

You Don't Have To Be Sick!

How does someone make taking care of themselves – eating healthy, preparing nutritious foods, exercising – a high priority? How did providing for and being responsible for our basic needs get so low on the scale of importance until our bodies and minds start breaking down and demand attention? We have been seduced into putting ourselves into other people's hands. We have abdicated responsibility for one of our most precious possessions – our health and well-being. How do you take back what's rightfully yours, the thing you've given away, the right to a healthy body and sound mind? You need to be willing to take on the responsibility of taking care of yourself properly and stop neglecting yourself. But first you need to be aware that it's possible to do so and do it well. You don't have to be sick! It is not inevitable that you'll become ill and decrepit as you age or even in your youth as is happening more and more. You have the power to create a healthy body, mind, emotions and spirit. Your body has the ability to heal itself when given what it needs to accomplish that. It's actually quite simple, just not easy. It's a process that evolves over time.

Basically it's all about what goes in and what comes out. That applies to our external environment as well as our internal environment. If we're eating junk food, not exercising or drinking enough water, breathing polluted air, enduring enormous stress in our job or personal relationships, drinking and smoking to numb the pain, then we're slowly destroying ourselves because our bodies and minds just can't cope with that overload. You probably already know that. What you may not know is how to change it because life keeps coming at you and it's so much easier to keep on doing the same thing and saying like Scarlett O'Hara, "I'll think about it tomorrow". It can seem like such an enormous undertaking when you already have so much on your plate. I'm here to help you so let's take a journey together. Road trips are so much more fun when you have company and someone to navigate while you drive.

First you have to decide where you're going. I doubt if anyone goes on a vacation without choosing a destination and making preparations for the trip. Besides, how will you know when you've arrived if you don't know where you're going? What do you want your healthy life to look like? Pretend you're writing a book or script about your ideal life and write down how that would look – what you would be doing, eating, wearing, saying, thinking. What does your environment and family life look like? Make it become real and see you living it. It's your story so you can create it anyway you want. Don't listen to the nagging, snide voice that tries to tell you that it's impossible or that you don't deserve it. Hogwash! If you can see it and believe it you can have it. Not immediately but it will come.

Next comes guard duty. You have to stand guard over your mind and mouth because negative stinking thinking will come to steal away your dream of a new healthy you. Not just your own thoughts and words but those of other people in your life. Unfortunately, most of us have been very well conditioned to dwell on the negative. If you knew there was a murderer or thief roaming the neighborhood would you leave all your doors unlocked and let your children play outside? If a stranger knocked on your door would

you just invite him in and give him free run of your house? It's the same thing with negative thinking and speaking – don't let it in your house (mind and mouth).

What are you thinking about? How busy and stressed you are, how you don't have time to plan and prepare healthy meals or exercise? What are all these other things that you've given higher priority to than you and your family's health? Would they really be all that important if you were struggling with a serious illness? Are all the frustrating things in your life that you're obsessing about more important than your health and well-being? Choose to think about what you want to create in your life and refuse to dwell on anything that doesn't fit in that picture. Make some decisions that will help give you some breathing space and time to figure out what's most important to you. Remember what they always tell you about the oxygen masks on the airlines? Always put your own mask on first before your children's mask. Taking care of yourself needs to be top priority otherwise everyone else will be taking care of you.

So let's review. You're going to create the vision of a new healthy you and take stock of your priorities in life. You have some choices and decisions to make. In the months ahead we'll be discussing how you go about getting on the path of nature in this crazy, stressful world. Your body was created to balance and heal itself and you'll learn what it needs to accomplish that. In the meantime, start doing one good thing for yourself – drink more water. Drink 8-10 oz. of purified water every hour. Your body will thank you. Cheers!