

MICHELLE MANTO

Berkshire Acupuncture & Wellness
Helping People Heal

291 Main Street | Great Barrington, MA 01230
413-644-9488 | www.berkshireacupuncture.com



Back to Basics

Michelle Manto

Berkshire Record – May 10, 2019

Every historical time period has its share of modern conveniences. And at that time, they were considered quite modern and very convenient. Take, for example, the refrigerator in 1876, the electric clothes washer in 1907, scotch tape in 1930, credit cards in 1950, the mobile phone in 1983, and the completion of the Human Genome Project in 2000. And just as modern and as convenient as we think the car, the plane, and the computer are, in a hundred years they will seem as simple and ordinary as the paperclip, post its and Tupperware.

Life keeps evolving. It progresses according to the type of people living in the world at that time and on what everyone's attention is focused on. Evolution is dictated by the likes and dislikes of every human being, be it individually or collectively. But does life really ever change? Yes, in some ways life has gotten easier for most people. There is running water, sanitation, transportation and so on. But on the other hand, there are many things that have gotten harder. The ability to provide for one's self and family is getting increasingly more difficult. Is there ever a net gain?

We may be thinking quicker and smarter. Advances in technology and mental capacity is astounding. But our bodies are suffering, and our spirits are dying. The number of people afflicted with Alzheimer's, Parkinsons and dementia rise every year. While the number of people who plant a garden or go hiking in the woods is getting smaller. The fossilization of clean water and blue skies is already happening. Weren't modern conveniences supposed to take care of all this?

So, what do we do? Perhaps it is time to get back to basics. To being kind, thoughtful and considerate. To simply treating people the way we would like to be treated. It may be less than modern and sometimes very inconvenient. But when you think about it, it really is all we have.

Here's to the Health of your Life.

