

# **YOUR HEALTH MATTERS**

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It does! To me, and especially to you.  
These notes will help you with your health matters.

First, a quick reminder to do the MAR (contact me with questions). I did mine (practicing what I am preaching) and discovered some things I need to be working on. What are you missing that your health needs to know about????

-----Feature Article-----

## **CONFESSIONS AND CLARITY**

It is time to pause for a moment, in this series of medical topics, and take a longer, larger, overall look at things in general and health in particular.

Health is the summation, the interaction, the culmination of a variety of factors. It can be said that it is a lack or absence of "dis-ease". It has been said that it is a balance, a bringing to center, a homeostasis of all the components that interact in our lives and bodies, minds and spirits.

What are some of those components? Certainly our physical body has to be considered. Any or all of our systems which comprise that body can be disordered and cause dis-ease, a lack of comfort. If you asked any of us, this would be the first answer. Unfortunately, for most of us this may perhaps be the largest answer, thinking that health resides primarily in our body. "Doctor", "therapist", "medication", "treatment" are words used commonly in this compartment of life.

But there is more, and our society does admit that there is such a thing as "mental" health. Here we understand and deal with the fact that we have emotions and thoughts. There has and continues to be much research into how the "mental" (emotions, thoughts) cause or impact our physical health. Thus was born our system of psychiatrists and agencies and drugs and activities attempting to help us stay calm and behave well in society. "Stress", "coping", "living with it" may be words used that are common to this compartment of life.

There is still more. There is a recognition that we are spiritual beings. There is something or someone out there bigger than we. This something is perceived as

benevolent to some, as mean and destructive to others, as a personal being to some, as merely a force to others. Some think there is nothing else besides ourselves, that there is no spiritual reality, but the fact of postulating a negative implies at least the possibility of a positive. So whatever approach you take, the implicit acknowledgment of "more than we" is present. Can this cause, or remedy, "dis-ease"? History, intuition and now even real research show that our spirits and spiritual beliefs impact our overall state of health. Here words like "church", "pastor" or "priest" or "rabbi" or "cleric", "faith", and "denomination" are used.

There is still more yet. And it is here that I get personal this month and need to talk about clarity and make some confessions. For you see, I have spent my life in the three large areas mentioned above: Body, Soul (Mind) and Spirit. I spent years becoming a doctor to be able and capable of helping people become healthy and in less dis-ease in their body. I tried and saw fail and searched and tried again many various modalities to use as tools to assist in this physical compartment of health. More recently I have explored the interaction of our emotions and thoughts and beliefs about ourselves and perceptions of life around us and the impact all of that has on our health. And all my life, before becoming a doctor, before thinking about emotional impact, I have been involved in and encouraged others to become involved in the spiritual aspect of life, believing that "the Force" is a Supreme, Loving, Personal God, involved in our lives, on this planet, in the person of Jesus of Nazareth.

One would think that putting all three of these compartments together in practical ways would make one almost completely free of "dis-ease". But looking at the results in and of my life, it becomes obvious that this is not the case. There is still lots of "dis-ease": of emotion, of relationship of communication, of finances, even of body, and especially of understanding about who I really am. Are you ever or currently "dis-eased" in any of these areas?

Having made this confession of many of my failings and dis-eases, the analysis of "why" begins as does the search for clarity and solutions. For me, clarity comes when I realize that working so hard in each of the main compartments of body, mind and spirit caused me to fail to participate and to enter into the main part of life - life itself. My head was so far in the clouds I forgot to live. Favorite color, favorite music, having fun, making money so I could eat, finding value in people and being with people, finding value in myself, listening to other people's thoughts and ideas either spoken or written, these are what make us real and alive and what bring balance and health. These are what I have missed.

Don't make the same mistake. By all means get the Body, Mind, and Spirit together and whole, but don't forget to LIVE.

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## **FINANCIAL HEALTH**

In light of the article above, we are convinced that finances and financial health may be the most important area to consider. While this statement goes against my upbringing, it is true that when the finances are in order stress is likely to be less, resources are more likely to be available for doing health-building tasks

On the other hand, perhaps none can be ranked but all the components are on equal footing. Perhaps it is only our Western thinking that would differentiate any of the

various components in the first place. More likely, the components are like spokes of a wheel, all needed to be attached and in fine tune before the wheel will operate smoothly and properly.

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## **SO LONG FOR NOW**

That will do for now. Trust it has been encouraging. LOTS more to talk and write about in future issues. Stay tuned.

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Your questions and feedback are always encouraged and welcomed.

Have a healthy, glorious, grateful, day!

Dr Jon  
goodheartgroup@sbcglobal.net

314-750-6916

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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.

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