

Take Care of Yourself!

When we begin our journey into healing we are faced with many decisions. We question things such as what foods to eat, what supplements will help support our goals, who the best practitioners to work with are, and what exercises we would most benefit from. We may start to get answers by talking to others who have already taken steps along their paths to wellness. But wellness doesn't just mean healing our bodies, it means working on our mental/emotional/spiritual selves as well. Every time we work on one part of our being, whether it's our body, mind, or spirit, our bodies go through change.

One of the most important things to remember as you walk your path is to tune into your body and listen to what it needs. When you have been working hard on healing yourself, you are moving forward at a rapid pace. Your body is adjusting day and night and requires conscious cooperation on your part to help it. If you are tired, your body may be telling you it needs more rest. If you have been craving a particular food, perhaps your body is telling you it needs the nutrition that food offers. Try not to put judgment on it. Science has found that even chocolate, which we have put such a negative connotation on, has positive effects on our health. As with anything in life, use common sense with your diet. We can become just as much out of balance by strictly eating only the "right" foods as we can by eating only the "wrong" foods.

Be kind to your body and spirit by honoring what both need while you are working your way to good health. Don't feel guilty about taking a nap during the day if you become tired and can take the time to rest. If you're drawn to a piece of cake, maybe your spirit needs the lift a special treat will offer it! Let the housework go or do just a few necessary tasks if your body is telling you that you need to rest and recover from a particularly demanding week.

If you've been through a challenging growth spurt physically, emotionally, or spiritually, your body is working hard flushing out toxins, emotions and change. Listen to your body, respect it's wisdom, and follow through in what it needs. The more you do this, the more you will be in touch with your own inner wisdom, receiving support to live a fuller, healthier and ultimately more fulfilling life.