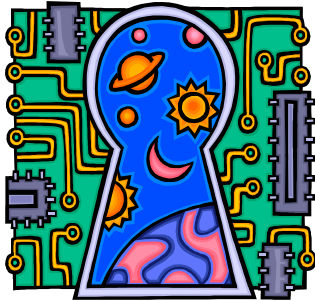


Ensure Your Health

Restorative Bodywork Solutions, LLC

How to Heal Yourself



No practitioner, drug, or technique ever healed anyone. These can only assist and only if they act in accordance with the Laws of Nature.

Our body/mind/spirit was built to heal itself. All these items only assist in

removing obstacles and can also be accomplished by the individual without the assistance of a practitioner.

Even if we abuse our bodies, it stills is trying to heal itself, however, if the mistakes are extensive then severe illness can persist.

Pain and suffering are just the signals that tell us we have to change. When we change in the proper direction, then we recover. Resisting Nature

and following the flock is not tapping into the unlimited self repair capabilities available to you.

Fear is known to block the thinking process and your ability to self heal.

Learn what you need to take back your power to self heal through many of the fine programs available to you that can get you on the road to wellness and keep you functioning at optimal.

Keys to Successful Living

- Restful Sleep
- Maintain a Life Schedule
- Humor
- Develop and Maintain Relationships with Others
- Seek Peace

Embracing the Unconscious

Awareness of who we are is the basic for expanding consciousness. We are normally more influenced by what we are not aware of.

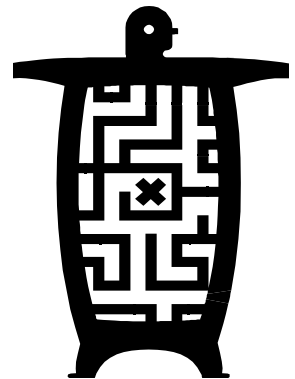
What we like or dislike about others says a whole lot about us. These people represent

what we like and dislike about ourselves.

Addictions are outwardly a way to feel comforted and secure, but inwardly are a statement of frightening unconscious reality within.

Loving yourself is being able to deal with the chaos we fear.

Being able to step outside of your existence and examining without judgments brings awareness, acceptance, and a healing journey step.





Hungarian biophysicist and Nobel Prize winner Georg von Békésy demonstrated that your skin responds to frequencies which are decoded by your brain. That's how your sense of touch works.



Exercise

In order to stay alive our bodies have to move. Without this act of movement our digestive system would shut down. Historically, we had more active lives and even though the peril of existence is perceived as greater than now, the people who lived were healthier, sturdier

Meditation

We spend hours involved in mental activities that help to separate us from what our goals, purpose, values, principles, etc. are. We need time to decompress from being assaulted by images, sounds, ideas—because we are over stimulated in our cur-

Yoga

Because, for the most part our society is sedentary, our bodies literally mold to positions we are in for periods of time. Hence sitting at desks shortens the psoas muscle and pectoralis muscles. Thereby making it impossible to come up into a fully extended straight posture.

Yoga provides you the

and had good health.

If you look around at people today, you will notice the ones who appear healthiest are the ones who incorporate exercise either as a part of their daily means of living or those who actively pursue some form of exercise routine.

One of the main ways

rent society.

Without getting back into being at peace and solidifying the concepts of mind/body/spirit, we run the risk of living a life without much meaning or truly understanding what makes each of us who we are.

opportunity to stretch and align your body so that the stresses and shortenings of your everyday life does not cause current and future dilemmas—aches and pains.

Yoga helps you maintain a reasonable relationship with gravity which is a constant in our lives.

that you can take control of your own health and pursuit of self healing is to ensure you get into doing activities that not only test your endurance, but also cause you to move your legs, your arms, your hips, your neck—every part of your body.

Meditation provides you with the means to learn peace and quiet in a whole new way of silencing the mind.

It's a whole lot easier to exercise than to practice meditation, but the rewards can be great.

Without some form of stretching like Yoga, an individual is basically doomed to experiencing the effects of tightened muscles that actually have an escalating effect throughout the body as you try to avoid pain and in the process inadvertently cause other muscle and fascial tightening.

Martial Arts/Tai Chi

For many people that can't, for whatever reason, become involved in an active exercise plan, the martial arts and specifically Tai Chi creates body awareness and actually builds strength, focus, balance and a lot of other wonderful items we need to feel healthy and fit.

It is probably the least aggressive of all movement/exercise programs.

It is the exercise of choice for those who have arthritis along with water aerobics.

It is a dance of stillness, controlled subtle to medium movement in which bal-

ance is a main feature along with the ability to coordinate moves that are not characteristic of our everyday lives.

It is quite deceiving in it's appearance because the profound learning associated with it is well worth your time.



Diet

The food, be it mental or physical, that we ingest and process in our bodies has a whole lot to do with the energy supply to our very existence.

Studying nutrition and adopting a program is important. Realize your body is the prime component that helps you

remain alive as a human being can be an adventure into tastes, textures, and smells. Each one of these components gives us a chance to experience these profound nuances of life that can make the journey very worthwhile.

The idea of fueling the body with reasonable sustenance will ensure its longevity and can be one of the ways you can ensure reasonable health combined with other necessary way as discussed in these other articles.

"The best doctors in the world are Doctor Diet, Doctor Quiet and Doctor Merryman."

-Jonathan Swift

(1667-1745)

Sore Muscles?

Did you know that the active ingredient in such products as Bengay is methyl salicylate.

The natural existing equivalent to this in wintergreen oil.

However, both if used full strength can over-

dose and literally kill a person. Overuse by athletes and others have done just that.

The amount necessary is a 5% solution of wintergreen oil combined with a carrier oil.

Carrier oils are numer-

ous and picking one that is thinner will allow absorption into the skin rather than leaving a greasy residue on the body.

Two good thin carrier oils are grape seed oil and sweet almond oil.



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**BOOK AN APPOINTMENT
ONLINE:**

WWW.RESTOREBODYWORK.COM

What will you do when antibiotics no longer work?



The golden era of antibiotics is slowly closing down. We are seeing the end of this already.

One of the greatest weaknesses of Western Medicine has been its dependence on antibiotics to deal with any kind of infection, no matter how trivial.

Now the public is reaping the folly of this. People will have to live without them.

People who have been utilizing these drugs have lost their immunity by not allowing the body to build internal resistance and are now vulnerable to old diseases that have existed, even prior to the discovery of antibiotics.

Some physicians have finally realized they have been foisted into the drug company's profit schemes as well as the "quick fix" mentality and are now looking at natural antibiotics substances as well as other natural products as viable choices.

Fortunately, these products are cheap compared to pharmaceutical pricing and therefore are viable choices for the public as well.

However, since the choice to step outside the box that the pharmaceutical industry has created is not happening because many people are allowing the pharmaceutical and insurance realms to determine their choices of life and health.

Are you the victim or the powerful determiner of your health?