

# Mind-Body Balance

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Mind-body balance is when the main control centers of the body are in resonance with the physical environment around it... not over-powering it. If the body is imbalanced it can override any external or internal stimuli, which will not allow it to freely command it's cellular actions toward optimal health. This also will prevent the individual from being able to accurately interpret any subtle messages & guidances from the world around him/her, which leads to distorted beliefs and poor decisions. Basic mind-body balance must be restored if the person wants to ensure him/her self the best possible health, mental perspectives, and wise actions in life.

Aside from the normal day-to-day stresses that commonly throw people off balance, there are deeper, more unconscious ones that can take control of our lives. These mind-body imbalances may originate from many different sources. Whether it is from excessive athletic activity growing up, a serious accident, injury, or surgery, from some form of abuse, or simply from continuous daily cycles of debilitating psychological stress... somewhere along the line there can be a significant physical or emotional trauma that permanently effects the body-mind, preventing the person from living & feeling life in a balanced manner.

Mind-body balance consists of two things... balanced *Somatic Sensitivity* and a balanced *Autonomic Nervous System*. Somatic sensitivity is the ability to feel the sensations within and around one's own body. Some people are too sensitive in their bodies (**hypersensitive**), and others are not sensitive enough (**hyposensitive**). The Autonomic nervous system (ANS) is the part of the central nervous system (brain & spinal cord) that is the basic control center for the entire body. *Autonomic balance* means that 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. In order for optimal mental and physical health to be achieved, balance in both of these **MUST** be established first.

Now, it is possible for a person to be perfectly connected to his/her body, yet still be imbalanced in the ANS. Likewise, some people are completely balanced in the nervous system, but still very disconnected from the body. Before a person can truly go any further in the quest for optimal health, balance in both of these must first be achieved. After this, the individual may begin to seek out the things in life that truly turn him/her on, and let go of those that do not.

A balanced level of somatic sensitivity is a healthy level of awareness, or “connection” to the body... a proper amount of “mind” or “God” within the tissue. If you want to prevent injury or illness from occurring, or if you want to heal a specific area of the body, you must first put a sufficient amount of your mind, your attention, your love, and your acceptance into it. One of the things I tell my spiritual clients who have developed chronic health issues is in that particular area of the body (where the disease has developed) they are lacking “God”.

Hypo-sensitive people are dulled in their senses, and lack body awareness and feeling. They tend to live lives of excess or yang, leading to chronic issues such as weight gain, diabetes, high blood pressure, alcoholism, too much greasy or salty foods, etc. These people tend to bloat, constipate, and feel lethargic. The hyper-sensitive types are overly-sensitive, and are hyper-aware of their bodies and their surroundings. They tend to live lives of internalization or yin. This lifestyle leads to chronic emotional/psychological issues, skin sensitivities, allergies, diarrhea, etc. People with balanced nervous systems have a mentally and physically balanced level of awareness and sensitivity within their bodies and their surroundings.

To balance the nervous system of the hypo-sensitive types it is usually a matter of “taking away” the excesses of their lifestyle. We may begin with a more simple, yin (cooling & raw), vegetarian diet, and then start making lifestyle changes that help the person to become more sensitive to his/her body and surroundings.

To balance the nervous system of the hyper-sensitive types, it is a matter of “building up” of their tissues and mental tolerances, creating more psycho-physical insulation in their lives. Physically, adding more protein and fat to their diets... mentally challenging their ability to withstand daily psychological stressors (“hardening” as the psychologists call it), and helping them to develop a permanent level of relaxation and trust within their emotional core.

So in order to achieve a balanced level of somatic sensitivity, we must get properly connected within the mental aspect of the body tissues. If you are aware of your body sensations, this will help to ensure that you are able to be aware of the health of your tissue, organs, body systems, and energy levels... as well as the best aspects of life. *To be connected to your body is to be connected to your life.*

The ANS consists of the Sympathetic branch (fight, flight, or freeze) and Parasympathetic branch (relaxation, reproduction, and rejuvenation). The body is designed to function optimally when it is more in the Parasympathetic mode, and should only allow its Sympathetic actions to dominate when it is in danger. However, it is very common these days for people to be imbalanced in this part of the nervous system... unfortunately to the point that many people 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*.

Furthermore, the adrenal glands may be depleted. Either one of these nervous system conditions can cause the adrenal glands to get fatigued, and eventually exhausted. It will be extremely difficult, if not impossible, to heal efficiently from any disease or injury unless the adrenals are somewhat regenerated first. There is not much we as holistic practitioners can do for a patient with weak adrenals. The building of the adrenals **MUST** be sufficiently achieved before we can move on to more significant treatment stages, which may include rest, nutrition, and lifestyle changes. This will ensure the chi (energy) levels are up enough for the body processes to be working properly. We cannot open up & release any restricted chi in the body if the overall chi levels are too low for the rest of the body to handle it... It simply will fatigue the patient too much. The adrenals are the basic battery pack, the initial source of all “drive” in the body. They must be nurtured throughout life if the patient wants to live a long & prosperous life, and they must be regenerated enough before moving on to deeper energetic work.



There are several simple tests that a qualified practitioner can do to assess mind-body balance, including hands-on (manual) tests for somatic sensitivity & awareness, observing the client's ability to relax, and observation of the clients eyes, face, posture, walking patters, etc. If further investigation is required, we may ask questions about lifestyle habits, diet, and sleeping patterns.

A basic mind-body test should be done at the beginning of every holistic session to determine just how connected and balanced the client is. Any person who does not pass this initial test IS NOT a viable candidate for natural healing modalities. Most holistic treatments will be a waste of time, energy, and money if the patient does not meet these basic requirements. Why? Because in order for these types of treatments to work (naturopathy, homeopathy, herbology, acupuncture, energywork, etc) the patient must be relaxed enough in the nervous system and strong enough in the endocrine system for the treatment to be effectively assimilated by the cells & organs. THIS is one of the main reasons why most holistic therapies are not respected by the mainstream medical community. And THIS is why the studies that have been done on holistic treatments do not accurately reflect the true potential of alternative medicine. The studies do not take into account each patient's level of mind-body balance. The truth is that if you tested natural treatments exclusively on balanced patients only, you would have drastically different results.