What REALLY Heals a Sick HSP or Empath?

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Healing for empaths may be a little different than healing for those who DON’T absorb and imprint other’s emotional states! Yes, we hurt, bleed, and get sick just like everyone else, BUT we also hold onto the illness of others, often without realizing any separation of what’s their’s from what’s “mine”. So, the question remains HOW do we heal ourselves at the cellular level without magic?

The answer begins in how we take care of our physical bodies! Think of that emergency oxygen mask that drops down from the ceiling and all you have to do is put it over your mouth and nose breathing deeply. Taking care of your body is actually that oxygen mask. It’s as simple as beginning with the foods you eat and how much sleep you allow yourself.

To begin at the beginning, we need a healthy human body that keeps our limbic (primitive brain) fight/flight/freeze responses to fear and stress functioning in direct response to real threats. Living in the fear state, our minds and bodies are saturated with survival response hormones like cortisol and adrenalin. When we run or turn and fight, they burn up and are expelled from your body, BUT when triggered and not used, you will notice prolonged stronger reactions to noises, light, peripheral vision is more acute... all of your senses are ramped up... on high alert all the time. Unused survival hormones focus blood flow to your muscles not your brain or stomache. The result is chronic pain, inflammation, depriving your brain, and your gut of the blood flow needed to think clearly, and digest food. Unused, excess fight or flight hormones cause disease-like symptoms when stored in the body from prolonged trauma reactions.

Prolonged production of cortisol saturates and damages your brain’s survival mechanism getting it stuck in the ON setting. This is part of what makes empaths sick, immune deficient, exhausted, messed up blood sugar, emotionally depleted, and lost in the ability to get themselves well.

**Solutions**

1. **Meditate:** reset your hippocampus (cortisol producer, memory builder) using your body’s own vibrational frequencies to fool this reactive brain center into relaxing and healing itself manufacturing dopamine, seratonin, oxytocin, etc.
2. **Sleep:** 8 hours of sleep in a 24 hour day. Proactively change your sleep pattern by scheduling earlier bedtime, use a sleeping mask to darken the room, don’t watch TV or use screens before going to sleep and don’t eat or drink sugary or caffeine foods before bedtime. Keep a sleep journal... in the morning note the approximate time you drifted off. *Note* if you fall asleep quickly or not. *Note* how many times you woke in the night. *Note* if you dreamed. Patterns help us and our doctors to discover where we are broken.
3. **Diet:** critical to physical and mental health including aging without losing mental sharpness. Use the *carbohydrate* (sugar):*protein (meats/legumes): fat* (*oily foods*) ratios the human body NEEDS to function efficiently to heal yourself every time you eat.
   1. **Fact** **Protein:** we need straight up protein with every meal... NOT a hotdog with all the fixin’s! Protein provide essential amino acids necessary to build neurotransmitters create dopamine, seratonin, oxytocin, etc. that define our moods... Protein (meats or vegan) also builds muscle, bone, blood AND neurotransmitters.
   2. **Fact** **Fats:** Omega-9 oils, fatty fish like salmon, some nuts like walnuts and sunflowers seeds. We need healthy fats to maintain cellular membrane, not just in our body, but to keep our BRAIN neuron networks firing efficiently, to keep our heart muscle pumping with strong regular electrical rhythms, and so much more. Do your research!
      1. The brain is 60% FAT! You need good fats in your body to maintain brain function. The fat-starved brain signals a survival alert turning on fight/flight/freeze mechanisms pushing you into anxiety produced cortisol and adrenalin... and we all know what happens next!
   3. **Fact** **Carbohydrates** (not bread or pasta, or sugary foods) convert to healthy sugars that fuel the body. Healthy carbs are bright colours berries (antioxidants), red beans, deep green veggies, red wine, green/black teas, unsweetened and dark chocolate, etc.
   4. **Exercise:** 4 brisk walks per week, stretching exercises morning and night, take the stairs, simple move-your body regularly activities. Dance the afternoon away some days...

When we empaths take care of our bodies, our bodies will take care of us. This is a lot to take in, and very different from my usual more spiritual shares on being an empath. In all my coaching sessions we examine all aspects including the health and wellbeing of each person as they embrace empath empowerment.

We are more than our emotions, we need to consider AND protect the body that houses our essence.