

How are you? Really?

It's been a little over a month since I've returned home from Europe. As much as I cherish my time away, it is always a pleasure to return home to wonderful ATX and reconnect with each of you.

And, the first thing I'd like to ask, "How are you?"

Over these past weeks of training and processing new ideas, I think I can help you focus your response.

One thing I hope you're coming to believe through working with me is that the body *can* heal itself. However, for the body to heal itself, it must first be able to clean itself. If your body can't eliminate waste (toxins) it simply cannot heal. So, before we can support the body's ability to heal, we need to take a closer look at how well it is cleaning itself.

My colleague, friend and mentor Dr. Sorina Soescu creates a lovely and simple analogy here.

"We must always first clean the house, then make the repairs, and only at the end, paint. Too often we all want to jump in and paint and wonder why the house still falls apart!"

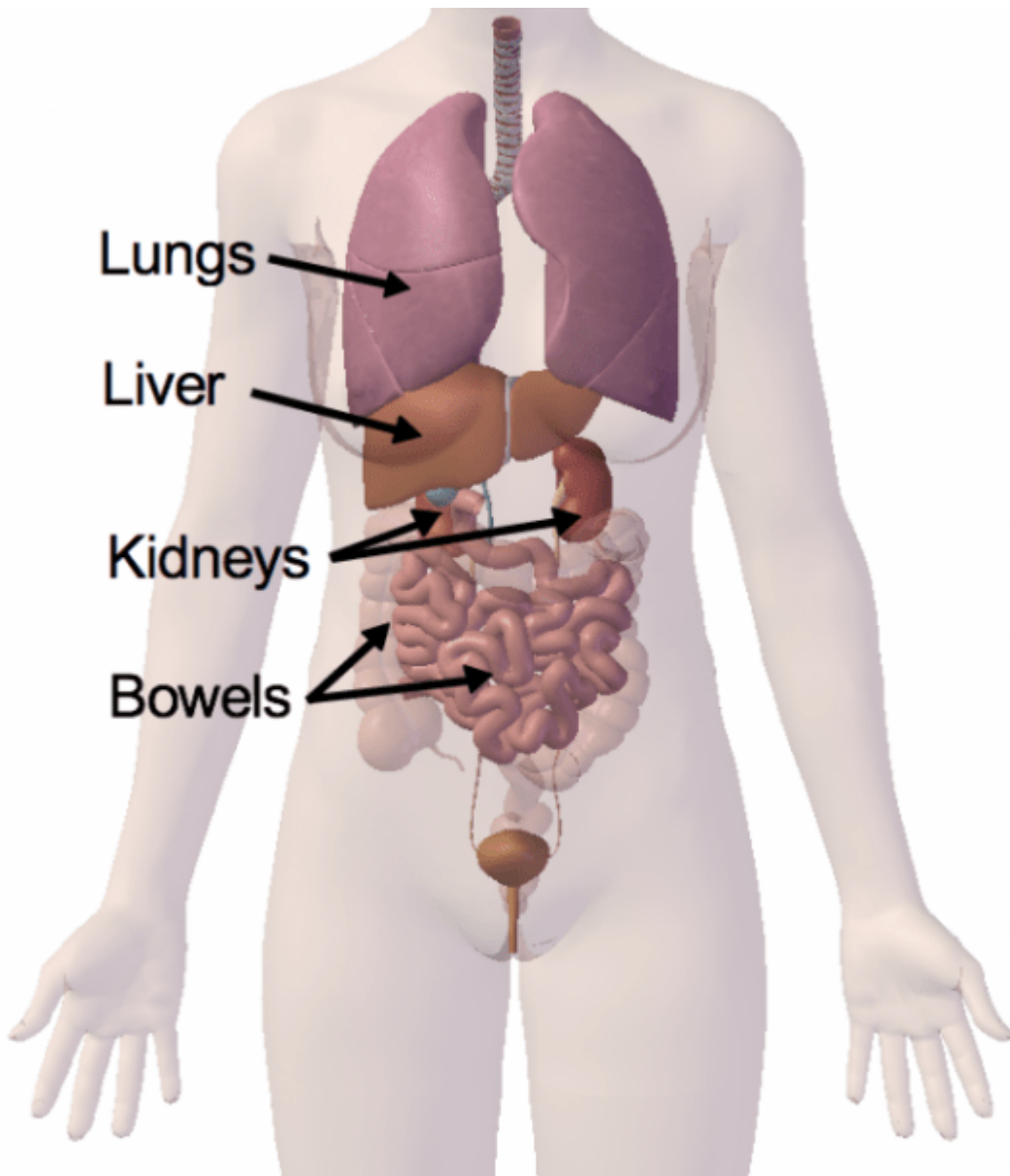
Does this sound familiar?

Is your body cleaning itself effectively? If, in your natural state (*without supplements or prescription medication*) you experience any of the following, then we will know the first work will be to optimize your elimination systems.

- Fewer than 2-3 daily, formed bowel movements
- Bloating, flatulence, or bowel discomfort after eating
- Any of the following menstrual issues for women: profuse, scanty, dark brown, clotting or painful menstrual bleeding

- Night time urination
- Frequent daytime urination
- Lower back pain
- History of bladder or urinary tract infections
- Sinusitis or chronic ENTs
- Skin conditions of any kind
- Respiratory Issues

Each of these symptoms indicates an area of weakness, whether it be lungs, liver, kidneys, or bowels. If one or more of these organs is not doing its job, all the healthy supplements and exercise in the world won't help you heal. This is true for all ages and stages in life and the earlier elimination issues are improved, the less likely it is that chronic conditions will develop.



Do you feel better prepared to answer the question, “How are you?”

If so, I am prepared to help and have just the tools you need to get cleaning. And, of course, it’s simple!

Here are the three we will use.

1. Diet
2. Gemmotherapy
3. Body work that addresses lymphatic stagnation and promotes elimination. Top two therapies on my list are cranial sacral therapy and acupuncture.

Ready to start “cleaning house and making repairs?” Then read

this post for a more in depth understanding of The Five Stages of Healing. The Radically Simple Diet post should also help you get a handle on the importance of the input aspect of the first stage in that process.