

A Pill for an Ill: not so fast

by Mary Ellen Krut

Here are the four steps that set the groundwork for healing. Without them, any supplements represent an ineffective and rather expensive attempt to override the body's natural blueprint for health.



BREATHE Learning to use the breath improves concentration, manages stress, guides us spiritually and helps develop optimal health. The breath scans the body to look for places that need support. Slow, simple breathing begins immediately to calm the systems of the body and mind and make identifications of kinks that need attention, notifying the brain(s) to make the adjustments. How often do we realize that we are holding our breath or are breathing only shallowly throughout the day? Take four slow focused breaths before rising each morning.



NOURISH Much is said about the importance of feeding the gut microbiome with leafy greens and clean, organic foods. This is very difficult to do well. Often, we think we are eating right “for the most part” and tend to overlook the caffeine, fro-yo, and imbalance of those foods that are our favorites. Constant attention to what we eat, how it is grown and how we focus when we take it in yields improving health benefits over time. Consider one-day fasts and weekends of pure focus on your food to support this ongoing need. Nourishing includes the body outside the microbiome too. Skincare and hair care, massage and relaxation are not indulgences — they are health treatments!



SLEEP How is your sleep? Do you know your circadian rhythms? You know how to set up a restful sleep environment, but, like breathing and eating, we often ignore best practices and read on our phones, sleep too little, and take sleeping or pain aids. Sleep is a comfort for the body and much, much more. Healing takes place in the body/mind's resting phases in deep and long-lasting ways. The brain clears toxins, the body releases growth hormones, breathing is regulated, heart rate and blood pressure are lowered. Whatever a neuron can do, sleep makes it better.



SUPPLEMENTS Until we do these first three steps, it makes no sense to medicate or supplement individual symptoms. People are often frustrated that a supplement doesn't seem to help them. If we take the time to clean up the environment and systems that our body and mind are made of, things will automatically start to work better and supplementation can be a real boon. This is especially true in aging and with regard to our genetic makeup. If you are getting a good amount of dark leafy greens, nuts, seeds, fish, beans, avocados and whole grains and still need magnesium for the brain to clear toxins, great. That is a good use of supplementation.