

Natural Healing Express Weekly

Column Volume 113 Listening to Your Body's Natural Instincts

For the past few weeks, we have been discussing Detox and how to help your body by freeing it from the many toxins we are exposed to daily. This week, being Thanksgiving week, gives us an opportunity to show gratitude for the magnificent machine that is our body.

Our body sends many messages throughout the day, such as "I am Hungry", "I am Thirsty", "I Need to Fight this Stress", "I Need relief from this Stress", etc. You do not have to understand the mechanisms behind these messages at a high level to be of service to your body. You just have to understand when the message is present and pay attention to the message.

For example, if the message is "I am Thirsty" and you give the body water, you will notice how the message subsides. Your body is designed that way. And it is designed to give you more messages if you do not comply. For example, if the message is "I am Hungry" and you habitually ignore the natural urge to eat, your digestive system and pancreas will get upset. And when they get "upset", they start adjusting to your "new" policy of ignoring hunger by keeping the digestive enzymes low. So when you suddenly eat a large, non-nutritious or perhaps even a "normal" meal, unpleasant things may occur such as indigestion, gas and other digestive issues. Get the process? If you ignore your body and its messages, it will create additional, more dramatic messages in return to get what it wants.

I recently found a very interesting concept. Carlo Rubbia proved in 1984 that the human body is composed of mostly energy and only little matter. He was awarded the Nobel Prize because of his research. Essentially, for each individual particle of matter, there are 974,600,000 units of energy. (meaning protons) All matter that comprises your physical body essentially is invoked relative to a quantum-mechanical method. Say what? As to not get overly heady about this complicated study in physics (thank you Sheldon from Big Bang Theory) lets summarize it to say that all external "forces" can instantly trigger corresponding activities, responses and transformations within your body. Your body is energy!

As a result of these stimulations, your body sends you messages that its requirements for food, water, rest, exercise, warm, coolness, etc., have changed. To understand these changes and the messages sent; you must be diligent, sensitive and willing to understand. If you suppress your body's natural urges (hunger, thirst, defecation, urination, sleep) and overload your system with food and waste, you step onto a slippery slope.

To me this is the beginning of disharmony in the body. So, this week our lesson is to be mindful of your body's urges and natural instincts. Pay attention and honor them. And be happy they change as the "environment" changes. Otherwise we would never adapt. Can you say Di-no-saur?

In summary, pay attention to your body and your natural instinct. Given a chance, it will steer you to better health.

During this Thanksgiving week, we are grateful for you! Thank you for continuing to read our articles. We hope we are of service to you weekly. We are thankful for those of you who are our customers and attend our classes. And of course, we are thankful for our friends and family and to the Big Man Upstairs who makes this all possible.

When we count our blessings, we count you all twice. Come in over the weekend for great in store specials!

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: skscham@aol.com 204 W Main St, Lena, IL 61048.

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