



## Start the New Year off by shedding the old year..

One of the most important things for beginning a new year is actually letting go of the old year. This may be more difficult than you imagine because it also means shedding concepts that don't work for us, letting go of habits that aren't benefitting us, but especially being able to create space for newness.

In the body as well as in life, we often cannot imagine things being any different than they were. This really means that in order to create a truly new year, we have to shed our fixed ideas from the last year.

### So here are some perspective changers to start you off:

**Perspective on inflammation:** Inflammation is not a bad thing because it is the first step in the body's healing process. Chronic inflammation is a sign that healing cannot take place and looking at helping the healing process instead of stopping inflammation is the solution.

**Perspective on immunity:** Once we are exposed to a virus it will never leave our body for the rest of our life. It simply goes into a dormancy which can resurface whenever we are stressed or our immune system is unable to maintain its control. This is also true of stealth pathogens that employ tactics that allow them to evade our immune system. So to avoid any illness, unburdening and supporting the immune system is the solution.

**Perspective on cleansing:** Cleansing is an essential function of our body. Depending on what we are exposed to, cleansing may be insufficient or our body may not be able to complete a cleansing process. Giving the body natural substances to help it cleanse is a wonderful thing, as long as it is for limited periods of time. If you are constantly forcing the body to cleanse, then it will be unable to devote energy to other essential body processes so seasonal cleansing is the solution.

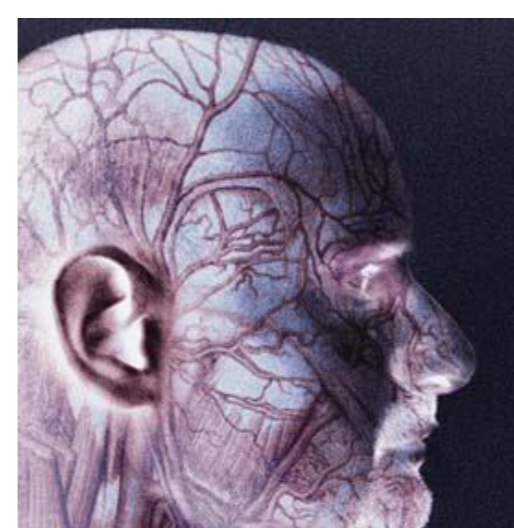
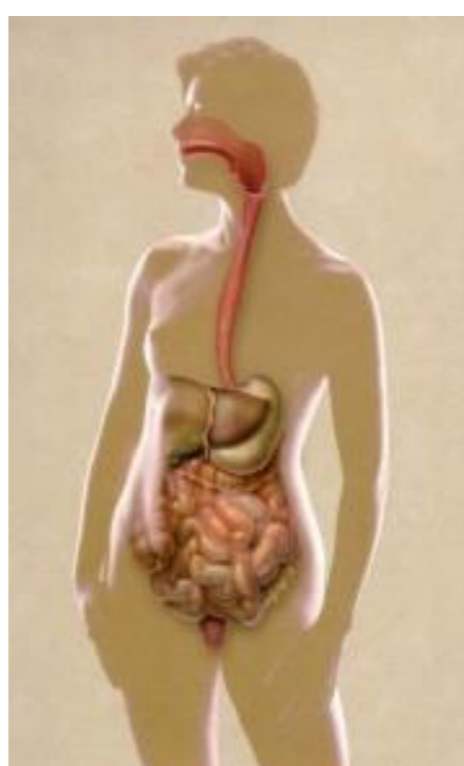
**Perspective on symptoms:** Every symptom that you experience has a purpose. You must understand the purpose in order to resolve any symptom, especially as many symptoms can be part of a necessary process. Suppressing a symptom without understanding its purpose simply removes a coping mechanism that the body is using. If all we are doing is chasing symptoms, we will never see the root of the problem. Remember that not all symptoms are a sign of something bad. Many are actually a sign that something positive is happening. So listening to our symptoms and finding the root cause is the solution.

**Perspective on change:** If change is to be permanent, then it cannot be forced. It must develop naturally using the resources that are available naturally. By utilizing our body's own resources and functions, we can create change that lasts. When we try to force the body to do something that is not natural to it or that it is not able to do, we will be overriding the body's resources as though we are swimming against the current. Any forced change also has to be maintained artificially over time, draining our resources. So natural supported change is the solution.



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