



# **Your Health and Wellbeing**

## **What Really Creates Health and Wellbeing?**

By Dr. Margaret Paul

**Most of us know that eating well and exercising is important for good health. Yet we often hear about people 100 years old and older that are still vital and have not eaten perfectly or exercised much. What is the secret of their good health?**

Research indicates that a major factor in good health - more important than genes, food, or exercise - is how we handle stress.

Our bodies are equipped with a "fight or flight" mechanism that enables us to mobilize our strength when necessary. This mechanism allows us to fight or flee from real and present danger. However, this mechanism is also activated when we BELIEVE there is danger, even when no actual survival danger exists.

For example, it is appropriate for the fight or flight mechanism to activate if you are being physically attacked. When the stress response is activated, blood is taken from our brain and organs and put into our arms and legs to enable us to fight or flee. Our immune system shuts down to give us more energy to physically protect ourselves and ensure our survival in the moment. Once the danger is over and we have discharged the stress through fighting or running, our bodies go back to normal and blood again flows to our brain and organs.

However, what if your thoughts are creating the stress? What if you are imagining being attacked, or being rejected, or losing money, or losing your job, or losing a loved one? In this case, there is no actual real and present danger occurring in the moment. Yet the body does not know the difference between something that is really happening and something that you are thinking about. The body goes into the stress response the moment you think scary thoughts. But instead of being able to fight or flee, you are stuck with the anxiety caused by your thoughts. The blood is in your arms and legs with no way to be released. You can't think very well due to a lack of blood in your brain, your organs are being robbed of necessary nutrients, and your immune system is not functioning properly. Strenuous exercise may release the stress response, but if you keep thinking the scary thoughts, it will just come right back.

Perhaps the most important thing you can do for your health and wellbeing is to become conscious of your thoughts that create stress,

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and become adept at changing your thoughts. People who have learned how to let challenging things roll off their back generally have good health. People who allow the challenges of life to constantly stress them out often have health problems, even when they eat well and get exercise.

Our minds have been programmed from infancy with many untrue thoughts - many false beliefs. It is when we think these untrue thoughts that we cause ourselves anxiety, and then our bodies go into the stress response. However, we all have an inner or higher "Wise Self" that knows truth from lies. When we move "out of our minds" and into our knowing, we will stop thinking the thoughts that cause anxiety and instead operate from the truth of our knowing.

Thoughts that are untrue cause anxiety. The truth brings peace. If you have a thought that you cannot survive being rejected or being alone, you will feel anxious. However, while this might have been true as a child, it is not true as an adult. Your anxious feeling is letting you know that your thought is untrue. If you then think - from your higher Guidance rather than from your programmed mind: "I can handle rejection. I've been rejected many times and I have not died. I've been alone many times and I have not died," your body will release the anxiety and you will feel peaceful. Your peaceful feeling is telling you that you are now thinking the truth.

The very best thing you can do for your health and wellbeing is to practice Inner Bonding - become aware of the thoughts from your programmed mind that create anxiety, and practice thinking the truth from your Guidance that creates inner peace.

### **Is It Important to you to be Healthy?**

By Dr. Margaret Paul

**How important is your health to you? You might be surprised to discover how many things are more important to you than excellent health.**

Is your health important to you?

Most people will say that they really want to be healthy, but what are you willing to DO to be healthy? And what are you willing to NOT DO

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to be healthy? In other words, what is more important to you than being healthy?

Is it more important to:

- Eat fast food, or packaged, frozen and processed food, than take the time to cook healthy meals with fresh, organic healthy ingredients?
- Spend money on clothes and toys and other "stuff," than on fresh, organic healthy food?
- Go along with what others say about what creates health, rather than take the time to do your own learning?
- Sleep in, watch TV, play video games, gamble, work, stay on the phone, constantly text, or do other addictive activities, rather than get exercise?
- Take drugs for anxiety, depression or insomnia, rather than learn how to take responsibility for your feelings?
- Turn to substance addictions, rather than take responsibility for your feelings? Continue to act out addictively with alcohol, cigarettes, sugar, caffeine or drugs, rather than learn to take loving care of yourself?
- Neglect your spiritual practice, rather than take the time to create inner peace?
- Be "one of the gang," eating like everyone else is eating, drinking like everyone else, or taking drugs like everyone else, rather than support your own health?

How are you rationalizing your unhealthy choices?

- I don't have the time.
- I don't believe that food has much to do with health.
- So and so smoked his whole life and never got lung cancer.
- Why bother? My genes are against me.

