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a barton publication

The Mystery of Emotions and Illness

Dangerously Sweet: High Fructose Corn Syrup And Diabetes

Meditation as a Strong Wellness Tool

Want to Stop Stress Eating?

Home Cures That Work

How we talk about emotions and disease has changed in the course of history. Perceptive observers have regularly returned to the study of the interactions of body and mind in medicine. Research that explores the connections between the nervous, endocrine, and immune systems confirm that emotions influence the onset and course of disease, and also show how this interaction works. Dr. Saunders highlights achievements and turning points leading to a promising future of integrative medicine based on mind-body treatments in all aspects of care.

If you feel like stress eating, it's important to recognize that this is a real cue from your body. The urge is real. And it serves a purpose. Once you learn the difference between hunger and appetite, you will realize you are hungry for better habits.

If you crave something sweet, high fructose corn syrup (HFCS) is many times sweeter than regular corn syrup. It's also very cheap, making it an attractive ingredient for food manufacturers. Unfortunately, it wreaks havoc on the metabolism and a lot of it proceeds straight to fat stores. Today HFCS consumption is on the rise, right alongside rising statistics for obesity and other sugar-related maladies like type 2 diabetes. You can systematically reverse-engineer the damage HFCS is doing to your body by simply making better choices, as those listed in this issue.

Just as you train your body, it is also important to train your mind. Meditation is a powerful tool you can use to become more aware, compassionate, and focused – in as little as a few minutes a day to active your natural healing systems.

This issue of Home Cures That Work digs into the power of food and lifestyle practices like meditation and emotional well-being to positively affect our biology. Dr. Saunders looks exactly the same as he when we met about 15 years ago and is as sharp as ever. I'm excited to share how he leverages all these area in his own life to age so well.,…so you can, too!

For your health,

Cheryl Ravey, Editor
Home Cures That Work

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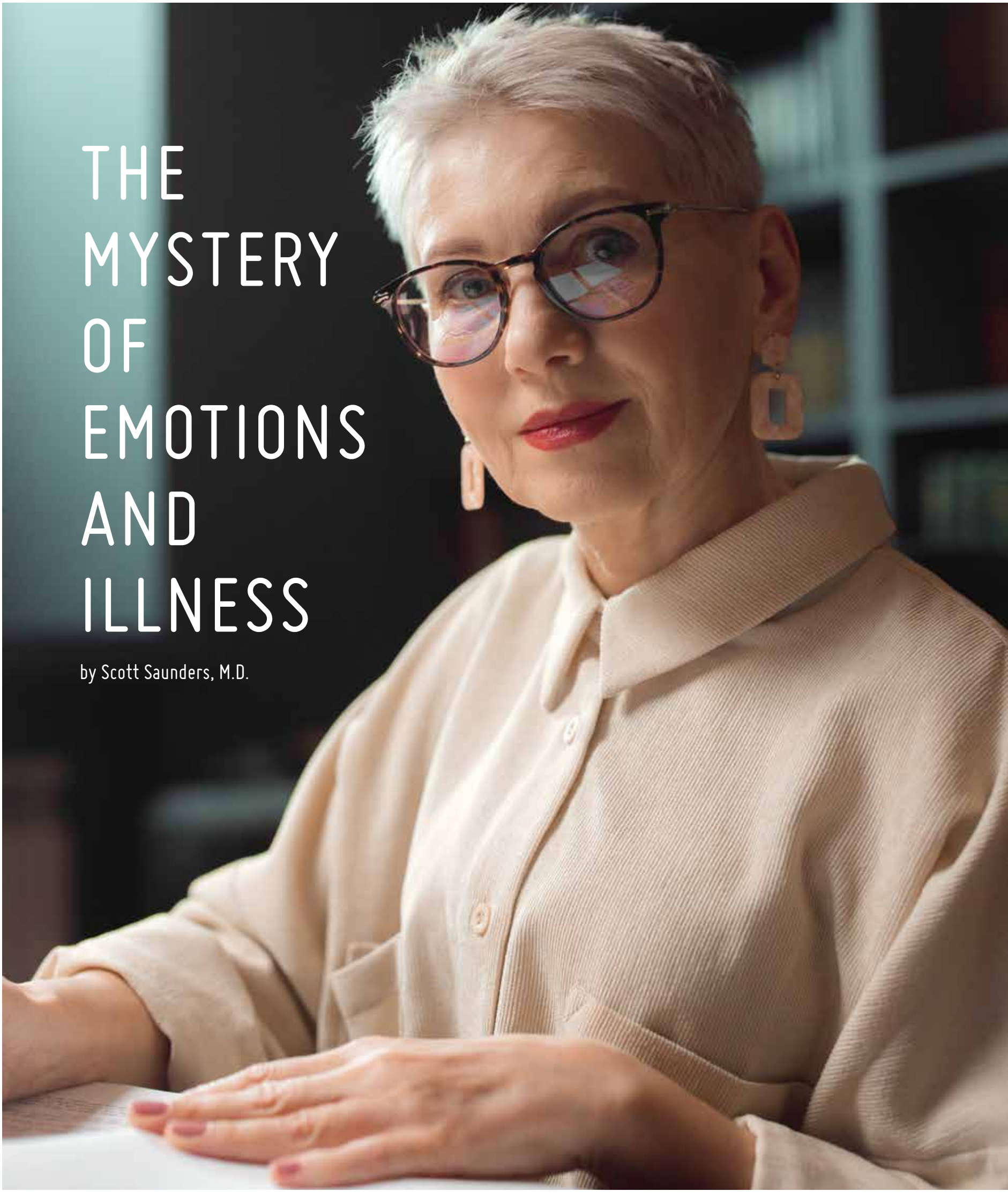
THE MYSTERY OF EMOTIONS AND ILLNESS

