

7 Simple Steps Back to Health



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"The longest journey begins with a single step." Lao-Tzu



1. Let food be thy medicine

Keep it real, keep it whole

There is a great old saying "You are what you eat". So your first step back to being healthy is really an obvious one. Eat healthily. Don't make this more complicated than it need be.

Processed food, which is nearly everything that comes in a jar, a packet, a tin or from the freezer cabinet is not whole food. So try to cut all processed foods down to a minimum, especially the three most likely to induce food sensitivities wheat, dairy and sugar. This will save you a lot of money that you can put towards good quality nutritious foods, eaten raw or lightly cooked.

Visit your local wholefood store and stock up on some staples. Oatmeal for breakfast, brown rice or other gluten free grains for main meals.

Buy virgin olive oil for salads and regular olive oil for cooking with. Try to be adventurous and every week experiment with at least one thing you haven't tried before.

Eating the Rainbow

Countless surveys have proved your grandma was right - you need to eat your greens to stay healthy. Not only greens though, to get a really wide range of phytonutrients try to eat as many different color fruits and vegetables as you can. Recipes? Try: <http://www.deliaonline.com/recipes/type-of-dish/vegetarian-food>

Organic food

Whenever you can buy organic. It stands to reason that pesticides are toxic because their whole purpose is to kill things. If you are on a tight budget and can't afford *all* organic make sure anything you eat with the skin still on is organic. Thick skins that are removed before eating give some protection from pesticides.

CSA schemes

Get good organic veg and fruit by joining a Community Supported Agriculture scheme and get a regular box from your friendly local farmer.

Meat

If you eat meat then eat less of it, especially red meat. Put the money you save towards buying meat that is organic, free range, antibiotic, nitrate and hormone free. If possible buy directly from a local farmer. Buffalo meat is a good alternative if you can't find grass fed beef.

Fish

Most fish, but especially swordfish and tuna have high levels of Mercury and eating it frequently could have a very negative effect on your health.

Farmed fish are usually loaded with antibiotics as they become sick in confinement, so best to buy wild.

Plastic is a no-no

Store leftover food in lidded glass or ceramic containers. Try not to buy food wrapped in plastic, but, if you do, remove it as soon as you can. Plastic is a known xenoestrogen and is best avoided.

Diets make you fat

If you starve your body by cutting calories, as soon as you stop your body will lay down fat, in case it should happen again. Your body can't tell the difference between a diet and a famine. Eating regular nutritious meals, slowly and calmly, combined with a regime of gentle daily exercise is a good way to gradually lose weight, especially if you try to breakfast like a king, lunch like a prince, dine like a pauper.

Apple alert

If you are prone to being apple-shaped (getting fat in your abdominal area) you may be at greater risk for diabetes, so greatly reduce your intake of sugar, high fructose corn syrup and alcohol.

Resources

<http://www.localharvest.org/>

Weston A. Price Shopping Guide(\$2) Phone 570-629-3312

Karma is short hand for "cause and effect". Everything we breathe, drink, eat, swallow, inject, see, hear, smell, touch and experience will have an effect on us. Some effects will be positive and some clearly negative. In order to stay as healthy as possible, we have to be conscious consumers. For at least a week, keep a journal of everything that goes into your body and spend some time thinking about the risks and benefits your choices bring.

Being a conscious consumer means really educating yourself on the pros and cons of all the decisions you make. "Everyone else does it" is not a good enough reason for you to do it ... just ask any lemming as it hurtles to its doom!

Be aware that there are very powerful interests who are best served by passive consumers who are happy to take what they are told at face value.

Let's look at three examples of things that we expose ourselves to that have potentially huge effects on us.

Firstly, water. Did you know the EPA does not test your tap water for pharmaceutical drug residues? The AP has found evidence that prescription drugs are regularly showing up in our drinking water. Nobody knows how much damage contaminated drinking water is doing to our health, but recent research estimated that nineteen million Americans may become ill each year from the parasites, viruses and bacteria in drinking water alone.

2. Conscious Consumption



Millions of Americans drink water with illegal and carcinogenic concentrations of arsenic and radioactive elements. The New York Times has detailed water records from all over the USA, so check what's contaminating the water in your area.

