

# Health Fundamentals & Interferences

When we are healthy, our bodies have good circulation... we're flexible & strong in our muscles & joints... our tissues & organs are free from structural, chemical, and emotional restrictions... we are able to relax & sleep well... and when we wake up we feel refreshed, motivated, and clear headed. When we're NOT healthy, we must identify the rate-limiting variables (the imbalances, weaknesses, inflexibilities, deficiencies, excesses, stagnations, restrictions, etc) that are interfering with our overall energy flow, and ability to heal naturally & efficiently. Listed and explained below are the necessary fundamentals for health & healing, and the three categories of interferences that prevent health. Let this be a checklist for you on your healing journey.

## Health Fundamentals

### Autonomic Balance

The most important factor for health & longevity, and the most important concept to understand in relation to healing is "Autonomic Balance". The Autonomic Nervous System (ANS) is the part of the central nervous system that is the basic control center for the entire body. The ANS consists of two modes... the sympathetic mode (stress, fight, flight, and freeze responses) and the parasympathetic mode (relaxation, rejuvenation, digestion, and reproduction responses). When the sympathetic mode is overly active, its called "sympathetic dominance". When the parasympathetic mode is overly active, its called "parasympathetic dominance". Autonomic Balance means that both the parasympathetic & sympathetic actions of the subconscious brain are working in a balanced manner, and that one is not overriding the other when it should not be.

The body is designed to function & heal properly when it is more in the parasympathetic mode, and should only allow its sympathetic actions to dominate when it is in danger. The so-called "blue zones" are places around the world where populations live the longest. The people who live in these zones live "parasympathetic lifestyles", in which the majority of their days are spent in a genuinely relaxed state. However, in the rest of the world it is very common for people to be so imbalanced in their nervous systems that they don't even know the difference between being relaxed and being tired. Either they are too stressed, excited, and nervously in a state of sympathetic dominance, or they are burned out, fatigued, and lethargically in a state of parasympathetic dominance.

While Parasympathetic Dominance can lead to circulatory weaknesses, and create challenges relating to accomplishments & success, Sympathetic Dominance is THE MAIN CAUSE of pain, anguish, frustration, disease, premature aging, and death... And is the main reason it takes longer for the body to heal. To balance the ANS, we can use a variety of techniques during your treatment sessions. However the quickest and most effective results will come when you have made the necessary personal lifestyle changes that are required. If you're lazy, depressed, or unmotivated you MUST find ways to break out of it and find things that naturally stimulate you. If you're always stressed out & up-regulated, you MUST find ways in your life to get relaxed.

Now, if the autonomic nervous system is imbalanced to the point that the adrenal glands are depleted, fatigued, exhausted, or “burned out”... it will be very difficult to heal efficiently from any disease or injury unless they are somewhat regenerated first. There is not much we as holistic practitioners can do for a person with weak adrenals. The building of the adrenals (which may include rest, nutrition, and lifestyle changes) MUST be sufficiently achieved before we can move on to more significant treatment stages. This will ensure the energy levels are up enough for the body processes to be working properly, and prevent the bodywork from causing too much weakness.

### **Essential Nutrients**

Most people will agree that every human has basic needs (water, food, shelter, etc) in order to survive. However, very few people realize just how important other aspects in life are needed for health and wellbeing. The following list of essential “nutrients” are often under-rated and overlooked by many healthcare professionals. By examining each of them for any excesses or deficiencies, it can help to determine if your mental or environmental influences are an issue or not in your mental or physical wellbeing. Many people discover that by addressing these fundamentals, most of their chronic aches & pains simply go away.

**Self-Discipline, Purpose, & Spirituality:** Self-discipline helps the individual to establish boundaries with others, structure in life, and the ability to live methodically & accomplish goals. It also helps to tonify the body, giving the mind, tissues, and organs strength & integrity. When a person is able to shut out all external stimuli and internal chatter, and command the mind & body to focus in a balanced way, he/she may reap the benefits of self-discipline. However, some individuals may find it necessary to seek out a teacher, guru, or drill sergeant type of person to learn this from.

Without the will to live (any motivation to stay alive, thrive, and create), the spirit will soon leave the body despite anyone’s best efforts. We especially see this in the elderly immediately after they lose their life partner. But others lose hope, drive, and purpose because they had dreams that they’ve never pursued or fulfilled. Clients are strongly encouraged to find what “turns them on” in life – what aspect of life sparks enthusiasm and excitement in the core of their being the moment they think about it... and then to follow that feeling no matter what age they might be.

A Spiritual Resource is the necessary trust in something that is much greater than you and your deepest fears. Whether you call it “God”, “Source Energy”, “The Holy Spirit”, “The Angels”, “Buddha”, “The Tao”, “The Higher Self”, “The Universe” or any other term that describes the great Unknown that guides us toward the best outcomes in life... It just may be required for you to overcome your health situation.