by Scott Saunders, M.D.



A few years ago, a friend, Greg, and I were talking at a park where we were having a picnic. He complained that his right shoulder had been painful for over a year. Nothing helped. He took medications and went to physical therapy. He even went to an orthopedic surgeon, who told him he had a rotator cuff tear. However, there was no injury. The shoulder just started hurting. It gets better, then worse, and doesn't ever go away. He was driving for Uber and had a hard time turning left because he couldn't lift his right shoulder. That movement induced more pain. He mostly wanted to avoid surgery at all costs. But he wondered why he had so much pain and what he could do about it, besides an operation.

The shoulder is a common issue with many people. They live with chronic pain until they can't function in some way.

- "I can't carry my grandchild."
- "It's painful to clean the house."
- "I can't do my work."
- Or "Even getting dressed hurts!"

They then go to an orthopedic surgeon who orders an MRI scan which shows one or more tendons with tears.

A shoulder joint is not a "ball and socket" like a hip. The body side has a "fossa" which is a little one-inch diameter cupped bone. The arm side is a ball, allowing this amazing joint to move more than 360 degrees! The shoulder joint is one of the most mobile in the body, at the expense of stability.

There are ligaments surrounding it to generally hold it in place. But a group of five tendons called the "rotator cuff" attach to muscles on the arm and body to pull the arm into the body with each type of movement. Without those tendons and ligaments, the shoulder would literally just fall out of its socket. A "rotator cuff tear" is when one or more of those tendons tears. Usually it is a partial tear, but sometimes the tendon can be completely ruptured, requiring surgical repair.

The big question is, how does this happen? The shoulder can handle a great deal of stress. Gram for gram tendons are stronger than steel cables.[1] People can lift over a thousand pounds without any noticeable damage to the rotator cuff. You might work out at a gym and repeatedly lift hundreds of pounds and never create a tear. How can a person who does no significant physical activity, just driving a car, have tears in the rotator cuff? This is a mystery to solve!

Part of the answer is "blood flow." Tissues don't repair with limited blood flow. We use our bodies all day long and "damage" our tissues. Lifting a heavy weight causes tendons or muscle cells to tear, and walking causes our bones to get tiny micro-fractures from stress. Then, every night as we sleep, the body goes into "anabolic mode" which repairs all the damage done during the day. If there is a part of the body that isn't getting good blood flow, that part will not repair. The next day we do more damage, but the next night it isn't repaired. The amount of damage done on a daily basis is probably only detectable on a microscopic level. But over time, day in and day out, over years, it can be significant, causing ruptures of tendons in the shoulder, wearing away the cartilage in the hips or knees, or "stress fractures" of the foot and ankle.

The next question in this mystery is why? Why is there limited blood flow? What causes that to happen?

Your entire body controls blood flow every minute.[2] The autonomic nervous system has total control over every inch of your body, except the brain (that's a fascinating topic for another discussion). This allows increased blood flow to the areas that need more, and scales back blood flow to areas that need less.

