

The Power to Heal Lies Within

(Published in AZNet News - June 29, 2010)
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Holistic health brings to mind a lot of different things to different people. The definition of holistic health in Wikipedia states that, "Holistic health is a concept in medical practice upholding that all aspects of people's needs, psychological, physical and social SHOULD be taken into account and seen as a whole." As defined above, the holistic view or whole body approach on treatment is now widely accepted in medicine.

So where do mental, emotional and spiritual aspects of Holistic health lie? It lies within! Within each and every one of us. This is where our true power resides. Our culture for many years has been looking at health from the outside in. WE have advertisements now on every other commercial that says, "Here is a purple pill and if you have this symptom or that symptom - this may work for you!"

Symptoms are merely the body's way of saying, "HEY ... HELLO I am trying to get your attention over here and I am going to get louder and louder and more painful and then intolerable until you have no other choice but to listen." These symptoms come out in many ways. It could be a spiritual "2 x 4" over the head, an incurable disease, or the phrase hindsight is 20/20 comes to mind. Maybe it's a divorce or psycho or emotional breakdown, sadness or a feeling of lacking joy.

So what's your story? What's your history with this? And what is it you really need?

Not discounting traditional medicine, but there is a power within you to heal. There is no one way to accomplish this. There is, however, your own unique way and only you can know what's best for you. And, in order for you to know that, you have to get to know YOU - not your surface self - but that deeper part of you that knows exactly what it needs: mentally, emotionally, physically and spiritually.

Each and every one of us has a story. That's what life is about. Each day we just add to it. The trick is to not get stuck on a single page, but to create a new one - and you can't do that if you are living through someone else's opinion of what is right for you.

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