

# **YOUR HEALTH NEWS**

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Your newsletter providing you with information and resources that will help you become "healthy, wealthy and wise."

## **SPACES**

There are certain themes or underlying principles and forms that are consistent throughout our existence here on this planet. One of these patterns or forms is the triad, or things that come in threes. Perhaps this is a reflection of the Trinity of God, our Creator. This month we will look at one of these "triads", the actual space which we occupy.

Life as we know it is lived in space and time, or space-time. Let's look at the space component, not in a major philosophical way, but in a very practical way. In doing so, let's explore some ways to make our spaces healthy.

Consistent with the concept of triads, your "space" can be categorized into three parts:

### **GLOBAL EXTERNAL**

First, there is the large space surrounding you. This includes, on a grand scale, the universe, the planet, and the nation (a triad) where you live. On a smaller and more personal scale, this would be the city, street and lot which you call your address (another triad).

### **PERSONAL EXTERNAL**

Second, there is a more personal space which surrounds your body. This includes the four walls of your home, and the various rooms of your house, and business. These are the places where you spend much if not most of your time.

### **PERSONAL INTERNAL**

Third, there is the internal space of your body, mind and spirit (itself a triad!)

These three spaces trace a spiral, from greater to smaller, from external to internal. The spiral is itself bi-directional and interrelated or inter-dimensional.

While there is obviously lots of overlap in all of these spaces, in general you could make the observation that in each of these spaces there are issues and concerns with which you are and need to be concerned.

In the larger space you are concerned with such topics as the ecology/environment, politics, business, agriculture, etc. All of these will and do impact you in important ways.

In your personal space you are concerned with the appearance and maintenance of your yard and home, the air and water quality inside your home and business, and chemicals you use in your home. Here too you are concerned with other aspects of life that can include finances, hobbies, and recreation.

In your internal space, besides all these other issues, you are also concerned with your physical and mental/emotional health, and most probably your spiritual growth and development as well. Each of these has multiple possibilities and approaches that can help get you where you feel like you need to be.

With this Newsletter, Dr. Jon A Moreshead, MD, LMT will attempt to provide information, resources and insights that will help you achieve success in all of these spaces.

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### **Dr. Jon**

Jon A. Moreshead, MD, LMT is a teacher, physician, massage therapist and entrepreneur. He has tutored and taught school since he was 12, including math at all levels, chemistry, and biology. He earned a Bachelors of Science in Chemistry from the University of Florida and a Masters of Science in Chemistry from Virginia Commonwealth University. The Doctor of Medicine was obtained at the Medical College of Virginia, followed by training and Board Certification as a Family Physician from Harrisburg Hospital, Harrisburg, PA.

His medical career and research interests quickly took him into the field of "alternative" or "complimentary" medicine. He became familiar with the use of diets, nutrition, chiropractic, homeopathy, drugs and various energetic modalities as a way to treat and prevent dis-ease. This widespread knowledge makes him the world's foremost authority on making sense of how the Western and Eastern medical minds, philosophies, and modalities blend and work together or in opposition.

His medical career was interrupted while living and working on an organic farm. This has given him remarkable insight into the need for and production of healthy food while also understanding the economics of the agribusiness industry.

He most recently obtained training and certification as a Licensed Massage Therapist, expanding his personal knowledge and experience of energetic modalities and healing.

Currently, while practicing part-time as a Massage Therapist, he is also involved in several entrepreneurial ventures including primarily operating a lawn and landscape business with his sons, Philip and David. He also teaches Anatomy and Physiology for massage therapists in training ([http://www.geocities.com/ap\\_teach](http://www.geocities.com/ap_teach)).

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### THE HERB GARDEN

Look for articles in the future. For now, you need to be aware of one of this country's foremost herbalists, Dr. Richard Schulze. He offers lots of good information (with an attitude!) and effective products to detoxify you and to get you healthy. Find him at <http://www.herbdoc.com> or call at 800-HERB-DOC.

### NUTRITION YOU CAN USE

Dr. Arthur Fierro, DC, a chiropractor friend in Harrisonburg, VA, has put together a nutritional "antibiotic". He is having great results with infections of all types, including sinusitis. Keep posted for more information as we find out more about this exciting new advancement.

### FEED YOUR SPIRIT↑

we are multidimensional beings, composed of body, mind, and spirit. It is easy to get caught up in our body and emotions while neglecting the nurture of our spirits. We need to spend time daily in meditation and prayer, nurturing the relationship with our Loving Father. To help you do this, check out the material we have posted at <http://www.threebrothersbooks.com>. There is writing here that will challenge and stretch you. Works by Liliias Trotter are especially unique with a great message and reproductions of original artwork.

### SO LONG FOR NOW

That will do for now. LOTS more to talk and write about in future issues. Stay tuned. Your questions and feedback are encouraged and welcomed.

Until next time, make your spaces healthy!

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Over time we will include information from many, if not all, of the various modalities which together comprise "alternative" or "complementary" medicine: diet/food, nutritional therapy, herbs, homeopathy, energy modalities, chiropractic and manipulative therapies, and of course massage/bodywork. You are encouraged to forward it to your friends who would be interested. Don't forget to click on the links of our sponsors!

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