Some simple examples that everyone experiences are, for example, when your hands turn white and cold while you play in the snow. The autonomic nervous system is conserving heat for the body, so it turns off blood flow to the hands. When it happens to people who aren't in the snow, it's called "Raynaud's Phenomenon." This is when a finger will just turn blue, or white because the blood flow is randomly shut off. It can be painful if the blood doesn't start flowing after a short time. There are even cases of the autonomic nervous system completely turning off the blood long enough to cause necrosis, or cell death, which requires amputation of a finger, or the entire hand![3]

You have experienced the autonomic nervous system when you get embarrassed, and you feel your face getting hot because the blood vessels dilate in your cheeks – that's an autonomic response to an emotional trigger. Also, if you have felt you're your heart racing from fear, that's the autonomic nervous system telling the heart to increase flow to the brain. Sometimes people under stress may have a heart attack or chest pain, called "Prinz metal's Angina" which is a risk for cardiac death.[4] Blood flow is so important because every cell in the body requires a constant supply of oxygen and nutrients. Without that, no part can survive.

The next level of the mystery is why only specific parts of the body get their blood supply cut off. It seems odd that one part of the body can get limited blood flow

while the rest remains perfectly fine. Why do people with Prinz metal's Angina get a heart attack from distressing news? Why does the autonomic nervous system limit the blood flow to one shoulder for weeks, months or years, causing rotator cuff injuries? Why does the same thing happen to only one knee, or hip, or just the lower back, causing chronic pain and damage? If my mind, my brain, my consciousness isn't in control, then what is?

The answers require us to understand what controls the autonomic nervous system. The autonomic nervous system is partially controlled in the "reptilian brain," or the emotional brain.[5] We don't have any direct or conscious control over our blood flow, it's done automatically, and there is a great deal of input from the emotions. For example, the stress hormones, adrenaline and norepinephrine, cause constriction of blood vessels, but it is mostly the emotional brain, through the parasympathetic nerves, that determines where that constriction happens.

Now, back to Greg. He was curious as to the reason that only the right shoulder was having pain. Since we knew there was emotional input, we went online and looked up some ideas that others have had about emotional causes right shoulder pain. We found several websites that mostly base their ideas on books by Louise Hay.[6] The right side of the body often represents the masculine, or the power, side. Shoulder pain seems to come from unacknowledged loss, or grief. I asked him if that applied to his pain, and his eyes got big. "Loss of power!? Oh my gosh! That is so freaky! Over a year ago I lost my job as a warehouse manager, and I have not been able to find anything since! I am driving for Uber, but that hardly pays the bills, so my wife is supporting the family. That's exactly what's happening! What do I do?"

"Get a job!" I quipped.

Emotions are powerful to the body because they control all the things we don't consciously monitor. I'm so glad I don't need to think about every breath to control my oxygen, or every heartbeat to control my blood pressure. However, this leaves much of our function in control of our emotions. Like when you get up in front of an audience to speak and wish you could control your racing heart. It would also be nice to be able to control the blood flow to someplace that is lacking, like during a heart attack. There are those who have general control such as yogis in India who sit out in the snow in the Himalayas with only a robe, and the snow around them is all melted. Wim Hof has a program to control the autonomic nervous system. He holds the record for swimming under ice in a Speedo! :/ He also was able to maintain his pressure when given an injection of endotoxin, which usually causes cardiovascular collapse and death.[7]However, this general control does not mean there is specific control to improve blood flow to a joint, muscle, or tissue.

I saw Greg only a couple weeks later and he was ecstatic! He shot his right hand high in the air and exclaimed, "Look! No pain! I can't believe I lived with it for so long!" Of course, I was curious, so I asked, "What happened?"

"It was amazing! The day after we talked, I ran into Sally, a bookkeeper. She just got a job with an accounting firm, but she had a lot of private clients and didn't have anyone to take care of them. I know bookkeeping, so I got certified in Quickbooks and took over her clients. Within one week my shoulder pain was completely gone!"

