



The Dangers of Distraction



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by Dr. Karen Clickner, R.N.D.

We are becoming less focused, less productive, less energized, less curious at the same time that we are becoming wired for sound. Wireless networks affect our neural pathways and the bombardment of sensationalist images and 24 hour access is draining us of our health.

At the same time, we are being encouraged to distract ourselves by assessing blame to others, absolving ourselves of responsibility, reducing our responsibilities, becoming accepting of our body issues as "normal". Instead of reaching for goals, we are encouraged to accept our failings.

This is changing us in ways that you may not even realize...

[Read Dr. Clickner's Article](#)

Spring 2019



Here's the Proof!

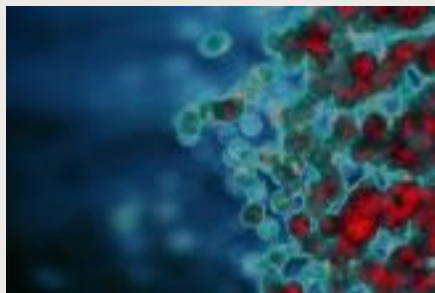
In the image above the top two Heart Sound Recorder readings showed significant and continual disruption to the rhythm of the heart valves in the patient being tested.

Then he removed his I-Watch and the bottom two readings were done which showed a much more normal rhythm.

[Learn more about Heart Sound Recorder Testing](#)

[Learn more about how Wireless networks are affecting our children...](#)

Restoring the Focus of our Immunity



One of the greatest dangers to our health is the distraction of our immune system. Just as we can feel overwhelmed by multiple demands on our time, attention and resources, so can our immune system.

There are natural remedies that can help to "focus" our immune system in its reactions, unmasking stealth pathogens and reducing autoimmune symptoms.

[Find Out More](#)

Harmony: Balance & Focus

Our series of Harmony essential oil blends have brought relief to so many patients both physically and emotionally. There is nothing easier to focus the body and the mind.

Choose from Heart Harmony, Immune Harmony, Sore to Soar and Present Moment. Or for the ultimate focus, choose the complete blend in Elite Harmony.



Questioning the Safety of Our Children's Exposure to Wireless Radiation in Schools

A lecture with physicans, a Harvard professor, a PhD researcher from the NIH and a representative of the World Health Organization.

Shrewsbury Public Library
Monday Evening, March 25th
6:30 - 8:30 PM
609 Main St., Shrewsbury, MA



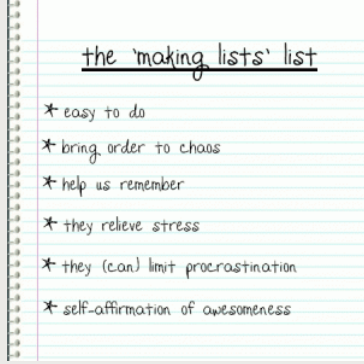
These work on both physical conditions such as A-Fib, joint pain and infections as well as emotional conditions such as heartbreak, grief, brain fog and anxiety.

There is nothing better to eliminate the effects of distraction.

[Read more](#)

Journaling and Lists

You may be laughing when I say this, but I promise you that if you want to start pulling yourself away from distractions and getting some focus back, make a list and keep a journal. You don't have to write in your journal daily, but there will be things you notice, things you want to remember, things



that you want to change. Writing down what you are thinking and feeling can give you an objective view.

Then sit down once a week and read what you have written. This is what helps to create your lists. Lists are to keep you on track, to remind you of what is important. Lists aren't just for things that need to be done, but people you want to remember to thank, appointments that you don't

want to forget, things you want to discipline yourself to accomplish over time.

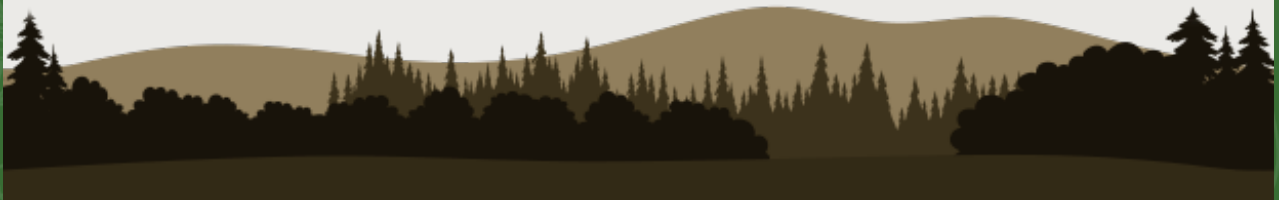
There is something wonderful about lists that not only decongests your thinking, but allows you to see patterns in where you procrastinate, people that you avoid, things that never seem to get done, feelings that you never take the time to address.

This is about goals and stepping stones to change.

Be Alone With Yourself

There is nothing better for healing the body than being alone with yourself in nature. No distraction, no electrical devices, nothing to interfere with the quiet whispers your body and mind give you that guide you towards health and happiness.

Once each week, take some time and get out. Take your mind and your body for a walk in the woods, a paddle on a lake, a lie on a dock. Allow your mind to speak its mind. Bring your journal...



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