

Moving Forward with Grace and Style

By Dr. Connie Hernandez, ND



One thing is sure. Battening down the hatches in an effort to feel safe and secure will never work. As everything always changes, we too must change. What actions, taken at any age, can move us forward with grace and style? And how can we support those actions by optimizing our physical health?

Denial and reactivity get us nowhere. If we are sunk in a mire of wanting things to be other than they are, we do not see the situation clearly, and are unable to find workable and creative solutions. Accepting the situation we find ourselves in, yet seeking positive change, is quite different from resigning ourselves to bodily and worldly circumstances which

we find unfavorable.

Own your life, say yes to it, and move forward. Moving forward may involve taking risks, exploring new ways of doing and thinking, forming new connections, It may also involve discarding clutter, dropping dysfunctional relationships, changing your environment, and amending ways of doing things that have pulled you down rather than raising you up.

Stay active physically and mentally. Try things you haven't tried before. Move your body if you're a couch potato. Learn to sing or play an instrument if you have been overly mentally inclined. Connect with nature. Earth, air, water and fire are the elements that comprise our very being. Nurture yourself with them.

See yourself in the context of the larger world. Realize that the world does not revolve around you. Take yourself out of egocentric dilemmas by finding a way to serve others. Take yourself lightly. Play. Laugh often. Meditate to calm and inspire yourself, to touch into your inner joy. Pray.

Develop healthy lifestyle habits. Move your body. Exercise. Eat wisely yet don't obsess over your food. Eat organic. Decrease sugar and simple carbs. Increase your consumption of veggies. Consume beneficial fats and clean proteins.

With regards to supplementation, a multivitamin/multimineral supplement is generally a good idea. An omega 3 supplement is possibly even more important, given the dearth of omega 3's in our modern food supply, and given that omega 3's are anti inflammatory, mood stabilizing and heart healthy. Collagen is especially important as we age, particularly in vegetarians.

Keeping tabs on your health with consistent screening will help you prevent problems and optimize your health. Lab values can instruct you as to how your body is functioning and which of the commonly deficient nutrients you might need. At Pacific Naturopathic, we like to run our Comprehensive Wellness Panel every 12 to 18 months, or more often when there are issues we're working to resolve. Specialized testing such as Intracellular Nutrient Testing or Urinary Organic Acid Analysis can point out deficiencies in specific nutrients which feed your mitochondria and deliver energy to your cells.

Especially if your digestion or absorption is impaired, consider I.V. nutrients, as nutrients are then delivered directly to your cells. We do have monthly Myer's Cocktail parties, and a number of our patients find them integral to maintaining immunity and optimizing their health as they age.

Taking even a few of these steps can enhance your current state of health, and help you move forward with greater grace and style.