



## 5 Quick Tips to Help You Right Now

### 1. **Drink real water.**

When I say “water”, I mean...water. Not vitamin water, distilled water, flavored water, juice, tea, or sports drinks. Water is the substrate of every reaction that occurs in the body and mind. The brain is the body’s thirstiest organ.

In many healing traditions, water is associated with joy. Water carries toxins out of the body and is broken down to produce energy (and carbon dioxide). Think of water as an empty bus that goes into your body, picks things up and takes them out (in urine). It hurts the process to drink something (ex, soda) that has all of the bus seats filled before it gets in your body!

### 2. **Eat real food.**

Neurotransmitters (serotonin, norepinephrine, etc.) are made from amino acids. Amino acids come from proteins. Some proteins can be made by your body, but others cannot. To adequately supply your brain, and support the production of neurotransmitters, you need to eat nourishing foods like good fats, good proteins, and multi-colored fruits and vegetables. You also need to avoid nutrient robbing foods like sugar-substitutes, stimulants, and highly-refined carbohydrates.

Food is turned into the building blocks of everything in your body. Without appropriate raw materials, the brain and nervous system cannot do their jobs.

### 3. **Honor your emotions.**

This is the third leg of support for your body. The food and water are no-brainers, but your emotions are equally important. The first thing to know is that there is a purpose to your illness. There is a wisdom within you that wants you to be well and knows how to get there. The problem is in getting you to focus on what is really going on, rather than on escaping something that you don’t like.

That’s where your symptoms come in. Whether you are depressed, anxious, in pain, tired, or in some other way “malfunctioning,” your symptoms are your deeper wisdom’s attempt to get your attention.

By paying attention to, and honoring how you are feeling, it is possible to identify and heal a part of your thinking that is out of alignment with some deep truth about yourself. Your sadness, anxiousness, jealousy, anger, or pain are pointers to something deeper. Honoring them is the first step in uncovering the underlying issues of your illness. It's not always an easy process, but it is essential.

When you get stuck, ask for help. And if you are interested in a more complete article on this point, please look at the August 2008 newsletter by clicking on (or cutting and pasting) the following link.

<http://www.drtraviselliott.com/are-you-working-with-your-body-or-against-it>

#### **4. Pharmaceuticals are not evil.**

I don't disagree with the idea that imbalances in brain chemistry are the major cause of depression and anxiety. I just want to know what is causing the brain chemistry to be imbalanced. The same goes for inflammation in other diseases, including arthritis. There are physical problems that contribute to symptoms, but there may be deeper causes that create the physical problems.

However, it can be necessary to use pharmaceuticals to correct a dangerous situation. Addressing the deeper purpose of the illness is essential in the long term, but that can be done in concurrence with conventional pharmaceutical therapy.

#### **5. When you are stuck, ask for help.**

I mentioned this in number 3, but it bears repeating. Whether it's a phone call to a friend, a prayer in the middle of the night, or a free consult with a professional like myself, please don't feel like you have to suffer alone. Be honest with your own limitations and you will open yourself up to learning new things about yourself.

The journey is worth it.

If you are ready to heal the underlying causes of your health issue, please call 503-310-2036 to make an appointment for a **no-charge 15 minute consultation**, regardless of where you live.