**Sleep, Exercise, Flexibility, & Nutrition:** Quality rest is the first and most important requirement in healing. The “stiff” and “fist” tests are simple ways you can tell if you are getting enough quality sleep. If your body feels stiff, or if you are unable to make a strong fist, upon waking... you may not be getting enough sleep (this also might indicate that your diet & lifestyle has been too acid-forming & inflammatory). Also, a good way to measure quality of life is to examine how easily you fall asleep, how well you sleep, and how rested you feel when you wake up. And whether you sleep on your back, side, or stomach can give you a clue as to how much deeply held fear may be stored up in your body. Back-sleepers tend to hold less fear, while stomach-sleepers tend to hold more. Side-sleepers are in the middle.

We all know we need our daily exercise. The amount required depends upon each individual's unique genetics, constitutions, and testosterone levels. Some people need more than others in order to release excess energy & tension, and calm their minds. In order for the exercise to be "heart healthy", it must be fun. You actually have to enjoy whatever exercise you're doing for it to have a positive effect on the heart. So be creative and find something you like doing! Also, whichever activity you choose, you must make sure there is lots of stretching involved either during or after. Getting flexible in the tendons, joints, and connective tissue is an absolute requirement for health.

Oxygen, minerals, vitamins, live enzymes, fat, protein, and fiber from clean, natural foods are essential for nourishment and the regeneration of cells. The foods that you choose should not be determined by ideological diet plans, but rather should depend upon your unique genetics and body type, and your ability to digest and assimilate them. Initially, you want to discover which foods make you feel strong in body and sharp in mind immediately after you eat them, and avoid any foods or beverages that leave you feeling lethargic or bloated.

**Sunlight, Nature, Clean Air & Water:** Arguably the most important nutrient of all, sunlight is required for healthy cellular metabolism & immune function. A lack of regular intake of solar radiation is often overlooked and commonly one of the main underlying causes of disease and dysfunction in the body. Be sure to get your sunlight at the right time of day (usually morning or evening, not mid-day), and in amounts that are in accordance with your genetic needs.

Clean air is an obvious necessity that many of us are not getting enough of. If you are not living in an environment richly supplied with fresh air, you may need to get out into nature as often as possible, and use an air purifier in your home. And depending upon the climate you live in, you may need to use a humidifier or dehumidifier, especially when sleeping.

In addition... Being outdoors, especially when maintaining physical contact with the natural earth, has a significant effect on the electrons in the body, and can help reduce pain & inflammation.

And we all should know by now the importance of drinking plenty of high quality water every day, beginning first thing in the morning. Ideally, water should be free of chlorine and contaminants, fluoride, and other inorganic compounds and minerals. But it should also not be stripped of necessary organic minerals, like distilled and reverse-osmosis water is. These minerals are necessary for absorption and alkalization, and may have to be supplemented by adding them to your water. Be aware that drinking too much water can dilute the minerals that are already present in your blood, which would not be good.

**Joy, Sensuality, & Chemistry:** Pleasure & playfulness, and having the "heart of a child", can be very freeing & healing to the mind, body, and spirit. Finding the right love and nurturing, and establishing healthy relationships with others are necessities in life, not just luxuries. Everyone needs to have people in their lives that they genuinely trust, and must have someone who is willing to be there for them. This "chemistry" occurs when we feel a magnetic quality to a relationship... when we are drawn to certain individuals for reasons that are beyond our conscious awareness. Sensuality simply is a pleasurable feeling emanating throughout the entire body that connects us to the natural world around us, and should not to be confused with sexuality. And it is important to understand that although pleasure is a main tool used in the healing process, it cannot take the place of genuine happiness.

## Health Interferences

There are three categories of health interferences... biochemistry, biomechanics, and psyche. The "blockages" within these categories determine how close, or far away, a person is to getting healthy... to opening his/her energy pathways and reaching the blissful state. This basically means that when an individual has a health problem, it is due to some restriction within one or more of these categories.

**Biochemistry:** Your biochemistry, or blood chemistry, basically is how clean & pH-balanced the fluids are around your cells, blood, and lymph. "Clean" means that they are sufficiently oxygenated & circulating, and free from excessive amounts of chemical or hormone residues, vaccine adjuvants, and other inflammatory agents. pH-balanced means the fluid surrounding the cells is slightly alkaline, and the body is free from systemic inflammation. But disease, low-grade infections, and consistently poor diet & sedentary lifestyle habits can cause these tissue fluids to thicken & stagnate, become pro-inflammatory, causing higher than normal pain sensitivities, and leading to weakness & dysfunction.

