

KNOW YOUR BODY

It may seem that you know your body, and yet, you may not really know it.

It always seems to help to start with the known.

The Known:

We have a head, a heart, lungs, legs, arms, and torso. We have eyes, nose, mouth, and teeth. These are all pretty familiar items. When one part is not working, we get on it pretty quickly.

Women:

Oh yes, there is also the stomach, the intestines, and the reproductive system, different in each sex.

For women, there is a lot of understanding of the reproductive system, since there are monthly cycles that come on after a certain age, and continue for decades, often finishing with regular presentation of hot flashes that may also go on for decades.

Men:

For men, the passing of fluids and semi-solids from the digestive tract is a more common concern, since these activities pick up considerably with exertion, and effort. Channel 9 is a frequent occupation of men that take a stroll out back.

The Road Less Travelled:

Once we go beyond the daily matters, we get into rarified air, or unfamiliar territory. What about circulation, blood pressure, liver health, the endocrine system, and coffee? Oh yes, the ubiquitous social drinks, coffee, and beer, alus, shnapps, liquer, whiskey, cognac, and wine? We know a lot about what we like, but do we know what likes us? Are we surrounded by friends, or foes?

Sabotage!

Some of the biggest health saboteurs are the following:

1. Smoke
2. Alcohol
3. Caffeine in the form of coffee, chocolate, pepsi, and coke, and tea.
4. Red meat
5. Fried foods
6. White rice
7. White flour
8. White sugar
9. Canned foods
10. Restaurant foods

And this list is not my list. It comes from the American Chiropractic Nutrition committee, and was formulated fifty years ago, when I was a student, in 1973.

Now that we know who our enemies may be, we can keep an eye on the effects of using any of the above ten most unwanted items. Reclaiming one's health may be a matter of eliminating members of the above list, one at a time. This approach can be very effective. I once showed this list to a massive real estate agent, and he quickly turned to me and exclaimed,

"No problem. From now on, absolutely no more white rice!"