<http://tinyurl.com/ng739t>

Also take a moment to check out The Fluoride Deception here:

<http://tinyurl.com/yku8gkq>

Now choose a water purification system:

<http://www.allwaterpurification.com>

Secondly, pharmaceuticals.

We now find it hard to believe that, in times gone by, people happily swallowed potions prescribed by their physicians, even though they contained deadly poisons like lead, arsenic, mercury and strychnine.

Thank goodness those days are behind us, but, wait ...many vaccinations are still laced with mercury and did you know that Warfarin (aka Coumadin) is commonly used as a rat poison? In fact it heads the list of the nine drugs most likely to cause a serious ADR (an adverse drug reaction, after normal dosing, which requires hospitalization, is permanently disabling, or results in death). The other eight are: phenytoin, levofloxacin, vancomycin, morphine, amiodarone, IVIG, nafcillin, and tirofiban. Up to 137,000 deaths were caused this way annually, according to JAMA in 1998. Estimates suggest that the real total may be well over a million deaths, as ADRs are consistently under-reported. If you don't want to end up a statistic, start investigating safe, natural alternatives to drugs. If you already take prescribed medication you will need one to one care from a homeopath, or holistic healthcare practitioner, and careful medical supervision to help you gradually come off them.

Thirdly, sunshine ...let's end this on an upbeat note! Gentle UV light helps you produce Vitamin D, which will support your adrenal glands, teeth and bones and reduce the risk of Alzheimer's; allergies; rheumatoid arthritis; multiple sclerosis and cancers of the colon, breast, skin and prostate; depression; seasonal affective disorder (SAD); infertility; diabetes; heart disease and hypertension.

Go and catch some rays!

What not to drink

Unfiltered tap water

Anything in a plastic bottle

Excessive Alcohol

Anything with artificial coloring

Anything with artificial flavoring

Anything with aspartame

Sodas, including diet

Juice drinks (have added sugar)

Read the fine print



Juice feasting

Almost every day. I get off to a good start by juicing organic leafy green vegetables from my local CSA. I juice chard, spinach, collard greens, beet greens, kale. Some, myself included, find the taste of juiced greens too bitter, so I like to add something to mask the taste. I usually add one or two of the following: root ginger, celery, beetroot, apple, carrot, fresh orange juice, fresh lemon juice. If you are not keen on raw foods or find it hard to eat a big range of fruit and veg, try doing this every day for two weeks - you will be amazed at how much energy it will give you and you won't feel hungry for hours afterwards

See: <http://juicing-juicers.com/>

3. Sleep - Nature's finest cure

Early to bed
Early to rise
Makes you feel
Healthy
Wealthy
& Wise



A sleep deprived nation

Most adults need 8 or 9 hours sleep to function well. Anything less than that you are likely to be running up a sleep debt and there is a always price to be paid for that later on.

Some people push themselves hard and try to get by on 6 hours. Others want to sleep longer, but they are plagued by insomnia. Either they can't fall asleep easily, or they waken in the middle of the night or just wake up far too early.

Many people self-medicate with alcohol to help them get off to sleep but the effects wear off, usually at about 3am. A staggering 56,287,000 prescriptions for sleep medications were dispensed last year. It is very easy to become dependent on these types of drugs and need increasing doses to maintain the same effect.

Then you are stuck with the original problem (the underlying reason why you couldn't sleep was never addressed, just suppressed) and two new problems - drug dependency and unwanted side effects.

If your insomnia persists for two weeks consider getting professional one to one homeopathic treatment. Try Homeopathy first, not as a last resort. Homeopaths have many hundreds of remedies that can help you address the underlying "dis-ease" that is keeping you awake.

