

LIBERATE YOUR HEALTH TODAY

- **Choose your health care professionals** – you need to have confidence in your health care professional. When a doctor is perceived as powerful and trustworthy, people get better faster. One study has even shown that doctor reassurance and support raises the threshold of pain tolerance in patients.
- **Find health professionals that support the concept that good health is dependant on a whole range of factors** genetics, family upbringing, diet, exercise, beliefs, spirituality and social support. For anyone to suggest that diet or what you believe has no impact on your health and well-being ignores the latest research and more importantly ignores you and your experience. To explore this further visit me at www.shirleyhicks.com.au and redeem your Free e-book, 16 EAST STEPS TO RENEW YOUR ENERGY.
- **Become involved in the world that you live in** – The more you know about the world around you, the less fearful life becomes. When you come to understand, control and effectively deal with life, life becomes less stressful. When life becomes less stressful, you experience less harmful loads of neuropeptides that can impact on the health of your body.
- **Enjoy and learn about your uniqueness** – There are no two people that are alike- each one of us will experience a cold or flu in our own unique combination of symptoms. Learn to trust how your body operates and be willing to provide it with what it needs. This might translate into doing things a little differently to family and friends. Make sure you find a health care practitioner that respects your own body wisdom and is happy to work with it and support it, rather than wanting to make you fit some predefined set of symptoms and treatment regimes.
- **Investigate and explore healing modalities that harness the mind body connection** – yoga, meditation and visualisation are more and more being incorporated into wellness programs in the United States, working with a wide range of health conditions such as infertility, premenstrual syndrome, blood pressure and insomnia. Check out local classes and seek out medical support that embraces the proven benefits of these activities.
- **Develop a diet of healthy thoughts and attitudes**- just as you are educated to eat a balanced diet of proteins, carbohydrates and healthy fats, consider a diet of laughter, forgiveness and love as essential nutrients for the body as well. I haven't seen any research that indicates that anyone died from too much love or forgiveness.
- **Promote placebo** – people that think they will get better have a significantly greater recovery rate than those who think they won't get better. In some studies, placebo proves to be more effective than the medication itself. Whilst placebo won't get much research, as it isn't a great money making venture, don't discount the value of believing that a situation can get better and surround yourself with those that are happy to promote that view as well.
- **Take a daily supplement of gratitude, hope and trust for all that you have in your life** – As Norman Cousins famously quoted, “Don't deny the diagnosis, just defy the verdict that is supposed to go with it.”
- **Develop a community of friends that will share and support your life with you** . One long-term study found that people with the lowest amount of social ties are two to three times more likely to get sick . We now know that isolation and loneliness depress the immune system and can be a major health challenge when you lose a loved one. Sharing experiences and feelings can support the body to deal with what is happening.

Start today and begin to liberate your health.

© Shirley Hicks, 2009. Reprints are ok so long as by-line and article are published intact and all links are made live.

About Shirley:

Shirley Hicks publishes her monthly Healthy Matters newsletter for clients and people interested in creating a happier , healthier lifestyle. If you want more happiness and health in your life , then sign up for her Healthy Matters E-zine.

If you liked this article then why not download Shirley's FREE e-book, 16 EASY STEPS TO RENEW YOUR ENERGY.- FREE for you today. www.shirleyhicks.com.au