This also includes organ & tissue health. When certain organs or tissues have been damaged or have possibly been removed during surgery... this can have profound effects on the body. Make no mistake about it, you need every organ that you entered this life with. You may be able to "live" without certain ones, but there always is some negative side effect to the removal of a tissue or organ. However, if you have had organs removed, do not worry... It may just mean that you have to alter your diet & lifestyle to accommodate for any deficiencies.

Medications, diet, and exercise have a tremendous effect on the body's chemistry. The food and drinks that we consume, and how well we DIGEST & ASSIMILATE them, determine how successfully our cells are able to regenerate. Along with some medications (including birth control), they also affect brain health & mental wellbeing, hormone production and balance, and are directly related to nerve irritations & pain. Lack of exercise and excessive consumption of acid-forming foods or drugs can cause the tissue to oxidize and become inflamed, and lead to blood stasis.

Good health begins with consistent aerobic exercise, biochemical purification, blood building, and strengthening the integrity of the body's tissues & vessels. This means eating pure, natural, oxygenated foods and maintaining a balanced over-all body fluid pH. It may also be necessary to "cleanse" certain organ systems, or eat specific foods to pull chemical irritants from the tissue. These "superfoods" include sea greens, cereal grasses, animal fats & organs, herbal tonics, and other supplements.

**Biomechanics:** These issues are associated with the physical structure of the body... poor posture or gait, tight muscles, weak or misaligned joints, no sense of "center" or other structural imbalances, and scar tissue or adhesions from past physical traumas. The biomechanics of the body determine the overall flexibility, alignment, and natural flow of the physical structure. Flexible tendons, stable joints and proper alignment (including in the jaw, teeth, and bite) provide for balanced energy fields and flowing cranial rhythms.

Excess fibrous tissue growth (scars, adhesions, and other lesions & fascial restrictions) can be on the outside of the body or on the inside. They can be from injuries, accidents, burns, or surgeries (including plastic surgery, c-sections, breast implants, or simply from sedentary habits). The skin around your body is like a big envelope. Scars & adhesions are tight, bunched up tissue fibers that pull the envelope in certain directions, weakening & compromising the body's structure and function. They also may interfere with circulation and nerve flow, and can accumulate biochemical irritants.

External, and some internal, soft tissue lesions can be removed (broken down and re-aligned or "remodeled") with specific hands-on techniques. Certain foods & herbs, electronic devices, and natural applications may also be helpful.

Athletic training, physical & massage therapy, stretching, exercise, yoga, pilates, gyrotomics, water exercises, and hands-on manual & stretch therapies can be helpful ways to improve & maintain balanced biomechanics.

**Psyche:** Emotional tension is "held" in the structural muscles. This means that certain psychologically stressful situations from past emotionally traumatic experiences can be intimately associated with a particular tissue in the body if not yet properly dealt with. This type of tension may be experienced as pain, ticklishness, anxiety, fear, or other defensive response. It is often the root cause of many illnesses and bad habits, as well as some spiritual beliefs & dependencies.

During deep tissue bodywork, yoga, or other psycho-structural discipline it is common that these issues may surface. When they do, clients are encouraged to use the "sighing breath" to release, accept, and let go. If past traumas are too difficult to deal with on the treatment table, clients may be referred out to a mental health professional.

A final concept to understand is *epigenetics*, or the effect that environmental influences have on your genetic make-up. These are everything and anything that is within or around your physical and/or mental environment that may be causing imbalances that lead to disease or dysfunction, including your working & living conditions, EMF or other toxic exposures, the types of people that are around you, what you are eating & drinking everyday, and any deeply held negative beliefs.

Epigenetic factors are the main influences on genetic expression. Genes express themselves according to the mental or physical environment that surrounds them. Some genes are expressed via very simple environments, and others by more complex ones. Each of them has a protein "sleeve" surrounding it, covering it up until it is in a specific environment. At this moment, the sleeve is then pulled back, revealing the genetic code, which is then read by the body and put into expression. The key to not allowing "harmful" genes from expressing themselves is to keep them within the right environment according to your ancestral heritage, preventing the harmful genetic code from being exposed. This environment we are talking about here is both physical *and mental*.

Understanding your genetic heritage... the cultural aspects, the environment you evolved from, the diet & lifestyle your ancestors were used to, etc all will be important for you to discover in order to create a healthy environment & life today.

## Health Fundamentals Checklist

- Autonomic Balance
- Self Discipline
- Purpose In Life
- Spiritual Resource
- Sleep
- Exercise
- Flexibility
- Nutrition
- Sunlight
- Nature
- Clean Air
- Clean Water
- Joy
- Sensuality
- Chemistry