FAST LANE TO THE LAND OF NOD

- Exercise during the day**
- Get fresh air and sunshine**
- Avoid caffeine and tobacco**
- Cut down on alcohol**
- Eat earlier in the evening**
- Have light evening meals**
- Turn off the TV or computer**
- Make a list of tomorrow's tasks**
- Develop a routine**
- Have a long hot soak**
- Drink a Chamomile tea**
- Stop drinking two hours before**
- Read with a small book light**
- Play gentle relaxing music**
- Listen to an audio book**
- Meditate in a darkened room**
- Put lavender in your pillow**
- Buy black out curtains**
- Get room temperature right**
- Wear bed socks if chilly**

Soaring again thanks to Homeopathy

John was feeling tired, angry and frustrated when he visited my friend and fellow homeopath, Christopher Beever. He found it hard to fall asleep and would stay up until he literally crashed. He told Christopher: "I need to sleep, I want to, but I just can't. Even when I do fall asleep I keep waking up a lot. The slightest disturbance wakes me. I flip from being tired to wide awake and on the alert. I generally sleep only 3-5 hours a night."

John had restless legs in bed. He had a swirling, swooshing sensation in his left ear. John's hand was in constant motion: fluttering, swirling, swooshing and dipping up and down.

John felt that no place was truly safe. He was always feeling threatened and in survival mode. So it was hardly surprising that he found it was difficult to relax and drift off into a peaceful sleep. His fear of attack meant that John needed an animal remedy.

Christopher task was to find out which one. He repeated certain key sensation words back to John who then added more words to described his own physical experience. He spoke of racing, running and flying. His bones felt hollow and empty. John also mentioned how he used to love to paraglide and soar through the clouds.



Christopher's research showed that John's symptoms matched a relatively new remedy made from Peregrine Falcon. Once he took it, John's sleep quickly improved, he was thrilled: "I've never slept this well in my life" he reported at his follow up. Two years on his sleep remains good and as an added bonus his digestion is also greatly improved.

4. Mojo - getting unstuck!



Being Dynamic

There are lots of different names for the energy that animates us. In India they call it "Prana", in China it is known as "Qi", homeopaths use the term "Vital Force", but whatever we call it, it is the bit that distinguishes us from a corpse. So clearly, it is something to be treasured and nurtured!

In a state of health this energy is completely dynamic and ready to respond and adapt to any change or challenge that comes our way.

At other times it becomes stuck. Symptoms are signs warning us that there is a lack of dynamism in our energetic field that is hampering our own innate healing powers from restoring us to health.

TRY
Yoga
Tai Chi
Chi Kung
Body brushing
Walking in Nature

Work up a sweat to get things moving

When your body wants to get rid of something fast it will produce a fever, which will make you sweat. This is an excellent way of moving toxins to the surface. You can mimic one of the beneficial effects of fever by deliberately working up a sweat, either with vigorous exercise or by taking regular far infrared saunas or having nice hot baths.

Direction of Cure

When you get symptoms it is a sign that your energy, or vital force, is doing its very best to protect you. When things are going in the right direction your

symptoms will tend to move in a very predictable way

1. From within to without

This protects your vital organs by throwing stuff out to the surface in the form of rashes, eruptions, sweat, discharges, vomit, diarrhea. Not pretty, I know, but it's better out than in!

2. From above to below.

More superficial symptoms such as muscle and joint pain, eruptions move from the trunk down to the fingers and toes.

3. In reverse order of appearance.

The initial symptom will reappear at the end of this process and will be the last thing to clear.

WARNING: If you see your symptoms moving in the opposite way then they are being suppressed.

Who formulated this amazing concept?

Dr Constantine Hering, known as the "Father of American Homeopathy."

In the early 1800s, he was planning to write an anti-homeopathy book, but all his experiments pointed to the fact that Homeopathy worked.

In 1824 he was cured of gangrene, and his hand was saved from amputation, with a homeopathic remedy called Arsenicum, thereafter he became a complete convert and went on to found a famous homeopathic college in Allentown, Pennsylvania.



5. “Chase your passion, not your pension.” Denis Waitley

One thought-provoking question to ask yourself is does the way you live your life makes your life and the lives of those around you better, in some way?

An important part of being healthy, which is often overlooked, is to spend as much time as you can doing something you love.

Here are some more questions that will help you get a sense of whether or not the direction your life is taking will nourish and sustain you.

If time and money were no object how would you choose to spend your life?

What inspires passion in you?

Is there anything you really enjoy doing, but generally don't do?

Do you have something valuable to offer (a talent, skills, in depth knowledge) that you aren't fully using?

If shaking up your life dramatically feels too daunting at the moment, start with small steps.

Introduce one small thing to each and every day that brings you joy.

