

## The Holistic Approach in a Nutshell

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Today I'm going to discuss exactly what the Holistic approach means. Over the last few months as I have been creating the WOW Healing Network one of the most common questions I have had from individuals who are not already in the Holistic circle is "What exactly is Holistic Healing and what does that involve?" So today I'm going to address this question.

To many, the Holistic approach is a daunting and foreign concept that may possibly conjure up images of acupuncture needles, pretzel-like yoga poses, or in extreme cases fasting diets and sacrificial ceremonies. I am here to tell you that although some people do incorporate these things into their Holistic regimen it is really much more simple than that. The Holistic approach, at its root, really involves looking at and understanding "dis-ease" of the body from a "rounded" perspective. What I mean by a rounded perspective is that we must understand that the health of our body does not only mean our physical body. Studies continue to show that our mental and emotional state (especially stress) can have a profound effect on the body. So when we approach our health from only a physical standpoint, we are actually only addressing a portion of the picture. Have you ever had to give a speech or presentation and found that the idea alone was enough to make you nervous and sick to your stomach? Or maybe you have facial breakouts every time you have to spend time with a particular family member. Or maybe you've had a panic attack that caused you to hyperventilate. These are all emotional responses of our mind/emotions affecting our physical body. Once we understand this concept we understand the root of the Holistic approach. It is merely treating our wellness from all angles and utilizing whatever method works for us personally to bring about healing.

In my more than five years of being directly involved with Holistic practices I have personally been exposed to several different theories, therapies, natural products, and ideas that I never anticipated that I would understand and accept. However, I have come to understand and believe that I should never discount anything that "works" because isn't the ultimate goal to heal? There are many great therapies that address physical acute pain including acupuncture, massage therapy, chiropractics, acupressure, etc. Then there are many great therapies that address emotional/mental stresses including hypnosis, Reiki, Emotional Release sessions utilizing Therapeutic Grade Essential oils, music therapy, etc. And of course with many of these the healing benefit crosses over and benefits all aspects (one of the great benefits of the Holistic approach). My point is, that there are SO MANY options that an individual does not have to be afraid to try something Holistic. If a particular therapy does not seem to resonate with you personally, it does not mean that you should give up the Holistic approach altogether, simply try another therapy. I mean how many of you out there have had some kind of illness and was given a prescription medication that did not

work only to have your doctor prescribe something else that did. We are all individual. God did not make any of us exactly the same. So why should we expect healing to be exactly the same for each individual? Besides if you have a poor diet, are over weight and have no exercise program, the idea of becoming a vegetarian and working out six days a week is enough to discourage anyone. Do what makes sense!

Ok back to understanding the Holistic approach itself. How does one start? First one should be open to understanding that there is something mental/emotional that is causing or at least contributing to their physical illness. Once you have decided that you accept this concept, I suggest you talk to someone who can help guide you to exploring ways to change your life to reduce/remove the issues causing the "dis-ease" of your body. There are several wellness and life coaches in our area, including myself, whose goal is to be an ally for individuals who want to move forward in healing. These individuals can help you to discover what areas you personally want to begin with then make suggestions on how to make changes. And changes in ones life can often be as simple as taking ten minutes a day to simply quiet the mind and rest your body. It may be drinking ample water each day to help your body processes function more effectively. It may be starting an exercise program or simply taking a brief walk in nature every day. Or it may be as extreme as a complete overhaul to your family diet and your whole kitchen. The trick to moving forward in the Holistic approach is really just becoming committed to change, getting started, then continuing to move forward a little at a time. I am part of a women's social group in Bristol that started meeting monthly, merely for the purpose of having a social outlet with like-minded women. This may not seem significant to you, but for all the women who attend regularly, it is a "safe-haven" where we can relax, share about life, and simply be ourselves without judgment. And although we only see each other once a month, and sometimes longer if life gets in the way, we all look forward to this gathering. Why? Because it encourages us to keep moving forward toward our goals and dreams, it makes us feel good about who we are and inspires us to be who we are meant to be, not what we "think" others want us to be. This is just another example of simple changes one can make in their life to bring about healing.

So understanding and implementing the Holistic approach is really an individual journey in discovering what makes you happy, inside and out. It is finding the things that make you vital, strong, and healthy ~ mentally, emotionally, spiritually, and physically. The many modalities available through WOW Healing Network are merely tools available to help you get there. You can choose many or few...each individual is different...and your healing journey will be unique. But in order to achieve wellness you have to take the first step and take responsibility for change. No one can do this for you. Not your doctor, not your spouse, not your therapist. You facilitate change and all you have to do is want to, then find someone who can help you, direct you and encourage you. And KEEP MOVING FORWARD! Stagnation breeds "dis-ease". Keep the flow going

and eventually your life will take on a new meaning with vitality and joy as the main ingredients. You can achieve this. All you have to do is decide too. I hope I've helped to answer some of your basic questions about the Holistic approach to wellness. And I hope I've inspired you to begin making positive changes in your life to achieve the life you've imagined. If you're seeking help in getting started, visit our "Network Services" page to see if there is a service you are interested in trying. Or visit our "Article's & Knowledge" page to learn more about a specific service. Or call or email me for an initial Wellness Consult to get advice on how to get started. I look forward to sharing in your healing journey and to becoming your ally to achieve the life you've imagined.

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