With that testimonial, I started thinking about my own situation. As I was driving home, I recognized my left shoulder still hurt. It had been months. I had to adjust to the pain by changing the way I did things, such as putting my shirts on with the left sleeve first so I could reach behind with the right or using my right hand to take my robe off the hook in the bathroom. Anything that required reaching up or back had to be done with my right hand because my left shoulder hurt too much to do anything above eye level. I started thinking about shoulder pain being caused by "loss, or grief." Left side represents "feminine, or support." So, did I have a loss of support, or some feminine loss? I started thinking. I certainly needed support for my business, I had lost my office manager, a woman who moved to Oregon to be with her boyfriend. I continued to think about it. Recently, my last child, my only daughter, went off to college, and I missed her. Hmmm. I was divorced for five years, and that certainly was a loss. I got re-married, but my wife was not able to stay with me in California, so she moved back to her house in Utah, and I was flying there every other weekend to be with her. Most of the time I was alone at home. I felt the pain with that one. That was it! That was a big loss to me! All the other losses were hard, but this was the one I was grieving; this was causing internal anger that I was trying to cover up. So, I had to figure out how to deal with this problem. Either she had to move to California, or I would go to Utah, but neither of these were possible because of logistical problems. During this time, I happened to be reading a book in which there was an off-handed comment that, "No matter how many friends or family we have, we all need to deal with the fact that we are alone." This struck me. I needed to come to terms with my loneliness. I started going to a psychologist for counseling on the subject, and though I still had a long way to go, my left shoulder pain was gone in a week. I was as amazed as Greg. After suffering for so long, hoping it would just go away, it did, miraculously! I didn't need

surgery, I just needed to acknowledge my emotions.

Other stories I have read, including the research and work of Dr. John Sarno, MD[8], have noted that acknowledging the loss, grief, emotional pain, anger, frustration, rage, weakness, or insecurities is often sufficient to make the pain go away. Dr. Sarno says it's like your brain is using the pain to tell you that something is wrong that you aren't aware of, or maybe to distract you from the emotional pain. Once acknowledging the emotion, there is no longer any need to distract you or to tell you something is wrong, so the pain just magically disappears as the blood flow returns to normal by the autonomic nervous system and the tissues repair.

Since then, I have read much about emotions and illness, trying these techniques on many patients, and some have responded. I have seen people with chronic debilitating back pain get off all medications and be pain-free, cancer disappear, cartilage in a knee grow back, Lyme disease cured, and other such miracles. The body has internal mechanisms to heal, and it will, if the way is opened, blood flow restored, and immune function returned. There is a wide variety of illnesses that may be reversed, including:

- Cancer
- Heart disease
- Back, neck, or other pain
- Arthritis
- Fibromyalgia
- Obesity
- Diabetes
- Fatigue
- Sleep issues
- High blood pressure

When we have emotional issues, it causes physical problems. These can be treated in a physical way, such as surgery to remove a cancer, or to repair a tendon. We also use biochemistry to treat emotional disease such as drugs for depression, anxiety, hypertension, or chronic pain. Those who have taken opiates for emotional pain find it works, but only for a few hours. This is true with all medications. That blood pressure medication only works for a few hours, then you need another. It's like an addiction. Going to an "integrative physician" will get you a "deficiency" diagnosis and treatment with supplements that you may work for a time. Going to a chiropractor might relieve it temporarily. Acupuncture may do the same. The point is if you don't find the root cause first, any treatment may be just temporary.

This is NOT to say that all illness is emotional. If Greg had a skiing accident and damaged the tendons in his rotator cuff, his treatment would certainly have been very different. People also have infections, toxicities, and deficiencies that cause biochemical illness that must be treated with biochemistry. Antibiotics are just as miraculous for infections. Nutrients miraculously cure deficiency diseases. I had a young man with schizophrenia who was cured with vitamin B12 shots. A broken arm needs a splint. It is often a good idea to surgically remove a tumor. There is not one treatment for every illness. That's why it is so important to look for the root cause of illness before initiating treatment.

The key is to be curious, like Dr. Ryke Hamer, an oncologist in Germany who was "perfectly healthy" when he was diagnosed with testicular cancer. Though he knew how to treat testicular cancer with chemotherapy, he was curious that this should follow on the heels of the death of his son. After grief counseling, and without any other treatment, his testicular cancer disappeared.[9] To be curious is to ask the question, "could I have some unacknowledged emotion that brings this on?"

There is one more essential issue in this mystery. Why do so many people continue to have pain or illness after they have surgery or medications? Those who have shoulder surgery for a rotator cuff tear don't heal well and remain in pain if they don't restore normal blood flow. Likewise, I have known people to have four, five, or even six back surgeries, and still be in pain. In the nursing home I had people with lists of over twenty drugs, and they were still miserable.

When I worked at the emergency department at UCLA there was a ten-year-old boy who came in with a broken arm. The odd thing was that his chart showed a broken bone on the same day each year for the past three years. The first was an ankle in a skateboard accident, the next year he got hit by a bus and broke a rib, and this year he fell out of a tree and broke both his radius and ulna. In questioning his father, we found out the child's mother had died on that date when he was five years old. Three years later, on that date he had the skateboard accident. How does that happen? Does a nine-year old boy wake up in the morning and say, "today is the anniversary of my mom's death; I think I'll step in front of a bus!"? These things are emotional, and not part of our conscious awareness.

