

Healthy LIVING

Your True Self

Someone once gave me an exercise to write down a point in my life where I knew I was being my true self. What did I look like, feel like, act like when I felt no judgment, total peace and joy in life? For me, it was an easy task. I knew the exact moment my authentic self truly shined. It was the

moment I gave birth to my 1st born son. I remember the feeling of labor so vividly, not just the pain but the empowerment. The ebb and flow of my body contracting then letting up just when the pain got too overwhelming. Working with each contraction to steady my breathing and relax my mind. Knowing I was in this alone, and no one, no matter how supportive they were, was going to get this baby out but me. This was the moment where I felt total trust in my body, strength I never knew I had, a love deeper than I had ever experienced. Maybe it was the strong hormones? Maybe it was my genetics?

Mostly, I think it was my true self finally emerging and showing me that my body is in fact wise and intelligent in ways I don't fully understand and IT ALWAYS knows what it is doing.

If the body has the intelligence to always express health, then why do we suffer with so many chronic health conditions? Is it that the body is working incorrectly? If the body does work incorrectly at certain times, why can't our medical system diagnose a cause and cure us all? And what about the millions of people who have symptoms, see specialist after specialist and fail to find a cause? This is where the search for solutions takes a dramatic turn. I am a practicing chiropractor and I was introduced to chiropractic at a very young age. What I always found interesting as a child was whether I went in for an adjustment for knee pain, a headache or a sore throat my chiropractor always talked about something interfering with my body's ability to express health. Very different that what our medical system attempts to do with finding a CAUSE of sickness. Perhaps if we switched our focus to identifying interference and removing it, our body would be more successful at expressing health.

We are born with the genetics and health to live to 120 years old, however many factors influence this outcome. We make choices every second of every day that either bring us closer to health or farther from it. My encouragement is to start identifying what can interfere with your body's innate ability to express health.

The holistic philosophy of chiropractic teaches that there are three major categories of interferences that bring us farther from health, and when removed, allow our body to function optimally. The first, toxins, create one of the biggest interferences of our cells ability to communicate. You've heard it thousands of times, but they are everywhere. Water, air, food, makeup/body products, household cleaners to name a few. They disrupt hormones, act as carcinogens and with the excessive load we accumulate our major detox organs like the liver, kidneys gallbladder, colon and skin start to dysfunction. To buffer the effects of toxins our body will store them in fat tissue, slow down our metabolism and wreak havoc on our brain chemistry. To decrease this interference, I recommend starting with your house. The Environmental Working Group site www.ewg.org is a great resource. Look up all your body products and cleaning products and see what the toxic load is. Remove and replace with less toxic supplies. You can use essential oils to make all your cleaning products and body products. Eat organic and local when possible. Get



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a water filter. Keep plastics away from your food and water. You can participate in periodic cleanses to remove toxic load interference. They serve as a time to rest and repair your body. Of course, there are many solutions that you can discuss with a qualified holistic health care practitioner.

The second major interference is trauma. Although there are many traumas the human frame can endure, by far the largest trauma is a sedentary lifestyle. Sitting at the job, watching over an hour of TV or computer time at night, and failing to move through our normal ranges of motion on daily a basis lowers our cardio vascular output, endurance of our muscles and impedes essential input to our brain, among other things. You can remove this interference with proactive movement like regular exercise, chiropractic adjustments and yoga.

Lastly, your third major trauma is autosuggestion. This is the age of the law of attraction and yet, it is estimated that drugs for depression and anxiety related disorders continue to rise. Nobel prize winners Max Planck (Physics) state that "behind all matter is the existence of a conscious and intelligent mind" which explains why many experts tell us that if we change the lens in which we see the world, the world around us will change, including the health of our body. We can remove this interference by practicing gratitude, random acts of kindness and meditation. Most important is replacing your thoughts of being a victim of your genetics and old habits. Our cells replace themselves every 7-120 days depending on the type. Simply, cells can express health by creating a joyful and positive environment for them to develop.

Instead of always searching for a cause of sickness, I invite you to remove the obstacles that keep you from health. This journey of finding and removing interference may just help you find your true self and live a life of optimal health and vibrancy. Your authentic self is waiting to come out and shine. And like the moment I gave birth and learned to fully trust my body, I hope you will find your 'moment'.

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