

Natural Healing Express Column Volume 2

Bio-Individuality – Your Health and Wellness

Hello Again Northwestern Illinois and Southern Wisconsin. Last week we spoke briefly about Bio-Individuality and what it means regarding your health and wellness. This week, we'll dig a little deeper into the concept.

I wish there was a fantastic, Wikipedia definition that could really pack a punch to describe Bio-Individuality, however; to date, there simply isn't. Its definition is being further developed as we come to understand more about the study of Natural Health. Several folks attempt to describe Bio-Individuality as way of eating that is specifically unique to each person.

In my opinion, I believe nutritional consumption is only a part of Bio-Individuality. A common quote is "one man's food is another man's poison." For example, we are in the land of superior Dairy Farms and arguably the best cheese produced in the country and most of us consume cheese daily. Yet, there are some who are lactose intolerant. What one considers a delicacy, another cannot consume without a negative result. This demonstrates Bio-Individuality yet not completely.

In my experience, I have come to understand Bio-Individuality to encompass much more than just nutrition. I believe your health is as unique as your fingerprint and what works for you may not work for someone else, even a family member closely related to you such as a parent or a child. Genetics are a factor to a certain degree, but environment has a much bigger role than most folks realize.

Are you predisposed to diabetes because your parent or grandparent demonstrated this disharmony? Yes, but by a smaller percentage than the fact it is probable you are consuming a similar diet, are exposed to the same water source, the same air pollutants and the same stresses. To further demonstrate Bio-Individuality, let's look at our world view, Diabetes is virtually none existent in China and occurs mostly in those individuals that have been exposed to our American culture.

Each person has specific needs for their health and the basis for those needs may encompass many variables. A few to be considered, yet not limited are the following: blood type, age, resiliency for healing, body constitution, gender, lifestyle, genetics, prior disharmonies in the body, exposure to stress, predisposition to certain ailments, brain type, spiritual support, emotional maturity, physical stamina, coping mechanisms and behavior.

So, what does all of this mean, really? It comes down to one particular point. You are unique and so are your wellness requirements. In taking responsibility for our own health, start by learning more about it. Natural Healing Express and Natural Whole Life Institute strive to bring forward education that helps folks learn and make friends with their bodies, wellness and their own Bio-Individuality. To have this knowledge opens the door for a lifetime of health.

We look forward to your questions at Susan@naturalhealingexpress.com

Website: www.naturalhealingexpress.com

Facebook: Natural Healing Express