Even after repairing a physical or biochemical cause, we still must look for emotions underlying the illness. Many illnesses, infections, injuries, and pain might have underlying emotional causes. Why do some people never catch the flu, or get injured, or have arthritis? We like

to look at things outside of our control such as bacteria, viruses, immune function, nutrient deficiencies, or toxicities, but those may be only part of the picture. The immune system is also controlled very specifically by the emotional brain. If the emotions aren't acknowledged, the pain, illness, or even injuries may persist or recur.

The big question on your mind is the final piece of the mystery: How do I apply this to me? If I have back pain, how am I going to look for underlying emotional causes? This is a big dilemma, because no two people are exactly alike. You must find what fits you. Looking in the resources above might be helpful, but there is no one answer. It is a process. It is searching. Use your curiosity to find the underlying cause.

Don't be like the doctor and just ask what is happening, instead ask why. Consider the mystery of why your pain came up. I can tell you right now that it wasn't because you ate the wrong thing, took the wrong pill, walked up too many stairs, sat at a keyboard too long, or moved that heavy dresser. Those may be inciting events, but still are not the underlying cause. I've heard those stories thousands of times.

When I ha an urgent care, I had many come in for "work injuries" who were not even curious as to why they hated their work.

Be curious. Consider all possibilities. Be brave. Dig deep. Search for answers in every corner.

You may need help from a good therapist or psychologist. Tell them exactly what you are looking for, "I'm curious why my neck started hurting with no injuries!" Sometimes it comes from childhood trauma that you couldn't control and would rather not remember.

Get help. Solve the mystery.

The amazing connection between the emotions and the body is more riveting than any mystery novel or movie. The greatest mystery of all is your unique story.

Like Greg and me, your curiosity of your own illness just may lead to the discovery of yourself.

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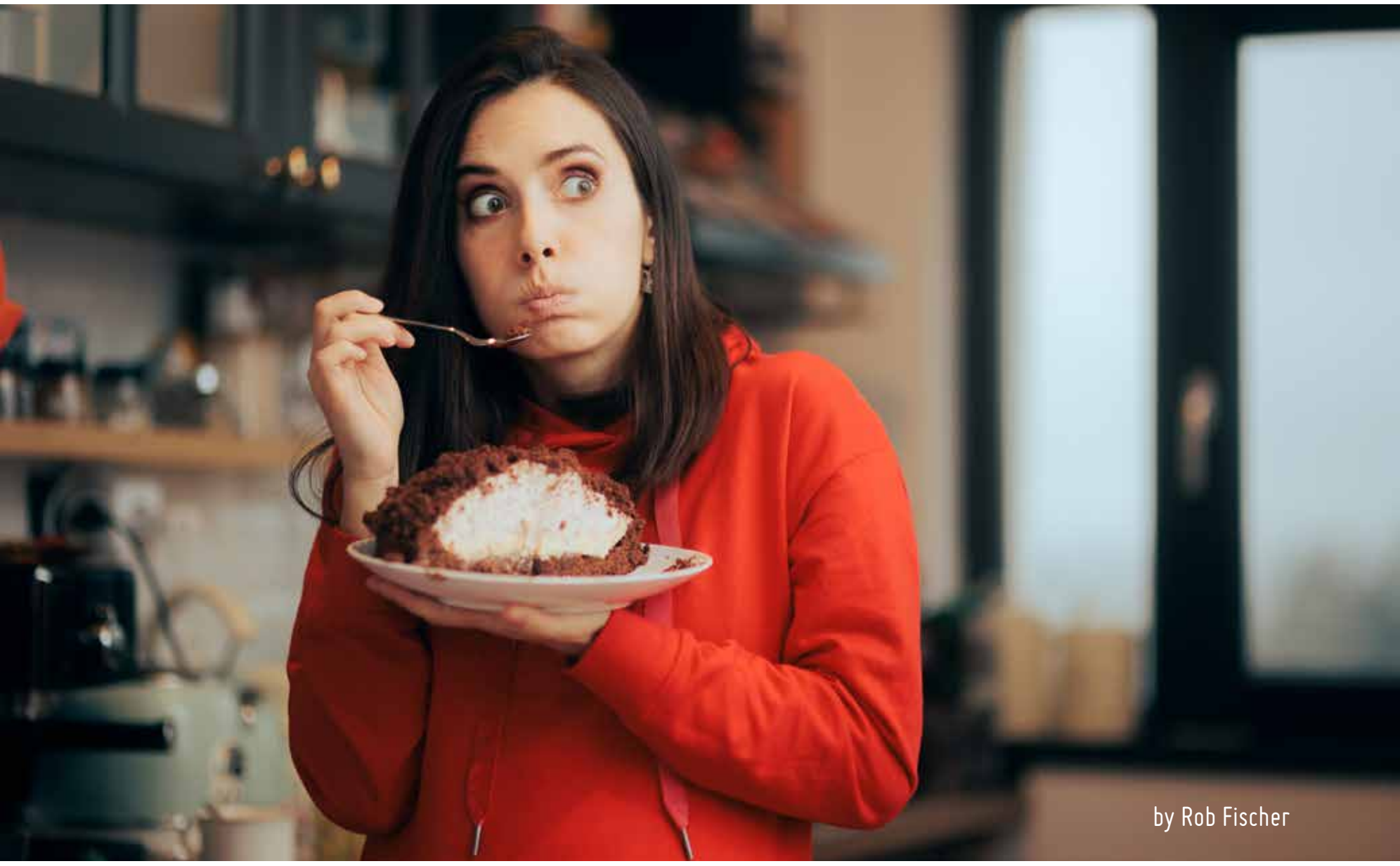
Want to Stop Stress Eating?



