



## Principle 17 - The Theory of Constraints

One theory that is often used in business improvement is the Theory of Constraints. In his book *The Goal*, Eli Goldratt shares the principles in a novel story format to make it easy to understand. In everyday language, the Theory of Constraints means that we are only as strong as our weakest link. The weakest system in our body limits our overall strength and energy. By strengthening your weakest system(s) you improve your overall capacity.

When you are trying to decide which one of the many systems needs work first, you might start by working on the one(s) that are most impacting your health or have the greatest potential for causing you pain or sudden damage. We have found that everything improves when a very weak system is improved. For example, a very weak or malfunctioning organ like the pancreas can cause frustration not only physically as the blood sugar is not stable but can also cause emotional or relationship problems as our mood responds to blood sugar levels. There are often unintended or perhaps unnoticed side effects from our weak systems.

One woman I knew had been diagnosed with “Fatty Liver Disease” many years earlier. She had tried many dietary changes, medications, and other interventions, but continued to have trouble, including pain, indigestion, and lack of ability to eat at certain times, or eat certain foods that were wholesome and healthy. She asked if I knew anything that could support her liver so she could lose weight. I recommended some of Dr. Christopher’s formulas specifically for the liver and gallbladder, along with a couple of other plants known to support the liver. Six weeks later, she came back to thank me, very enthused about her results. She had only wanted to lose some weight, and had not realized her liver was impacting so many other areas. In addition to losing weight, she gained energy, since her sleep was no longer being interrupted by GERD. She also was able to enjoy meals without having to restrict certain foods that had caused her pain and allergic responses in the past. She had not realized her liver issues were also impacting her emotions, and noticed how much calmer and more peaceful she felt. One system being weak can create many “side effects” in our body, and by making the changes needed to improve it, we may be surprised at how the entire body and system is improved!

The good news is that as you work on the few weakest systems and rebuild them, your overall feeling of wellbeing improves, including your relationships with loved ones.

In principle 18 we will talk about how to rebuild the weakest systems and include a link to Dr Christopher’s formulas and what systems they work on.