

Well Being

Stillpoint Rehabilitation & Wellness, LLC

Making Great Decisions

Spring is coming and it seems so many people are in the process of making major decisions--changing a job or starting a business, having a baby, buying a house, ending a relationship or making a new commitment, retiring early, moving, lending or borrowing money. There are many different approaches to making sound decisions and I will outline some theories which may help you the next time you are faced with a choice.

In Five Element acupuncture theory, the meridians have not only a physical representation, but also mental and spiritual qualities associated with them. The Wood element is associated with Spring—a time of new beginnings and upward growth, much like a seedling pushing up out of the earth. The two meridians associated with the Wood element are the Liver and Gallbladder.

The **Liver** meridian represents the planner and visionary. Imbalances can manifest as a lack of focus or being overly structured. The **Gallbladder** meridian has the role of decision-maker and is responsible for initiating action. Imbalances can manifest as indecisiveness or the other extreme—bossiness.

When faced with a big decision, some people will mull and stress over the options for weeks or months. Others seem to fall in the “Decider” category and “just do it”. Neither way has been proven to be better than the other in research studies. According to Charles Foster, author of “What Do I Do Now” people who are great decision-makers have a strategy for making critical decisions. The first thing they do is focus on the Most Important Thing (**MIT**) underlying the situation.

Here are some clues that he gives to help you find the **MIT** for your situation.

It is something that will make your life wonderful, or will enable you to take care of your most important responsibility, or something that will make it possible for you to solve your biggest problem. It could be something that fits who you really are, or something that will encapsulate what is truly the meaning of your life (the best one).

We all know what it feels like to make a bad decision. One scenario is when we opt for a short-term benefit (taking the wrong job or getting into the wrong relationship on the rebound, etc.) without taking a long-term view. Another way to go wrong is to do what other people think you should do when your intuition tells you to do something else. In general, good decisions are more likely to be connected to your hopes than to your fears.

Some experts say you should ask yourself, “What would I do if I were not afraid of failing” and then go on and do just that. When you take fear out of the equation, you will make decisions that resonate more deeply with your core values and life purpose. Above all, enjoy the opportunities that life brings for choosing and manifesting the next step in your journey. Happy Spring!

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Physical Medicine

Integrative Medicine

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Wellness & Lifestyle

LOSE THE UNDERWIRE!
Ladies: wearing a metal wire under your breasts all day for months and years is detrimental to your health. It cuts off circulation of blood and lymph to the breasts and chest wall. Many of the acupuncture energy meridians flow through this region, so your bra could literally be choking off your health and vitality. Remove the wire today and breathe a sigh of relief.

Use the Placebo Effect to Your Benefit

Most of you have heard of the Placebo effect. This is when something like a treatment or a medication works to alleviate your symptoms simply because you believe it will. A classic example from the old days in medicine is where a doctor in a white coat whom you loved and had a long relationship with, would be baffled by your persistent belly pain or headaches. He would give you a sugar pill and tell you it was a potent remedy. You would dutifully take it and voila, your pain would be gone. Since there was no active ingredient in the sugar pill, your recovery would be blamed on your expectation that you would heal or that the problem was “all in your head.” The Placebo Effect is considered a bad thing in medical and pharmaceutical studies because it confounds things for the researchers.

When there is a positive outcome and it cannot be explained scientifically, it will be blamed on the placebo effect.

Add Some Healthy Spice to Your Life

Many herbs and spices fall within the category of powerful anti-inflammatory superfoods because they are rich in phytochemicals. Researchers from the University of Michigan have found, for example, that holy basil has anti-inflammatory activity comparable to ibuprofen, naproxen, and aspirin. Why are anti-inflammatory foods important for good health? Because inflammation is suspected to play a key role in heart disease, cancer, atherosclerosis, arthritis, asthma, allergies, and more.

The following are the top twelve herbs and spices with anti-inflammatory properties

The flip side of this is the Nocebo Effect, which comes into play when the patient expects to have a bad outcome and then does. If you are told that your spine is “degenerating” or “deteriorating” as people commonly are told these days, you will believe that your spine is disintegrating daily and that your future is bleak. And it will be. You will sit on the couch waiting to disintegrate, eat the wrong foods (what’s the point, anyway) and become isolated from others. The truth is that what a doctor sees on an x-ray or MRI in most cases are just typical signs of aging in the spine similar to the dry wrinkled skin, stiff joints and gray hair that most people accept as a consequence of aging. A patient with pain in their neck or back hears that they have “degeneration” and believes that there is something seriously wrong. It takes a long time to undo the damage from those words. That is one really common example of

Ginger, Turmeric, Black Pepper, Cinnamon, Rosemary, Basil, Cardamom, Chives, Cilantro, Cloves, Garlic, Parsley.

Turmeric is the golden yellow spice widely used in Indian cooking which has had a great deal of press recently.

There have been multiple studies done on the benefits of the active ingredient in turmeric (curcumin) which has powerful antioxidant properties. It has been noted that the common cancers (lung, breast, colon and prostate) are ten times less prevalent in India than in the US and their use of turmeric has been postulated as the reason for this.

Many people have discovered that turmeric has anti-inflammatory properties

the Nocebo Effect that I see a great deal.

It has been reported that up to 70% of the thoughts we think on a daily basis are negative and redundant. We as humans seem to have a bias toward latching on to negative thoughts and scenarios and then replaying them in a continuous loop in our minds throughout the day. Some people in particular have a tendency to “catastrophize” and always believe the worst will happen. This can become the lens through which we view the world and it can interfere with the innate ability to heal. Mind-Body medicine harnesses the power of the mind and spirit to help heal the body.

If you are facing a health issue, my advice is to consult a health professional you trust, follow their recommendations, and then stay open to the possibility that you will heal. And you probably will.

and are using it for relief from joint pain and inflammation. There are capsule forms available for those who do not like cooking with turmeric. Ginger, another anti-inflammatory spice is often added. As with any supplement, it may take 1-2 months to notice the difference.

If you have never tried turmeric, start with a teaspoonful in your vegetables, beans, rice or potatoes. It is best when combined with a fat (coconut oil or clarified butter – ghee are the ones traditionally used in Indian cooking). Add some black or cayenne pepper and ginger powder and you will be on your way to better health.