

What your body is telling you...

Your “condition” most likely prompted your visit today. You may be finding that something in your body is not working as well as you would prefer, or that you are in pain. Perhaps you have sought other treatment methods, either conventional or alternative, but they did not resolve your condition to your satisfaction.

Your body is a marvel of miracles- so much so that the best of science doesn’t fully understand how it works or the interplay of your bodies many systems and dimensions. What we do know is that your body is designed to heal and repair itself, and does so many times during the day in response to the many insults, imbalances, and stressors that fill our days. A cut to the finger stops bleeding, scabs and heals with minimum scarring. Sore joints magically work again without pain. Tight muscles stretch and relax. A tainted meal is expelled, and we go back to eating without issue the next day. We suffer heartbreak from the loss of a loved one, but find love once again after a grieving process. Our body is SUPPOSED to heal itself. A holistic physicians job starts when your body doesn’t naturally do what it is was designed to do.

When you don’t repair, you now have the opportunity to examine your body, life and lifestyle in order to understand what is keeping it from healing. I believe that it is a disservice to just get rid of your pain without considering why it is there. The imbalance or stress that creates that pain is most likely still there after you are through with the symptoms (like taking a pain pill). When we mask the symptoms, we ignore the cause, which drives the condition deeper within our bodies. The symptoms may be gone, but the condition remains, and it is only a matter of time before it shows up again- possibly as the same symptoms, or perhaps something else, maybe even worse.