- I'll get around to it when I have some time.
- Food is the only reward I have. I'm not giving up sweets and other so called "junk food".
- I'm still young. I don't have to worry about it for years.
- I have too much pain in my life, and I won't be able to handle it if I get off drugs or give up my addictions.
- What's the point in living if I can't do what I want?
- I won't have any friends if I don't do what they do.

The question to ask yourself is: "How do I want to live my later years? Do I want to be vital, clear-headed and energetic as long as I live, or do I want to suffer with cancer, heart disease, arthritis and other degenerative diseases?"

While there are many factors that influence our health, such as genetics, the environment, accidents and trauma from childhood, we each have much power to create health - when it is important to us.

If health is very important to you, then I encourage you to start to take responsibility for yourself in three major areas:

- Food - if people didn't eat it 400 years ago, then don't eat it now
- Exercise - find exercise you love and do it consistently
- State of mind - practice Inner Bonding

All three are equally important and affect each other. If you are judging yourself and ignoring your own feelings - rather than practicing Inner Bonding and taking responsibility for your feelings - then your self-abandonment will be creating stress in your body. When we go into stress, the body goes into fight or flight, which means that the blood leaves the brain and organs and goes into the arms and legs for fighting or fleeing. When this happens often, the immune system is compromised, leaving you open for illness. In addition, the stress may lead you to act out addictively in an effort to relieve it, further fostering poor health. Exercise not only helps your state of mind, it helps your body function well. Poor food affects your state of mind and your energy, making it more difficult to exercise and create inner peace.

Today, ask yourself, "How important is my health to me?" Then be honest with yourself. If you are not willing to take loving care of yourself in all three areas, then you need to accept that your health is not that important to you.

## **Health and Nutrition: Feeling the Effects of Food**

By Dr. Margaret Paul

**Are health and nutrition not even blips on your screen?  
Are you oblivious of the physical and emotional effects of  
food in your body? Are you convincing yourself that the  
junk food or processed food you eat is not doing harm?**

If you are a junk food junkie or you often don't eat well, and are unconcerned with health and nutrition, why is this? Every day we read about or see on TV how sugar, soft drinks, many kinds of fats, fried foods, factory farmed foods, devitalized, packaged and processed foods, pesticide laden foods, and other kinds of junk food cause illness. What causes you to ignore the research and go right on eating badly?

I explored this issue with some of my clients and friends, and this is what they said:

- "I don't believe it. My parents didn't eat well and they lived long lives." (Albeit not healthy long lives!)
- "I don't feel any different when I eat junk than when I eat well, so I don't think it's harming me."
- "It's worth it for a few years off my life." (Forgetting that many of the years lived may be spent in illness and pain).

### **What Are You Not Noticing?**

What I have seen over and over is that many people are not sensitive to the profound effects food has on them, so they are not motivated to eat well. They don't notice that their energy may be a little lower or that they might not be as clear-headed. But the real thing they don't notice is what junk food and devitalized food is doing to their organs and immune system.

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The sad thing is that suddenly, one day in their 50s or 60s or 70s, they notice it - big time. This is when they might start to have health problems - heart problems, diabetes, cancer, or other degenerative diseases. While the health issue seems to be sudden, it has been happening for all the years of poor nutrition. But they didn't notice because they didn't pay attention to how they FELT when they ate sugar or processed foods - both physically and emotionally.

They didn't notice that their mood, or their ability to sleep, or their stamina, or the level of pain in their body was affected by the food they were eating. Often they just took a pill to take away anxiety or depression, or to sleep, or to take away pain. Or they drank more coffee to give them the energy to get through the day.

In fact, they may have been using food to AVOID their feelings rather than attending to them. Comfort food certainly works to make us feel better for the moment, while covertly doing its damage in the body.

### **Being Present in Your Body**

Until you are willing to be present in your body and notice the effects food has on you physically and emotionally, you might not be motivated to eat well. Until you desire a high level of health throughout your life, instead of spending your later years dealing with illness, you might not be motivated to eat well.

If high energy and excellent health are important to you, then start noticing how you feel when you eat clean, fresh organic fruits, vegetables, and whole grains. Experiment with noticing the differences between raw dairy and meats from organically fed grass-finished cows, as opposed to pasteurized dairy and factory farmed cows, as well as organic eggs and chickens, as opposed to factory-farmed eggs and chickens that are filled with hormones. See how you feel if you take the time to make fresh raw and cooked foods as opposed to packaged foods.

If you think you can't afford the healthy food, think about how much you will be saving on doctor bills and medications. See where you can cut down spending in other aspects of your life. After all, what is really more important in life than health?