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### “Feeling Your Way Into Health and Happiness”

Hi everyone,

In this edition I will be exploring how to use principles from naturopathic and herbal medicine to balance your emotions. Often these are used in isolation, however I have found you can achieve the best results by combining these theories with psychological approaches (like my emotional coaching program) and somatic methods like massage.

There are four terms that will help you understand how to use these principles in a practical and sustainable way:

- PREVENT
- REMOVE
- REPAIR
- MAINTAIN

#### PREVENT

Prevention is always better than cure. Taking simple, small daily steps to maintain a healthy mind and body is the most powerful and effective means of achieving quality and longevity of life. However, this principle is not very flash, exciting, or high tech ... and marketers cannot make a million dollars from it. So, people often forget the basics! I will talk more about this under the heading “maintain”.

#### REMOVE

From a naturopathic perspective, one of the first things you need to do is REMOVE toxins and other factors from your life and/or body, to give it the best chance of repairing itself. This can include removing certain stressors from your life and cutting down on substances like alcohol, highly processed foods and sugar. In fact, people forget sugar is a psychoactive drug, not to mention the impact it can have on blood sugar and weight management. In the context of emotions, we are focusing on the toxins that have the highest impact on the nervous system.

There is a lot of debate about naturopathic detoxification regimes and their use at this stage of treatment. Western medicine states they do nothing, however a large body of anecdotal evidence exists, suggesting detoxing can be very useful for some people. The problem with this type of treatment, however, is that it can be invasive, hard to adhere to and you often need time away from life (e.g. work and/or family).

If this does not sound like your cup of tea, there are other options available for riding the mind and body of toxins. One such product is “Zeolite”. Derived from an ancient Chinese remedy that works at a cellular level, “Zeolite” binds to the toxins in your cells and removes them from the body via the urine. Quite a nifty little trick that I have found useful with clients and with my own health.



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## REPAIR

The second stage of treatment is to repair any damage that has been done to your mind and body. This often involves using herbal remedies, vitamins and mineral therapy. Some people are tempted to skip this stage and go straight to the maintenance stage; however, this does not work well. The key benefits of this stage are that it helps balance the nervous system and repairs other body systems damaged by emotional difficulties. For example, the immune system and gut are often affected in people who suffer from anxiety.

When balancing the nervous system, safe herbs like Hypericum, Valerian, Scullcap, Oats, Hops, Vervain and Chamomile can be useful. Additional herbs used to repair damage on other systems will depend on the person's constitution and the emotion they are struggling with. I also use sea derived minerals made in Queensland which I find very effective. It is worth noting that a minimum three month course of these herbs is recommended.

## Maintain

Finally, after any damage to your mind and body has been repaired, you need to maintain balance. This is best achieved by taking simple small daily steps like drinking plenty of good clean water, eating right for your body type and life-style, practicing regular relaxation or meditation, exercising correctly for your body type, having the occasional massage and, most importantly, fostering good relationships with friends and family (this last point can have the most impact of all!).

## Coming Soon

I have decided to devote the rest of the year's newsletters to individual emotions, focusing on what each one is about and how to use it intelligently. I will focus on the emotions that give people the most trouble, but if you have any requests let me know.

Don't forget our new naturopath Jen, has also started working with this month.

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