

## The Connection to Better Health

One of the most important concepts to come out of the search for good health over recent years is the understanding that health is more than getting a prescription filled when we don't feel well. We used to think that if we were ill, all we needed to do was go to the doctor, and whatever the problem was would be his or her responsibility to fix. Often we are given medication, and while medication may be a necessary step, we've come to realize that there is more to getting well than depending on a dose of penicillin or aspirin. We've learned that more often than not, we need to look at our thoughts and see how they affect us, that our minds play an important role in our total healing process. How we think does affect the health of our bodies. Living under constant stress without taking positive steps to deal with it, can lead to eventual breakdown in our bodies and spirits, weakening our immune systems so that disease can step in. That is why so many practitioners today encourage us to ask ourselves what is going on with our lives that may have some bearing on how we're feeling health-wise.

We used to think that taking time for ourselves amid our busy days to have fun, walk, meditate, play a round of golf, or any activity that relaxed us was somehow wrong and a waste of our precious time. But we now know that it is a very important part of recovering and maintaining our good health. We can try to fool ourselves into thinking we're okay without it, but our inner knowing – our innate – cannot be fooled. So we come down with flues or other diseases as a signal that perhaps we need to take a look at something in our lives that need adjusting to get us back on track.

We are not just human beings made of flesh and blood; we are our thoughts and spirits joined together with our bodies in this experience we call life. What affects one part of our selves affects the whole. When we feel relaxed in mind, our bodies react likewise; when our bodies are relaxed, it affects our minds, the connection is immutable.

How fortunate we are to be living during these times when we have finally realized that healing is a process of bringing together all the aspects of who we are: body, mind and spirit.