

TENSION AND 'STRESS'

A lot of what/how we feel is due to nutritional deficiencies. Most of ill health is directly related to what we have done to the once perfect blueprint and beginnings we started from. We as teenagers especially have bright ideas - and they are always more exciting than what mum and dad or anyone wrinkly would suggest - we forget when we are young that all those before us lived through this stage as well.

If we have been exposed to discord and even violence when little we may feel 'at home' on some level with this, even though it distresses us - it may feel 'normal' to be there and we may unconsciously choose partners and associates who also have flare-ups. This makes for very volatile living. Our bodies are always trying to help us - and often the warnings we get we ignore as they are inconvenient.

'STRESS' - LACK OF ESSENTIAL NUTRIENTS

The 'stress' responses you may be medicating against may well be the red lights on the car's dashboard. By popping pills/taking substances/suffocating feelings in alcohol/cigarettes /food to turn them off, you really may be setting in motion other larger disasters.

The inability of the body to process well due to lack of essential nutrients may start with irritability, tension in muscles and possibly headaches and more crankiness. Or it might be muscle twitches, jerkiness, spasms, cramps, jumpy legs and mood changes and sleeping disturbances. The Magnesium deficiency is medicated through antidepressants, muscle relaxants and sleeping medications - without a thought to all the crucial biochemical processes that are also deficient and hence stressing the body. Less magnesium is then available as all the self medicating and the prescription drugs fail to address the central issue- less nutrients mean a body in crisis.

Taking chemicals in rather than super nutrition starts other pathways of bodily distress as the liver organ and others have to attempt to remove what should not be there. This can get to ridiculous levels as more drugs are prescribed to help counteract the side effects of the drugs that were prescribed to assist what was actually a life and nutritional mismatch.

What to do? Start getting aware - read more. There are doctors and researchers who are not allied to big business who are producing very useful information - Dr [Igor Tabrizian](#) has many easily read books, CDs and other media products, Mark Sircus (www.winningcancer.com) has a great site and often sends out very important health information and www.mercola.com is always there. This are just a touch of what you may tap into and with the internet being as it is, there are many blogs and naysayers - so beware and look after what is apparent- there seems to be a lot invested in you staying ill. Usually the low tech, low cost items are rubbished in favour of a new drug or way of thinking. The body operates perfectly in third world

surroundings MINUS contaminants.

The trick is getting yourself and your life back to basics.

EMOTIONAL RESIDUE

Often we just keep going even though something may have really upset us or that we are just so exhausted and for whatever reason we do not stop and look after what we really need to do. Now the lessened state, the body still attempts to keep it together and possibly your MAKING it means that it is now running compromised.

A time out is what weekends and holidays could be - but they usually are filled now with what you didn't fit into the week.

Where is time for you?

This is crucial as the deficiency of good food, rest and relating, and touching leave you vulnerable - and still we keep going

Below are some physical pointers to assist you in undoing some of what you are carrying as baggage - lightening your load can only make life easier.

Detoxing is not just about the physical - which people and self beliefs running you may also need addressing. This is covered more in my next eBook [Getting Out of Your Own Way](#).

3. DETOXING

A lot has been said recently about this - with many different products that supposedly shortcut this process for you. Some of the older methods - especially going to bed before 9pm and sleeping well, following the morning routine are well worth the effort.

QUESTIONS FOR YOURSELF

To really help yourself, especially when multiple states of toxicity seem to coexist - please consider the following:

When you read my words - you may feel a sense of panic, asking 'Am I expert enough to take charge of myself?' and 'Do I trust myself with my health?' The answer is: You are. You do this all the time. Who made the eating and other personal choices for you? You did.

**You may ask yourself - "Is it safe?" "Would my doctor recommend this?"
You have to work out what you want for yourself.**

There will always be naysayers. Go to a qualified naturopath and ask their advice. Your local orthodox health care professional is less likely to even know about the more natural and effective ways to assist the body to heal itself.

You can always ask yourself: Is anyone making money out of this? If not, could this be why it is not sold as an option these days?

Doctors and medical specialists are no longer trained in the use of common sense and the natural ways, but instead into a pharmacological and controlling system that is not life-affirming.

All natural methods appear slower. They are less 'sexy'/marketable and sometimes even messy and painful. But they also allow the body to use its own wisdom.

