

Get Back on Track

There is much that we can do as individuals to take better care of ourselves.

We are surrounded by much in the way of resources. We can take a leaf out the Chinese medicine philosophy by creating a balance between the mind and body (Ying and Yang). The idea is to minimize the problems brought on by modern living: stress, tiredness, toxicity and their consequences. Put simply if we can rein those problems in before they reach the next stage, which is chronic illness. Chronic illness by its very name suggests something that has taken time to develop or it has been given the ideal conditions to prosper and grow. Certainly it can take thirty years or more to reach this state.

So what can we do to avoid this happening prematurely?

Well you could dig deep into your pockets and invest in a spa break at least once a year. If that is not on your agenda, then home care should be examining life style choices. Do you have a healthy diet combined with regular exercise and plenty of relaxation? To keep yourself in good shape then also consider beneficial rebalancing treatments. Remember many of these treatments are also deeply relaxing. Bowen therapy is especially renowned for its healing qualities by working alongside the body's own innate ability to rebalance and restore its own vitality.

Clients often remark about how much energy they have after a treatment.

This renewed feeling of well being does not happen by chance. If you coping with low levels of energy, feeling tired and below par, then there is a reason for this. Fighting it is not particularly conducive to good health and will in time compromise the auto-immune system. Before long you may have symptoms of impending illness. Ignore them at your peril. Your body is asking for help so take action and beat the system.

We need a plan

As you evaluate the situation, it is often a good idea to draw up a plan. Decide what appeals to you and have a look at what is in your area. Remember to keep yourself well-hydrated by drinking sufficient water for your needs (about 6 to 8 glasses a day). Being dehydrated can play cruel tricks with your concentration and performance. Consider if some of your bad lifestyle habits are deep-rooted as the subconscious mind may need a little convincing that it is time for a change and here a therapist may be particularly helpful.

Few of us can afford to be ill

With the economic down turn as it is at the present time, few of us can truly afford to be ill and to take time out from our work. If you are self employed this becomes even more critical. Every one of us has this wonderful machine called the human body that churns out money every to keep us in the style to which we have become accustomed or maybe would like to become accustomed to and yet how much attention do we really pay towards its maintenance. There is a saying that says "if it ain't broke, why fix it". However conversely if you put enough strain on it then the weakest link will break so which one do you want and which path do you want to follow. It can harder to go uphill but the rewards are frequently marvellous. Downhill may be easier but represents short-term thinking and choices.

So which is it to be?

Remember it is easy to talk the talk and that may make you feel good. Talk without action is planning to fail so make a plan to succeed and be responsible for your own health with the help of healthcare professionals. Above all make this part of your life plan and try not to be too hard on yourself. It is not part of the game plan to be miserable and we certainly do not want you to lack a happy smiling countenance.

Remember laughter is the best medicine and can cure many of life's ills.

Patt Stock has been helping people deal with back pain and related conditions for over 6 years.

Based in the UK Midlands with clinics in Southam, Daventry, Rugby and Leamington, Patt has helped 100's of people regain their freedom to live healthy normal lives after suffering from back pain.

Speak to Patt on 01926 811 140 for free advice on your own condition and your options for overcoming your back problems to help you get on with enjoying a back pain free life.

See <http://www.pattstock.co.uk/> for more information and other helpful resources.