by Rob Fischer

Understand the Power of Hunger vs. Appetite

John Pinette, the late comedian, quipped, “Every pizza is a personal pizza if you try hard and believe in yourself.” And Kevin James adds, “There’s no better feeling in the world than a warm pizza box on your lap.”

One thing is for sure, we Americans are obsessed with food! According to the site, ListChallenges.com, about 100 TV cooking shows travel the airways to whet our appetites.[1]

Unquestionably, good food is vital for our physical, psychological, emotional and social well-being. Nothing like food brings people together and nothing like food nourishes the body. We need food.

But our obsession with food has turned on us, making us fat. Fast-food and convenience-foods high in sugar, high in saturated fats, and low in nutrition have added to our problem.

As a result, the weight-loss industry boasts bulging revenues to the tune of $20 billion per year.[2] Now, multiply that figure times 10 to yield the estimated annual medical costs in the US due to obesity.[3] In a very real way, we pay for our food three times, and each time gets progressively more expensive. We pay first at the grocery store or restaurant, then for the diet, and finally for the doctor.

We pay for our food three times. We pay first at the grocery store or restaurant, then for the diet, and finally for the doctor. Click to Tweet.

We seem to be having trouble distinguishing between hunger and appetite and it's getting the best of us. Honestly, few of us reading this have ever experienced the gnawing pain of real hunger, but we've all been beguiled by our appetites. Consider the following contrasts between hunger and appetite:

- Hunger is eating to live; appetite is living to eat.
- Hunger may be stilled, but appetites are never satisfied.
- Hunger is biological; appetite is psychological.
- Hunger rises from need; appetite from desire.
- Hunger we satiate with food; appetite with our will.[4]
- We get into trouble when we mistake an appetite for hunger.

Our bodies are equipped with two hormones for regulating hunger: ghrelin and leptin. When the cells of our body sense the need for nutrients and energy, our stomach produces the hormone ghrelin. Ghrelin sends the message to the brain that we're hungry and need to eat in order to sustain our bodies.[5]

Ghrelin's counterpart is the hormone leptin. While ghrelin increases hunger, leptin decreases hunger. Leptin is manufactured primarily in fat cells and signals the brain, "Stop eating, thank you very much. We've got all the energy we need."[6]

But these hormones do not control our actions and we override them. For instance, if we were to fast for a day, chances are ghrelin would kick in sometime late morning and we would sense hunger. The fact is, however, we can choose to ignore that hormonal signal and continue to fast.

The same holds true with leptin--and this is the one that gets us in trouble. Somewhere along the line, we chose to ignore leptin's prompting to stop eating because we were full. We chose to eat anyway and eventually built a pattern of ignoring leptin's flashing yellow light.

We began to put on weight. With more fat cells in our body, we produced more leptin begging us to stop eating. But we continued to ignore its signals by yielding to our psychological appetites. With appetite it's not about giving our body the nourishment it actually needs, but merely about fulfilling that desire to eat more.[7]

Over time, as we've yielded to our appetites rather than leptin, our hormones get their signals crossed. We become resistant to leptin, so that it no longer tells us to stop eating and our brain may even think we're starving, when we're not.

