

**HOLIDAY ISSUE**

# SIBYL

*For the Spirit and Soul of Woman*

- **Inspiring**
- **Insightful**
- **Informative**
- **Intriguing**

# A Winning Resolution

## Health for Life

By Laurie Buchanan



**YOU'VE HEARD THE OLD ADAGE;** *“An ounce of prevention is worth a pound of cure.”* It's true! This year make a commitment to carve out “me” time – a proactive step toward personal health and well-being; a holistic approach that encompasses the whole person – body, mind, and spirit. To ignore any aspect of your essence is to deprive yourself of health. The holistic approach emphasizes cooperation with the body's innate ability to heal itself.

As humans, we are multi-dimensional in nature. We operate from physical, emotional, mental, and spiritual dimensions simultaneously. For true health to occur, we must learn how all these dimensions interact and affect our overall health. Healing comes from within. But healing can be initiated from an outside source. Check with your local health food store to find practitioners who approach health from a holistic point of view.

One of the roles of a Holistic Health Practitioner is to help discover the *root* cause of health concerns and to assist the body back to its natural state of homeostasis – the ideal balance between all major parts of our being. Their approach to wellbeing incorporates the use of natural, complementary and alternative modalities to assist you in achieving your personal health goals.

Today, tens of millions of people who live in the United States have no health insurance from any source. Those who do have insurance find the cost climbing beyond their means and the cost of the care itself is rising at an unsustainable rate, straining government, business, and family budgets to the breaking point.

What can we do? It starts with proactive self-health; with taking personal responsibility and preventive measures so that we do not find ourselves in need of preventable medical intervention. The most basic foundation of a healthy lifestyle is setting and maintaining your intent to ingest things that are for your highest and best good.

It is important to note that *ingestion* is not just the intake of foods and beverages to fuel our bodies. It includes what we put in our eyes (what we watch on television, what we read, etc.), and it includes what we put in our ears (what we listen to on the radio, gossip in school or the workplace, etc.). A decision for a self-health lifestyle is not short-term. It does not have an end date like a diet. Rather, it is a lifelong commitment.

In addition to what we ingest, some of the other the basics include a consistent exercise routine that encompasses the whole person such as Tai Chi, Qigong, or yoga; ample sleep; plenty of fresh water; breathwork; time that is set aside daily for the specific purpose of going inward – meditation/prayer; treatments on a regular basis from a holistic health practitioner for the purpose of preventing illness and maintaining good health.

Last year when I turned 50 several of my clients asked me, “What is the most important thing that you've learned to date?” I took some time away to reflect on that question and the one thing that kept bubbling to the surface is this – *Whatever you are not changing, you are choosing.* Are you carrying around extra pounds? Are you continuously running late? Are you in a job that you can't stand? Do you fail to keep your promises? Do you bite your fingernails? Are you staying in an unhealthy relationship? Do you tell falsehoods? Are your spending habits out of control? Are you still smoking? *Whatever you are not changing, you are choosing.*

Newton's Law of Motion says, “To every action there is an equal and opposite reaction.” The same can be said for choices. For every choice there is a consequence—be it positive or negative—there is always a consequence. We are all agents of change. As individuals we have the opportunity to choose health as a way of life. And that choice begins with our own personal action steps. No one else can do it for us. It's the New Year – a clean slate. Now is the time to make a winning resolution – *health for life.*

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