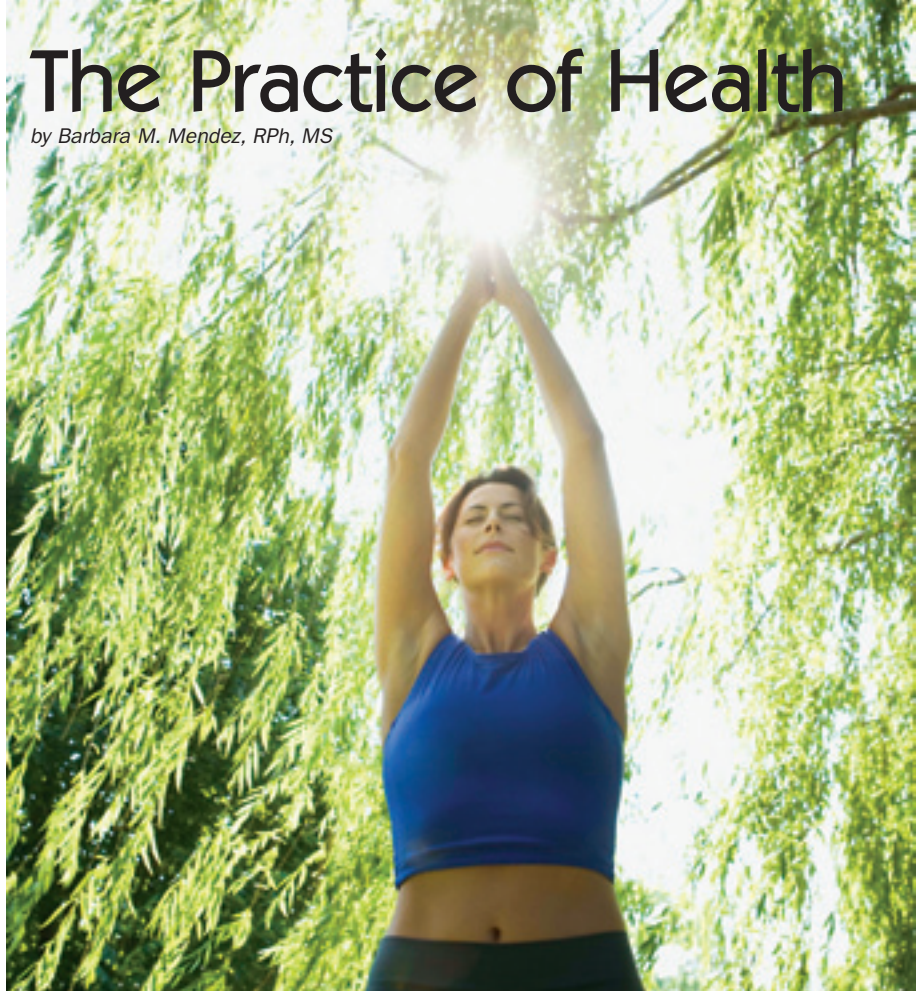


The Practice of Health

by Barbara M. Mendez, RPh, MS



I often talk about how we need to possess vision and then be spurred to action to create the life we want. While we all may want thriving careers, beautiful homes and happy personal relationships, not all of us do the work to manifest these gifts. Some of us are stuck in the cycle of wanting and not acting, waiting for tomorrow to begin a healthy eating plan or to write up a business proposal for an idea we know would be successful. Wanting but deferring action is a terrible cycle that is familiar to all of us, especially when it comes to our health, our bodies and how we care for them.

In my work, I have been privileged to

meet, work with and also hear about people who have been diagnosed with a life threatening illness and despite the odds, have healed themselves by working with alternative medicine. I recently worked with a wonderful man who was diagnosed with stage 3 stomach cancer and through various alternative therapies has now entered remission, with no trace of cancer in his body. I have heard of stories like his before (Kris Carr of Sexy, Crazy, Cancer fame is another well known cancer survivor using a raw food diet) but this was the first time I had the privilege of working with someone that managed cancer naturally. His journey

amazed me, but didn't surprise me. I have seen that one can heal their body through diet, vitamins and other protocols that leave them feeling healthy, rejuvenated, vigorous and well. We have all seen the medical model of treating cancer through chemotherapy and radiation and although very often effective as well, can be very depleting to the body. So when I meet people who have managed to heal their bodies, I really pay attention to what worked for them and how they got themselves well. Was it the diet? Was it the protocol of a specific alternative doctor? What exactly allowed them to beat the unbeatable? What happened?

Universally, the common denominator among these people is that in the moment of their diagnosis, as they sat in fear and anxiety, reaching for answers, perhaps talking to God for the first time

in their lives, they received a download of information on how to proceed. Their inherent wisdom told them what the best course of action for them would be in order to heal themselves and despite the knowledge that this method is not society's method and that they may be taking a risk by not going with standard allopathic treatment, they did it anyway. They resisted the fear and concern of everyone around them and proceeded in a manner that was dictated by their highest self. It is true creation in action. They became focused and disciplined and followed their guidance to healing. While this is not for everyone, and the very idea of healing cancer naturally might be considered outrageous to some, for those that are lead that way, it is a journey that they embrace.

But why wait for terrible news before acting? The power to create a healthy

body exists in every moment. Every time we eat, drink, sleep or exercise we are making a decision about our health. If we continue to eat fried and processed foods, we can expect to feel sluggish, bloated and experience indigestion along with weight gain. If we exercise regularly we can expect to feel energized and manage our stress better. If we eat a healthy breakfast we notice that our morning is more productive. Every choice matters and brings us to our future and has a hand in determining the health of our future bodies.

I encourage you to let 2010 be the year that you begin practicing health. Try to resist the very human, but all too often unsuccessful desire to change all your bad habits at once and instead pick one behavior that you can work on and practice every single day. Perhaps it is eating more fruits and vegetables. Or

maybe it is exercising regularly. Or for some, it might be the elimination of sugar. Whatever it is that works for you, begin it, and notice then the rewards that your body, in its infinite wisdom, is all too eager to return to you.

It is my wish that we all begin actively participating in the quality of our lives and our health. And to make this happen, we need to banish the idea that out there some where lurks a magic bullet or that tomorrow will somehow be a better day than today to start embracing health. Practice is action and only through action will you achieve the desired result.

Barbara Mendez is a registered pharmacist and nutritional consultant in private practice in New York City. She is also the in-house nutritionist for the Harvard Club. For more information on Barbara, please go to her website at www.barbaramendeznutrition.com Barbara is available for corporate lectures.