Naturopaths are less likely these days to suggest enemas - yet they remain a great way to move through what is stuck. Sitz baths - sitting in a half filled tub - seem to have disappeared.

So too does the Epsom salts bath - a great way to relieve all manner of spasms/tension on all levels, as Magnesium deficiency can lead to depression, spasms, pain and general tension.

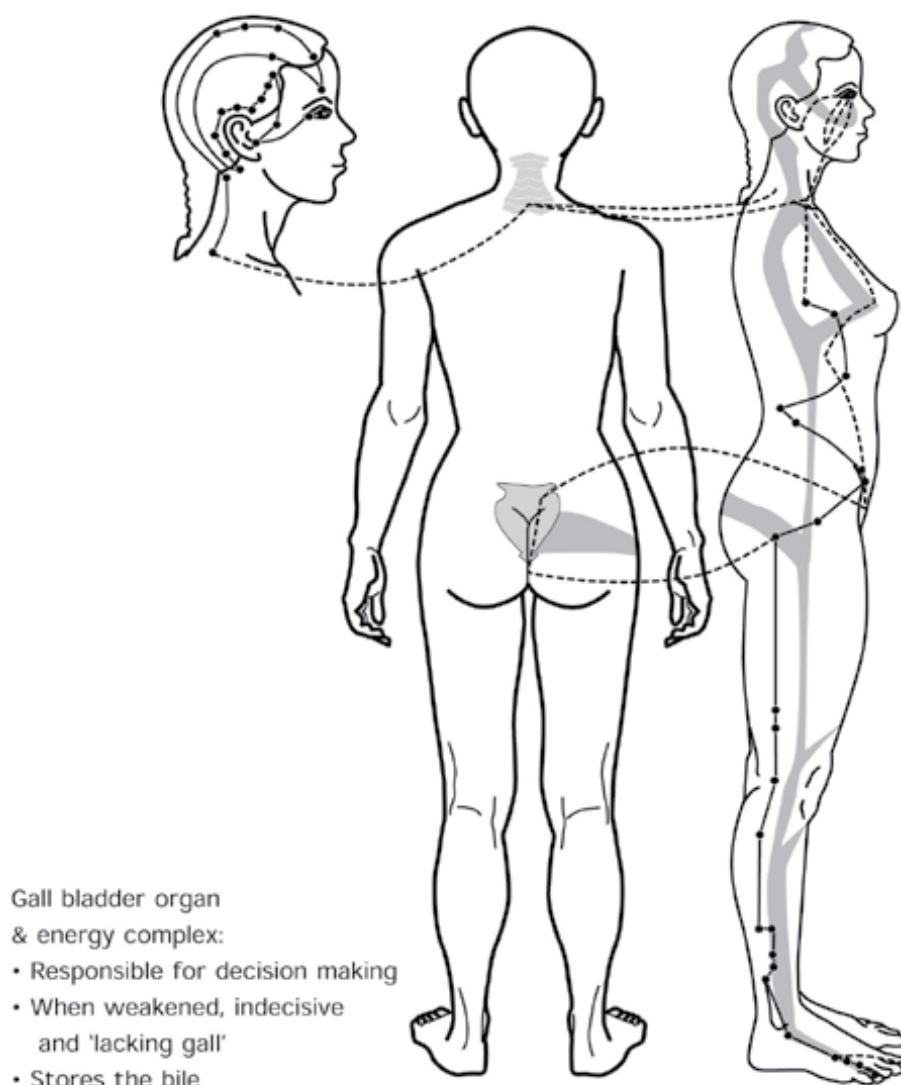
Castor oil packs were another mainstay of older naturopathic practice, and the method prior to IVF technology that I used successfully to unblock many women's Fallopian tubes - allowing easy conception and maternity to follow.

THE GALL BLADDER CLEANSE

Ridding yourself of a life's worth in accumulated toxins, stored in the liver and gall bladder, will allow these organs to work as designed. A gall bladder cleanse is a major adjunct to any weight loss programme. Having a well functioning liver and bowel enables you to feel more alive.

GALL BLADDER

Gall Bladder Muscle and Main Meridians run on both sides equally



Look where the meridian (line of energy) travels - all types of structural problems in addition to digestive issues are there for you to straighten out. A lot of the personal rigidity and lack of grace that you may feel physically may just be a matter of removing much of the emotionally charged residue that you have stored within.