

Believe you're healthy?then so be it!

Mindset is directly connected to health. If you believe you are healthy, the immune system eavesdrops on, and then responds to support your belief. Of course, the same is true if you believe you are not healthy. Exploring and re-creating our thoughts and especially our beliefs is crucial to good health. Many forms of Energy Medicine: meditation, Qi Gong, Reiki, Consegurity Therapy, to name a few, have shown to have a positive impact on health. How? One important effect they seem to have is slowing down the thinking and head chatter. When this happens we can more easily get in touch with how we are thinking and begin to explore our beliefs. Some therapies do this directly as part of their technique, questioning our present condition and how we see ourselves as having arrived here.

So, does this mean a diet of junk food could be healthy? Well, no. Or that we don't need supplements? No, it doesn't mean that either. Balance or "middle of the road" is key to both of these considerations. Get to know what foods would be comfortable in your belief as healthy. Moderation works! Encourage yourself to eat your best most of the time and then allow for occasional treats. You decide how often and what foods fit in your occasional category and then allow yourself to enjoy them. See them as part of your overall healthy diet – instead of as cheating or eating poorly, remember, your body is listening! A constant diet of "occasional" foods will upset the balance in any body and create uphill battles with belief...the immune system... and then your health.

Supplements are certainly important to accompany our foods to give us nutrients not abundant in our foods. They also help to re-balance where your health is challenged. At this point, the idea of genetics may have crossed your mind. "My family history has diabetes and so I'm predisposed to that condition." This is a belief, a mindset. Consider that by changing your mind, you can create a change in your physiology. People like Deepak Chopra, Carolyn Myss, Lousie Hay, and Andrew Weil have researched and written about this. Practicing energy therapy techniques or just relaxing hobbies such as walking, painting, etc. can start you on the way to re-creating your beliefs and your health. Then create a way of eating and supplementation that supports your healthy beliefs.