

Balance is Key in Life

It is important to live a balanced life in which you practice moderation in all things. It means not overindulging in food or drink, balancing exercise with rest and work with play. Emotionally, it means expressing feelings and seeing things in a way that allows for inner peace. To be balanced spiritually you need to connect with a higher power and be aware of your interconnection to all living things.

If you wish to enjoy wellness, it is mandatory to balance not only your physical energies but also your mental and spiritual energies. The human body is a vast energetic network. When this energy field becomes out of balance and loses power, illness results. Stress upsets the balance of the energy field causing you to lose power. Illness results from an overload of emotional, psychological and spiritual crises. Sometimes illness is the result of environmental or genetic factors over

which you have little control.

Fear, anger, guilt, depression and anxiety trigger the stress response. Physical or chemical stress is created by eating processed foods on a regular basis: sugar, alcohol, caffeine, white flour products and high fat diets. Stress is cumulative and puts us at risk for disease. Stress is transmuted into imbalance and disease. Most trips to the doctor are stress related. Stress also aggravates chronic conditions making them worse in most cases.

Stress can be positive if it is something that is temporary, under our control and if it challenges or motivates us to grow. Physical exercise is stress on the body that can be beneficial. Stress is harmful if it is chronic and you feel threatened or overwhelmed with no end in sight.

Relaxation is the process of bringing the body back to a state of balance. Passive relaxation might include meditation, watching or reading something you enjoy, listening or playing music, pursuing a creative interest or being out in nature. Active relaxation could be any exercise that you enjoy that creates feelings of well-being, peace and harmony.

Most stress occurs because of our own perceptions of the events in our lives. It is important that we learn to process the events in our lives positively. How can you see this event differently so you could

be at peace? Nothing has meaning except the meaning you give it. What meaning could you choose that brings resolution? If you want to be healthy, it is important to return to your natural state of peace. You accomplish this by healing your mind through love and forgiveness and holistically restoring your body to a state of balance. E. Taub says that stress causes our energy to become out of balance and is a major cause of illness.

Take Life as it Comes, Daily...

*Even a happy life cannot be without a measure of darkness and the word happy would lose its meaning if it were not balanced by sadness. It is far better to take things as they come along with patience and equanimity. *Carl Jung*

*Life is not about perfection or a quest for perfection. Life is about enjoying what we have for as long as we have it. *J. L. Huie*

*Skill is successfully walking a tightrope over Niagara Falls. Intelligence is not trying.

*A wise person never knows all; only fools know everything.

*Remember, today is the tomorrow you worried about yesterday!



Staying Active: Key to healthy Senior Living

May Tidbits

In an article in **U.S. News & World Report**, Joannie Schrof shares some encouraging information with senior citizens of America.

She cites numerous studies on aging that are promising. One Harvard study, she says, found that a quarter to a third of subjects in their 80's performed as well as their younger counterparts.

Exercise benefits brain power: Research indicates that exercise is the factor that seems most likely to benefit the brain power of the healthy, sick, young and old alike. Moderate exercise, such as 30 minutes of walking a day, is very beneficial.

Perhaps the best news is that even if you lose part of your mental capacity, you might be able to get it back. An old brain retains an astonishing ability to rejuvenate itself.

One intriguing study by Harvard's Ellen Langer and Rebecca Levy suggests that cultural norms may be self-fulfilling prophecies. In China, where age carries no connotation of stupor, the elderly perform much higher on tests than their American counter-parts.

Attitude, expectations affect capacity

In short, your attitude and expectations are determining factors in your capacity as you grow older. Another exciting plus is that older people consistently outshine younger people on all measures of wisdom, offering more thoughtful, sophisticated advice.

But the best news of all is that there are things you can do to enliven your brain, such as: Be flexible. Find peace. Eat right. Get lots of stimulation. Seek new horizons. Engage the world. Take a daily walk. And finally, keep control. So take the active, positive approach. You'll be at the top.

Quotable. . . Each person carries her/his own doctor inside. All you have to do is get up, look down and see that you are above ground. Every day above ground is a great day. Let your food be your medicine and medicine be your food. Nature heals; the physician is only nature's assistant. **Hippocrates**

Had a hug today?

Hugging is healthy. It helps the body's immune system, it keeps you healthier, it cures depression, it reduces stress, it induces sleep, it's invigorating, it's rejuvenating, and it has no unpleasant side-effects. Hugging is nothing less than a miracle drug. Hugging is all natural. It is organic, naturally sweet, and 100 percent wholesome.

Hugging is practically perfect. There are no movable parts, no batteries to wear out, no periodic check-ups, low energy consumption, high energy yield, inflation proof, nonfattening, no monthly payments, no insurance requirements, theft-proof, nontaxable, nonpolluting and, of course, fully returnable,

Source Unknown

*Find your balance and stand with it. Find your song and sing it out. Find your cadence and let it appear like a dance. Find the questions that only you know how to ask and the answers that you are content to not know.

Mary Anne Radmacher

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