

Three Ways to Activate Your Inner Healing Potential

Holistic Healthcare – Michelle K. Nielsen, DC
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Talking Points

Our body is a self-healing and self-organizing organism. Our body has an innate intelligence. It is constantly at work to keep us in balance and healthy. When we are able to trust our body and recognize all that it does for us we learn to treat it with respect.

How can we live in health and holistic harmony in today's toxic, fast paced world?

Nielsen says, "[Our] thoughts create a physiological effect in [our] body. Stressful thoughts of anger, impatience and frustration stimulate the release of damaging hormones such as adrenaline, cortisol and norepinephrine. Positive thoughts create health-enhancing hormones such as the feel-good endorphins that are stimulated through exercise." (p. 42) What are things we can do throughout the day to keep our stress at bay?

We should take care of our diets and be mindful of what we feed our bodies. Are we doing our bodies a disservice by feeding them highly processed, nutritionally feeble food? How much white sugar, caffeine, saturated fats and excessive alcohol are we consuming? How can we eat well while on the go? What are some ideas for eating organically while constantly on the go?

Our spine houses our nerve system, proper alignment of our spine is imperative to normal, healthy function in our body. Chiropractic adjustments, correct posture, yoga and daily exercise help us take care of our nerve system.

Resources

Full references for each article are available at <http://pathwaystofamilywellness.org/references.html>