For instance:

Go for a walk in Nature.

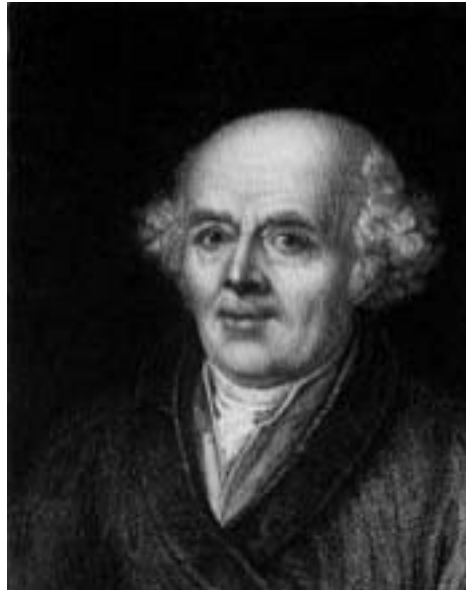
Meet with a friend.

Listen to a beautiful piece of music.

Write a poem.

Play a game.

Remember, rarely does anyone ever die wishing they had spent more time at the office!



Samuel Hahnemann, founder of Homeopathy, had a very eventful life. His fierce criticism of bloodletting and the apothecaries' often deadly potions meant that he was very unpopular with conventional doctors. He spent much of his life moving from place to place to avoid their wrath, often living in a state of near poverty.

Yet his passion was Homeopathy and he would not let it rest.

By 1834, Hahnemann was 79 years old and a widower. He was consulted by a Parisienne noble woman named Melanie d'Hervilly-Gohier. Melanie was suffering intensely from facial neuralgia and had heard of his new approach to medicine. In fact, she was so curious she had made the long journey from France to Germany, just to see him, disguised as a man. Happily, he cured her.

The following year Hahnemann married Melanie, who was 46 years his junior. He moved with her to Paris, where he became the most famous physician of his time. The two of them worked together treating nobility and the wealthy in the morning, then treating the poor, for free, later in the day.

Samuel lived and worked until his death at the age of 89.

Rima Handley, author of “A Homeopathic Love Story” notes that, following his death and a legal struggle, Melanie became the first woman to practice medicine openly in Paris. It's fascinating to note that the first woman to practice medicine in the western world was a Homeopath “at a time when no woman in Europe had yet succeeded in working as a doctor of any kind.”

Mark Twain, author of the wonderful “Huckleberry Finn”, was a great admirer of Homeopathy. He would have applauded Samuel and Melanie's lives. Twain once said, very succinctly:

“The secret of success is making your vocation your vacation.”



6. Presence

“If you worry about what might be, and wonder what might have been, you will ignore what is.”

Anon.

Being there

Vietnamese Buddhist monk, Thich Nhat Hanh, explains that there are two ways we can wash dishes. The first way, is to do it mechanically; it is just a chore and a nuisance. If we approach it this way, we will probably be thinking of the cup of tea that we are going to have afterwards or any number of different things. We will not really be truly alive and present during those moments that we are washing dishes. Later, even while drinking our tea, we will still be thinking of other things and not be fully experiencing ourselves drinking tea. So it continues, we are just not present and our lives slip away moment by moment.

The second way is to practice mindfulness. Focus on your breath, be aware of it, the movement of your hands, the sensation of holding each dish and the sensation of your legs rooted in the ground as you stand. Observe your thoughts without reacting to them.

“...the foundation for greatness is honoring the small things of the present moment instead of pursuing the idea of greatness.”

Ekhart Tolle

**Author of
“The Power of Now”
& “A New Earth”**

What Katie did next ...

Author, speaker and spiritual teacher Byron Katie, known to most as Katie, was a mother and real estate broker in the 1980s who found herself spiraling into a severe depression.

In 1986, after nearly a decade of struggling with depression, alcoholism, suicidal thoughts and eating disorders, Katie checked herself into a halfway house and rehabilitation center for women.

It was there that Katie had an awakening and became filled with happiness, clarity and calmness that changed her life forever. She says she realized the cause of her intense suffering and depression “was not the world around her, but the beliefs she’d had about the world.”

