

Dr. Taub's Wellness Solution

A practical solution to finding balance and to dealing with life's many stressors.



By Dr. Edward Taub

Long ago, our health was understood to be rooted in our own natural, internal healing force. Indeed, the discipline we now call medical science began when wise physicians defined good medicine as simply assisting nature. Eventually, medical science developed into technology focused on drugs, surgery and radiation—while more natural treatments became viewed as worthless. Yet for all its great advances, technology is taking an increasingly destructive toll on individuals and society.

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Modern medicine may be harming as many Americans as it's helping now that we have become the most overmedicated, oversurgerized and overradiated people in the world. This is especially alarming in our current recession because health is our most precious asset. After all, what good are the other assets we strive for if we don't have the health to enjoy them?

Wise physicians still realize that the natural resources of patients are a crucial part of any total treatment strategy—along with the best that modern medicine has to offer. Thus, to assist nature, I'm writing a Wellness Vaccination. I assure you that all of the side effects are positive.

Wellness is a reflection of the unfolding dance of life in which the energy of your body, mind, and spirit become perfectly attuned with each other. It is at this point of balance, that the power of your own natural healing force begins flowing freely to nurture and nourish your whole being. Let's define wellness as being a verb as much as a noun. Therefore, achieving wellness is a process, not an event. It requires effort and commitment, which unfortunately is easier said than done, because our healthiest resolutions rarely persist in the face of stress. Individuals tend to eat mindlessly when they get stressed out. They also smoke, abuse alcohol, caffeine, and drugs and they stop exercising. You get the picture.

Stress has become the major virus of our times. It's the precursor to virtually all the chronic degenerative diseases afflicting Americans. Stress is ruining health, happiness, and lives. So what can we do about

it? Well, we can't get rid of it, but we can manage it by being aware that stress begins in our mind—right between our ears—and it's entirely a function of how we respond and react to life's ever-present stressors.

Stress undermines our health by destroying our confidence and choking off our ability to love ourselves, to love others, and even to love God. These days, "ILL" is becoming more and more equivalent to "I Lack Love". As a result, our health is mostly determined by our own personal responsibility, self-value and reverence for life.

In a nutshell, individuals who have a high perception of their ability to cope with what life sends their way, tend to have low levels of stress. Conversely, individuals with a lower perception of their ability to cope, tend to have higher levels of stress. Therefore, the most effective way to manage stress is to build self-esteem and self-confidence—which is the basis of the following Wellness Vaccination.

TUNE OUT THE CABLE NEWS.

It's unpleasant, unreliable, and frazzles our nerves while creating a sense of hopelessness.

TAME HARMFUL HABITS.

Skip alcohol or limit yourself to a single drink. Stop smoking, or if you can't, then cut your smoking at least in half and smoke only outside.

EAT HEALTHFULLY.

Eat as much fresh fruits, veggies, and whole grain foods as possible. Avoid red meat, eggs, dairy products, and junk food as much as you can. Drink lots of water and take a good vitamin supplement.

GET REGULAR EXERCISE.

Exercise quiets worry, fear, resentment, and anger. Do some form of vigorous exercise at least 20 minutes most days of the week. The best exercise is activity that makes you breathe faster and smile, as well. A brisk walk will do just fine.

LOVE UNCONDITIONALLY.

Love someone selflessly, without expecting anything in return. Nothing influences wellness more profoundly than love—that which we receive and that which we freely give away. Love is our inner physician and its healing energy is more powerful than any medicine.

HAVE FUN.

Laugh, sing, dance, enjoy music, read a heartwarming book, seek out friends, get a massage, and of course, make plans to go to a spa.

BE A GOOD PERSON.

Ethical living is a powerful antidote for stress; it makes you feel very good about yourself. Just be a good, charitable, honest person. Don't do anything you even think might be wrong. Building self-esteem this way provides the spark needed for you to feel confident in meeting life's challenges. Personal integrity and ethical behavior are the best barometers of self-esteem.

BE HAPPY, NOT RIGHT.

Anger and hurt place obstacles on our path towards health and wellness. Forgiveness can heal our sorrows and wounds, and set us free from the past so that we can live fully, with purpose in the present. Only our ego wants us to hold onto negative emotions such as anger and hurt, so it's important to adopt the philosophy that it's more important for us to be happy than for our ego to be right. This does not mean compromising our integrity, because most of what upsets us isn't of lasting importance.



MEDITATE.

This means sitting in the presence of peace to strengthen the body and mind against the punishment of stress. Find a quiet place to sit up with good posture; uncross your arms and legs and rest your hands in your lap. Close your eyes and take long, slow, even breaths. Relax the muscles of your face. Then relax the muscles of your shoulders, arms, and hands. Then relax your chest, abdomen, and back. Then your thighs, feet, and toes. Imagine a warm, healing, white light filling your heart and radiating outward to fill your body with white light...downwards to your abdomen...legs...toes...then upwards to your arms...hands...mouth...nose...eyes...ears...face. Now silently say to yourself over and over: "I have strength... I have strength...I have strength."

HAVE FAITH.

Believe in a Higher Power or God. To have a successful experience with prayer follow these steps: Step one: Pray as if God were listening. Step two: repeat step one. Step three: repeat steps one and two.

Ultimately, your health and wellness depend more on what you are willing to do for yourself rather than what others are willing to do for you. Thus, the ingredients of the above Wellness Prescription are baby steps to help you develop personal responsibility, self-value and reverence for life. This will help you to determine your own health destiny far beyond what you have been led to believe. ☺

Edward Taub, M.D., F.A.A.P., is a founder of the Integrative Medicine movement and a family physician and board-certified pediatrician. He is also the author of eight books on preventive medicine, including the most recent *Stress Management in Today's World* (Reader's Digest, 2009). Last year, he redirected his life to become the Director of Integrative Medicine for the Southern California Hospice Foundation. He is also the ship's doctor on the historic tall ship, Curlew, where he conducts Voyages to Wellness.