The result is that we overeat. We snack when we're not hungry. We take large portions and clean the plate when half that amount would have sufficed.

Our resistance to leptin is also linked with insulin resistance, the determining factor in type 2 diabetes. When our diet consists of too much sugar (carbohydrates), our cells become saturated with sugar and resistant to insulin. Insulin causes us to store fat. Our fat makes more leptin, but due to leptin resistance, we mistake appetite for hunger and the vicious cycle continues.[8]

Fructose (as in, high fructose corn syrup) particularly contributes to both leptin and insulin resistance.[9] This serves as a sober reminder that it really does matter what we eat. If you find yourself in this situation and have been diagnosed with pre-diabetes or type 2 diabetes, our Diabetes Solution Kit provides you with a clear plan for addressing insulin resistance and too much insulin.

People like to blame their hormones for their problems, which they think relieves them of responsibility. "I can't help it. My problem is hormonal." But this is not the case with ghrelin and leptin. In fact, as I've already shown we've chosen to override our hormonal signals and that's what got us in trouble in the first place.

If we continue this pattern and yield to our appetites instead of reigning them in, our resistance to leptin and insulin can have very serious effects on our health. Obesity disrupts normal hunger signaling, so we cannot rely on the faulty message our brain is receiving from our confused hormones.[10] We need to recalibrate our appetite in order to reset our hormones.

Recalibrating our appetite

Have you ever been following your GPS to some destination in the car only to discover that due to some fluke or anomaly

it was giving you bad directions? That's what our hunger hormones ghrelin and leptin are doing when we're overweight. We can no longer trust them. We have to manually override their faulty signals by making wise choices in what, when and how much we eat.

How do we do that? We have to reestablish a baseline for healthy eating and follow it. Some of the elements of that healthy eating plan will include:

- Eating organic whole foods (meat, fish, vegetables, fruit, whole grains, nuts, seeds, etc.)
- Curbing our carbohydrates to reduce sugar intake
- Leveraging portion control as a way to limit calories
- Striving for a nutritious balance of great tasting foods
- Getting a good night's sleep and plenty of exercise
- Avoiding sweeteners and non-food additives

As simple as those 6 elements sound, actually creating a plan for easy execution can be a challenge. We have taken the guesswork out of all that for you in our Fat Loss Remedy resource. This resource provides you with the specifics on how to recalibrate your appetite, lose weight and gain back your health.

Another big key to recalibrating our appetites has to do with triggers and habits. Stop and think for a moment about when you eat—not for sustenance, but purely out of habit. For many people it's sitting in front of the TV, in the car, or at their desk. For others it's when they're bored, stressed, or with people.

Identify your triggers and habits so you can break their destructive pattern. Develop new, healthier habits and triggers to replace old ones. Stay with it! It usually takes a while for an old habit to die and a new one to fully replace it.

Learn to distinguish between hunger--the biological need for sustenance--and appetite--the psychological drive to eat. And when appetite tempts you, take charge and say, "No thank you."

Yogi Berra's remark, "You better cut the pizza in four pieces because I'm not hungry enough to eat six," may be humorous, but it's no way to live your life. Decide today to take control of your appetite and win back control of your health.

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DANGEROUSLY SWEET

High Fructose Corn Syrup and Diabetes

WHILE THOSE WITHIN the fructose industry lead us to believe high fructose corn syrup (HFCS) is like any other sugar we use (cue the bad commercials), there are many food and health professionals that strongly believe otherwise. Not to mention a 2012 study, published in the Journal of Global Health, has found that countries using high fructose corn syrup have 20% higher rate of diabetes than countries that don't. But, why is that?

While the Corn Refiners Association says that HFCS is healthy when consumed in moderation, just like table sugar, there is an important difference between the two: corn syrup does not turn off the appetite. In fact, it does quite the opposite.

For diabetics, HFCS does not stimulate insulin secretion or reduce ghrelin, the hormone that tells us we're hungry. Instead, fructose causes your uric acid levels to rise, which blocks insulin from storing the sugar for proper energy use. Basically, HFCS limits your body in its ability to metabolize food and regulate appetite. Thus, as fructose is turned into fat, you continue eating more.

