

# “How are you really?”



When someone asks, “How are you?” most people say, “OK” but in reality many people are not.

If you have ever experienced headaches, back pain, muscle tension, congestion, allergies, constipation, PMS, occasional indigestion or lack of energy, your body is sending a message.

Sadly, our western society as a whole is now experiencing the highest incidence of chronic non-life threatening disease conditions it has ever known.

How the body overcomes these inconvenient discomforts depends on how much help the body has. Some people choose prescription drugs; others purchase over-the-counter products from strangers. For some they work; for others they do not. In general, trading money for good health is a good deal; however, short term relief or possible side effects from medications the body responds negatively to is not a good trade.

When symptoms continue, the result can be severe disorders. For example, long term constipation may lead to a more serious bowel disease. Fortunately, there are other choices starting with natural health, something our ancestors relied on.

In the natural health field, the first step is to set a course of action and determine the cause of the symptom. At the same time, it is necessary to stimulate and strengthen the immune system as the immune system is the body’s first and only line of defence. A balanced, well functioning immune system has the capability to fight off sickness and disease. A stressed or weakened immune system is a target for “disease” within the body.

What people eat or do not eat is responsible for fuelling the physical and mental aspects of the body.

Many people are unaware of possible food sensitivities and/or the connection to allergic responses. In my clinic, I test both children and adults for food allergens without needles or dyes. This testing is helpful for identifying food dye allergens in children with ADHD.

Blood types and foods go together. Some people with particular blood types metabolize certain foods better than others. In a household meal, supper can be fuel to one person yet stressful for another.

In the process of healing, natural health offers other therapies such as reflexology, massage, homeopathy, reiki as well as new protocols including bio-mat crystal technology and ion cleanse toxin removal.

Everyone can be healthy; it’s simply a matter of making the right choices.