

# Ensure Your Health

## Restorative Bodywork Solutions, LLC

### Animal, Vegetable, or Human?



*It seems the differences between technological and natural beliefs tend to hinge on the idea of what it is to be human.*

*Technological beliefs are built on the foundational idea that nature is the enemy. People are de-natured. They be-*

*lieve humans possess a metaphysical ability and are better and higher value compared to the rest of nature. They set themselves above nature and therefore this gives humans a right to control and manipulate it. They constantly search for the meaning of our existence as a separated entity from nature.*

*Naturalistic beliefs center around the idea that nature and humans are a whole, which, cannot be*

*separated. They function together as ONE unit. They believe we need to live within nature and consider the rules of technology seductive to destruction for both humans and nature. They believe the failure to honor and respect the whole without putting one above the other is what creates unhappiness. They perceive technological man's ideas as superficial.*

*Where do you stand?*

### Body Language

*Did you know your movements, lack of movement and posture reveal more about you than anything else? About 80% of communication is non-verbal.*

*Your body does not lie. It does not have*

*the ability to lie.*

*You can use this clue to change your mood by changing your body's actions.*

*For better or worse our routines are our destiny. When you challenge routine you find happiness*

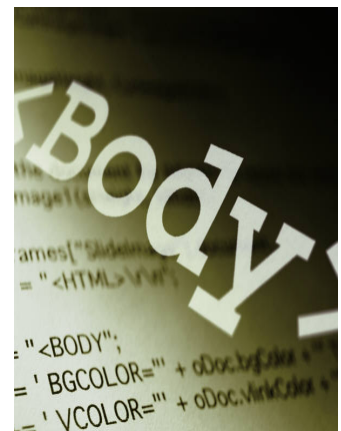
*and "flow".*

*Do you move with subtle power or subtle distress?*

*"Every act is an act of self definition," according to Karen Wright.*

### Keys to Successful Living

- Know Your Worth
- Live In Integrity
- Act with Courage
- Balance Internal & External Approval
- Eat 5-6 smaller meals per day





**“The first problem for all of us, men & women, is not to learn, but to unlearn.”**

**----Gloria Steinem**



## Terrorphobia

*This is defined as the irrational fear of terrorism.*

*No matter which mass communication you prefer, it is overrun with the perpetuating sense of insecurity which prevails in the U.S. This alone keeps people in constant anxiety and stress.*

*Most people I see now have higher levels of tension in their bodies and it is getting more so*

*as time goes on. In fact, for many this is basically an evolving, slow tension and is becoming a norm.*

*Anytime people carry this type of escalation they are overworking all the systems in their bodies.*

*Our bodies are finite. Do you want to spend your irreplaceable life force within the realm of terrorphobia and economic unrest or find ways to*

*assuage better balance?*

*Getting in a car, driving across a bridge, going to the mall, having a child in school are courageous acts. Peril exists at every turn in our lives.*

*Learn ways of personally controlling tension and realize your prime concern is taking care of yourself first---No one else is going to do this for you!!!*

## Broken Record

*I know I write a lot about chaos, stress and other related articles. The reason I do this is to get people to start becoming aware of their own bodies.*

*Most people really have not spent the time to explore and discover themselves except on a more intellectual plane. You can read all day about physical processes, mind practices, etc., however, it is the experiencing that is the most astute teacher of all.*

*We have been fortunate to have people whose main pursuit is how to*

*gain an understanding of yourself as an adult since most were never focused in this way by his/her parents.*

*Once someone gets into the realm of self-discovery it can be fraught with obstacles and more learning is sought.*

*There are tons of things that can get our attention everyday, the years pass and then we realize how poorly we have done on a personal body level.*

*Sometimes this ugly monster rears it's head as physical pain. Pain is*

*actually a very good wakeup call that something is not right. Most people naturally want to shut it down rather than just embrace it.*

*Embracing pain is a foreign thought to many and only the very courageous pursue it.*

*When pain is embraced fully, then the milestone indicator is a change in lifestyle. This happens because once one embraces pain, one learns something very valuable and is focused on making his/her life better permanently rather than artificially.*

## Unhealthy Attachments to Water

*Bottled water has become a status symbol par excellence. However, this faddish explosion has been crashed by the Green Movement. The addiction to water purity is ironically making our water supplies unhealthier than ever. It is the convenience first--portable economy of bottling that is pulling the evidence train. It is*

*the plastic crud. PET bottles consume 1/4 of it's volume in oil during manufacture.*

*However, tap water isn't as safe as it could be either. You must have seen the information on pharmaceutical drugs in our free water. Apparently there is no water that doesn't have these products in them.*

*We need to wake up and smell the toxins of water.*

*It might be time for a sin tax on the pharmaceutical industry for products found in water and on bottles of spring water just like there has been on alcohol and cigarettes.*

*It would wake them up!*



## True Community

*How awesome the world would be without politicians, fear mongers and a few other tiny apocalypses. The absence of the sense of desperation in the air we breathe, the water we drink, and the pitchfork of science and technology would create a different age.*

*Many have fears and fantasies around a total annihilation which is either tragic or redemptive, BUT, we need a better balanced world----with that we will have better balanced indi-*

*viduals as well. We need a true community facing our problems of existence as one instead of being littered by paranoid nations vying for preservation of their ways only.*

*What you find important in your personal life really can be the focus of the world because if you ask around, everyone is facing the same dilemmas.*

*Health is mandatory or there is no you or other.*

*Basics really need to be*

*considered first. Much of the world gets into arguments of where the priorities lie.*

*To answer this you only need to ask yourself what do you need to survive. Without these items being met first and held up as the filter through which you view your world, nothing else will be have significance.*

*Take time to reflect on the simplicity and fragile nature of life. Then own those principles.*

*"We are not to expect to be translated from despotism to liberty in a feather bed."*

*---Thomas Jefferson*

## Where does the Flu come from?

*New strains seem to originate in the Tropical East and Southeast Asia. They spread to*

*Australia and the Pacific islands. Then they show up in Europe and North America. The last*

*to encounter a new strain is South America.*



# **Restorative Bodywork Solutions, LLC**

**Ensure Your Health**

**15 Sams Point Rd #103  
Beaufort, SC 29907**

**522-0278**



**WE'RE ON THE WEB!**

**WWW.RESTOREBODYWORK.COM**

## ***Body and Environment***



***We as a body are constantly relating to the environment.***

***We breathe air, we participate in pressure through***

***walking as the foot and ground push equally. Our behavior has an effect.***

***Yet our body accu-***

***mulates and is a result of the environment; the body process goes further by creating an internal environment. The body is, also, a record or history/ action track. The body implies this internal environment already "is", but the environment is not viewed with the same "is-ness". The last and most amaz-***

***ing is that the body structure is always involved in some processes and it only exists from process, for further process, or else it disintegrates.***

***This same activeness of process is true for the environment, too.***

***We, really are the same.***