Soon, Katie started to share her realization with others and developed a process of self-inquiry called “The Work”, which includes answering and evaluating four key questions. Katie helps people transform their lives and end their suffering by changing their thoughts about themselves and the world around them. Find out more @ www.thework.com



7. Homeopathic help

Following the Steps I've already suggested so far will give an enormous boost to your body's innate ability to heal itself.

Remember, if you are facing particular health challenges and want extra support then do consider the enormous benefits of professional one-to-one homeopathic care.

As a general rule, it is not a good idea to begin two different treatments or regimes at around the same time. Start with Classical Homeopathy, don't add any other new treatments to the mix until you are completely satisfied that you have a well-matched remedy and things are moving in the right direction. See the information on Direction of Cure in Step 4 and ensure your progress is being well monitored by following up regularly with your homeopath.

Classical Homeopaths do not give lots of different remedies, they take a very detailed case and then research very thoroughly to ensure they find one very deep acting remedy that covers all your mental, emotional and physical complaints.

Homeopathy is a Greek word, meaning similar suffering. The central idea is that like can be cured by like. There is something that exists in Nature that has very similar suffering to what you are experiencing.

If that substance can be identified, and given to you on an energetic level, your whole being will recognize the problem at its core and then it will immediately begin to restore harmony and health.

In recent years, the Sensation Method has been a major refinement in homeopathic case taking and case analysis, because Homeopaths can tell by analyzing their client's language whether an animal, vegetable or mineral remedy is needed. Then by repeating certain key words (words that relate to their physical sensations) the client is able to access an unconscious awareness of what substance they need and to describe it in detail to the homeopath.

Generally the client is so deeply immersed in the experience that they themselves don't recognize what it is that they are describing. Even if asked directly they are usually unable to name the substance.

To illustrate this more clearly let's look at some language used, by real clients, to describe the substances that the homeopath went on to give them in tiny doses to restore their health.

"A void, nothing else, space, a very cold artificial color, vibrating, buzzing, electrical." (Neon)

"Squeezing, can't flow, small, dense, pressing in, no more hollow space, squishes out, ruptures, slimy, gelatinous. Rubbery, green, dense. V-shaped reservoir of nourishment." (Cactus)

"Speeding up, closing in, spins around, gets smaller, paralyzed, trying to survive, pulls things from me, steals my life. A circular sphere emanates from me. Animated like a puppet. (Spider, with empathy for its prey)

"It's deep down under the water. It's like cement. When it's wet it doesn't hurt, but when it's dry, it's like a rock and it really hurts." (Coral)

Homeopathy is a miracle of Nature. It has the power to restore your health rapidly, gently and permanently. Take that step.



ABOUT THE AUTHOR

Mary Aspinwall began working as a Classical Homeopath in 1995 and has helped thousands of people to return to health rapidly, gently and permanently. She trained at the College of Homeopathy in London, completed a one year apprenticeship with a highly experienced homeopath and later graduated from Jeremy Sherr's Dynamis School for Advanced Homeopathic Studies. She is registered with the Irish Society of Homeopaths.

Aside from running her busy practice, Mary has lectured internationally at homeopathic colleges and is a frequent contributor to homeopathic journals around the world including Homeopathy Today (USA), Homeopathic Links (Netherlands), The Journal of the Society of Homeopaths (Britain), The Homeopathic Times (Ireland).

In 1993, whilst still a student homeopath, Mary designed a range of homeopathic medicine kits that went on to become international best-sellers. The kits are manufactured by the world-famous Helios Homeopathics in England. A percentage of profits from the kits is donated to support homeopathic charities.

She feels passionately about educating the public to prescribe successfully for first aid emergencies and acute illnesses. She has taught many thousands how to do so, through her website www.homeopathyworld.com and more recently through the Homeopathy Basic and Intermediate Courses (joint educational projects with Melissa Burch the founder of www.homeopathyradio.com and Inner Health).

Mary and her family relocated to Ojai, California in 2008. This is her first time practising in the USA. She has previously worked as a homeopath in London, Ireland and Spain.

Mary is the author of "A Basic Guide to Homeopathy" and Editor of Dr. Stephen Gascoigne's excellent reference work "The Clinical Medicine Guide"

Mary wishes all of you good health and happiness.