

## UNDERSTANDING THE HUMAN CONDITION 5

1. Psychoneuroimmunology is the science of how moods affect the nervous and immune systems. We now have over 25 years of evidence that clearly shows how we think and feel affects the health of the body. When we are angry or sad there are adverse consequences for our internal organs, and the body's overall resilience and efficiency is reduced. When we are positive and happy every organ, every system in our bodies works to the best of its ability, producing an enhanced sense of well-being.
2. We are what we eat. What does this mean? Everything we consume has various biological, chemical, and electro-magnetic effects on our internal workings; because we are biological, chemical and electro-magnetic beings. Our bodies are made of the same components we consume - proteins, fats, carbohydrates, vitamins, minerals, water, oxygen and light. Therefore, the function of our brains and bodies is obviously going to be affected by the quality of the substances we put inside us. Think about the value of what you are eating and whether it is serving the cause of health?
3. The precious gift of food has a monumental effect on our physical health, but what we eat does not just affect the functioning of the body, it also affects the workings of the mind. Although the mind and body are separate and have very distinct functions, there is an intimate, subtle relationship that exists between the two. Food and thought are the two life-forces that link these two seemingly separate organisms. So, what we eat affects the mind and how we think affects the body.
4. We are in fact more than just what we eat; we are what we absorb from what we eat. If the body's ability to absorb the nutrients from the food we eat is impaired, then our ability to get the best from that food is drastically reduced. This is why detoxifying our bodies is so important, and for the best possible absorption we should eat plenty of the foods that are naturally detoxifying, like fruit and green vegetables and drink lots of water (at least 3 to 4 pints per day). In addition to this we would find it immensely beneficial to detoxify our systems 3 or 4 times per year.
5. In terms of physical health, water is supremely important. Nothing in the body works properly without it. Water ensures proper distribution of nutrients, and it is critical to the countless chemical and electrical reactions in the body. Water ensures proper detoxification of the cells and is crucial to the removal of the waste that accrues in the body. Water is the vehicle of movement, it keeps everything going, which is vital because movement is the key to health. The list of water's functions and attributes is almost endless, and it is for this reason that water should be at the very top of our health list.
6. Not only does water affect the body it also affects the mind. When the body is blocked, congested, unable to flow smoothly and rhythmically, this state of congestion affects the mind. We become stuck in our thinking and our moods are confused and flustered. We lose clarity and confidence, and feelings of fear and inadequacy are generated. So many of our mental functions such as memory, concentration, moods, attitudes etc. are affected by the flow of water because of that marriage between mind and body.