

Castles in the air.....

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By Eleanor McCulley, R.N.

If you have built castles in the air, your work need not be lost; that is where they should be. Now put the foundations under them. *Henry David Thoreau*

If you have worked hard for wellness, your work need not be lost; now lay a foundation for health. *Eleanor McCulley, R.N.*

Illness and disease are misrepresented as the natural state and as the inevitable result of aging, rather than as the reflection of imbalance and a hindered regenerative process. The result of this disease management system has been catastrophic to the health of our general population.

Generations are disconnected from their innate healing potential and believe they must survive in disease. *Not so.*

Wellness is the natural state. The human body is a powerful self-healing system that is designed to be well, to regenerate and to thrive.

Key to wellness is laying a foundation for health by:

- ***Making energy*** which starts with digestion. Strong digestion and stomach acid production is essential to energy and health!
- ***Blood sugar management*** which depends on good nutrition and timing. By managing sweet and carb cravings and intake you do not continually stress your cortisol and insulin systems. Grazing every 2 hours is a good thing.
- ***Hormone metabolism and elimination*** which is defined by liver-gall bladder function. This affects everything we do and how we feel. Estrogen dominance in men or women stagnates the bile and impairs hormone metabolic excretion. Detoxification can ensure that the routes of hormone metabolism and elimination are not taxed. Nutrients specifically tested to each individual positively influence hormone metabolism.
- ***Stress modification*** is important because of the harmful results of prolonged stress to the body, causing problems from adrenal fatigue to cardiac conditions. Although we may not be able to get away from stressors, we can learn to change the way we react to stress. Integrate physical, spiritual, and lifestyle support and laugh a lot!
- ***Food and environmental allergy elimination*** will help to unburden your immune system, increases energy and mental clarity. NAET is Nambudripad's Allergy Elimination Technique, a non-invasive, drug-free technique using acupressure, which is very effective.

There are testing methods to establish an individuals hormonal and metabolic pattern. Knowing your pattern is essential to working towards restoring balance and returning to wellness. Integrated with physical, spiritual, and lifestyle support a person will respond rapidly, and normal endocrine function can return.

Testing methods can include blood, urine, stool, saliva and hair analysis, in addition to evaluating symptoms and lifestyle patterns. Protocols can include lifestyle management, whole food nutritional supplements, high quality herbal supplements, and when necessary, bioidentical hormones.

Your journey to wellness may include many different therapies, such as chiropractic care, massage, Rolfing, body wraps, lymphatic work, Body Talk, Pilates, Ayurveda or acupuncture. *enjoy your life in balance!*

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