual wisdom feel very practical and very human.

He talked about soul purpose, soul correction - sometimes called tikkun - gratitude, receiving and the patterns we repeat until we finally learn what they are here to teach us.

This really landed for me around people pleasing and receiving. How many of us learnt to be useful, easy, low-maintenance, impressive or endlessly understanding as a way of feeling safe or loved?

And how many of us now find it much harder to receive than to give?

One of the questions I came away with was: is part of my own soul correction learning how to receive safely, instead of making myself useful to prove I am worthy of love?

My takeaway: repeated patterns are not proof that we are failing. They may be invitations to see the lesson more clearly, choose differently and expand our capacity to receive.

What to practise:

- Ask: where do I still try to earn love by being useful?
- Notice the places where your mouth says yes and your body says no.
- Practise receiving without immediately minimising, repaying or over-explaining.
- Use gratitude as a way to open, not as a way to deny what is hard.

The thread running through all of it

Different teachers. Different language. Different frameworks. But, for me, the message kept coming back to the same place.

The body matters. The breath matters. The nervous system matters. Belief matters. Light matters. Forgiveness matters. Gratitude matters. Receiving matters. Intuition matters. And the state you live from shapes the life you are able to create.

The simple reset I would actually take into real life

After two days of huge ideas, this is where I would begin. Not with a complete life overhaul. Not with another impossible routine. Just simple, repeatable ways of coming back to yourself.

1. Morning light

Get outside as early as you can and let your body know the day has begun.

2. Breath before screens

Before you reach for your phone, take three slow breaths and come back into your body.

3. Question the thought

Ask: is this true, or is it just familiar?

4. Track your energy

Notice where fear, resentment, people pleasing or overthinking are draining you.

5. Practise gratitude

Name what is still good, safe or supportive - especially when life feels lifey.

6. Practise receiving

Let a compliment, rest, help, support or joy actually land without batting it away.

7. Come back to the breath

Your breath is the quickest doorway back to your nervous system, your body and the present moment.

You do not need to do all the wellness things. You need to start listening to what your body, mind and energy are already trying to tell you - and then respond gently, practically and honestly.

If this speaks to you

This is the heart of my work.

I help women cut through the noise and understand what is actually going on in their body, nervous system, habits, emotions and energy - so they can begin to feel clearer, calmer, lighter and more connected to themselves again.

The work is not about adding more pressure. It is about making wellness simple, personal and doable. It is about coming back to your breath, your body, your intuition and your own inner wisdom.

You can work with me through:

- The Personal Reset Method with Body Ballancer at Naturality in Berkhamsted.
- A deeper VIP Reset Morning at The Grove near Watford.
- My membership and community.
- Retreats, speaking, workshops and corporate wellbeing sessions.
- The Cancer Cured Me podcast, where I keep having these conversations in a very real, human way.

The Personal Reset Method with Body Ballancer

A gentle, deeply restorative session combining lymphatic drainage, nervous system support, breathwork, coaching and simple personalised guidance to help you understand what your body might be asking for.

Full session: £147

Introductory price: £97 until 31 July

And yes, after sitting in that room at HX26, listening to world-class speakers share the very messages I care about so deeply, I felt more certain than ever that this is the work I am here to speak about, teach and share in whatever way I can.

Maybe one day you will catch me speaking at the next big Healf event. Watch this space.

Stay connected

For bookings, questions or to find out which way of working together would be right for you, reply to the email that brought you this guide or contact me below.

Website	lalaloves.com
Instagram	@cancercuredme
Podcast	Cancer Cured Me
Naturality Wellness Centre	42 Lower Kings Road, Berkhamsted, Herts HP4 2AA Tel: 01442 800400

Final reminder

Everything you are looking for is not outside of you. The experts, books, podcasts, retreats and practices can help - but the real work is learning to come back to yourself and trust what your body already knows.

Start with the breath. Start with one reset. Start gently.

With love,
La x

This guide is for inspiration and education only and is not a replacement for medical advice, diagnosis or treatment. Please speak to a qualified professional about any health concerns.