Health and diabetes professionals have found that the growing use of HFCS runs parallel to the rise in obesity in US – the top consumer of HFCS in the world, consuming 55lbs of HFCS a year.(1)

Where Can You Find HFCS?

If you're battling type 2 diabetes, or on the road to pre-diabetes, it's important to know what foods contain HFCS and how to avoid them. It is used as a sweetener in a variety of foods and drinks, including:

- Soda
- Pancake syrup
- Cereals and cereal bars
- Ketchup
- Sauces
- Popsicles
- Yogurt
- Breads and baked goods
- Salad dressings
- Juice and cocktails
- Nutrition bars
- Canned peanuts
- Canned fruit
- Canned soups
- Jams/Jellies/Preserves
- Frozen foods and pre-made foods

If you're trying to control or avoid diabetes, HFCS should be non-existent in your diet. That means avoiding is an absolute necessity. There are a number of ways you can avoid the cleverly disguised HFCS in prepackaged and processed foods. Make your own food when possible to ensure quality ingredients are being used.

- Make your own salad dressings: Find high quality oils and vinegars, even those that are infused with spices, to create yummy salad toppers.
- Sauces can also be easily made beginning with a can of stewed tomatoes. Add a variety of spices to make it your own. Use apple cider vinegar for tenderizing and tart flavor!
- Stop drinking soda: If you like soda for the carbonation, then switch to seltzer, or make your own seltzer and add in natural sweeteners such as vanilla. Better yet, try Kombucha, a fizzy, fermented drink with a tangy taste that is loaded with probiotics.
- Read ingredients: Not every packaged food has HFCS, so be sure to read the ingredients list of each and every item. Look out for ingredients disguised as HFCS. Many manufacturers will list these names just in case you are looking at ingredients and want to avoid HFCS. Some other names for HFCS are:

  - Inulin
  - Glucose-Fructose Syrup
  - Iso Glucose
  - Chicory
  - Fruit Fructose
  - Corn Sugar

Health professionals have found that HFCS is a major culprit in the rise of diabetes. Because it causes uric acids level to rise, keeping the sugar from being stored for energy, your likelihood of gaining weight increases. The more HFCS food you eat, the more at-risk you are for obesity and diabetes.

So, whether you already have diabetes, or are pre-diabetic, it's important you avoid this fructose ingredient all together. By making your own foods, being aware of ingredients and turning to soda alternatives, you can lower your chances of diabetes and live a healthier life.

MEDITATION AS A STRONG WELLNESS TOOL

“THE EXPERIENCE WHICH you gain during meditation should offer some help while you’re working or being involved in your job. There is no point in separating these things.” ~ the Dalai Lama

I was introduced to meditation about 10 years ago by who I call my spiritual mentor, Dr. Dharma Singh Khalsa, author of seven successful books. It is a fact that my own parents knew the benefits of meditation in a more traditional way such as prayer, so I was somehow meditating since I was a little boy.

My connection with God has always been a constant meditative way to manifest everything I’ve experienced. Dr. Dharma has never tried to force me into meditation, what he did instead is educate and teach me the benefits of mediation and in turn I taught him how to workout—a fair bargain don’t you think.

Here I am now after truly practicing and teaching meditation as it pertains to fitness and mental wellness. It is my responsibility and duty to tell you what my perception of meditation has been and still is today.

Meditation has allowed me to move away from the material world and the body image obsession. It allowed me to identify the channel in which I was connected to the God. It allowed my state of awareness to develop and to accept and live one heart beat at a time. When people ask me to describe meditation, I just give them the following explanation:

“Meditation is like the Champs Elise Avenue in Paris, France. Twenty years ago the avenue was so narrow that it was a nightmare for traffic, (if you’ve seen the movie National Lampoon: European Vacation with Chevy Chase you probably know what I mean) then the government decide to rebuild the avenue by making it wider so traffic would be more flowing.”

That is exactly what meditation does. It widens your state of awareness so your own “thought” process is less jammed and allow you to think more clearly and therefore deal more efficiently with every day life’s challenges.

Meditation as a pillar of wellness has made it easier, for thousands of my clients, to access their inner self, accept who they are, how they wanted to feel and achieve extraordinary results.

Benefits of meditation:

- Allows the connection between body and mind
- Widen your state of wellness
- Reduces cortisol level by reducing stress
- Reduces blood pressure
- Reduces anxiety
- Helps with depression
- Helps with focus

Do you repressing feelings so you can make it through? Do you expect another break down? Or, are you just over thinking it? What helps you overcome the dread of impending doom or waking up in a panic?

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