



Conscious Body Conversations

The Stress of Uncertain Times

No matter where you go, headlines follow you. Whether you are trying to have a relaxing morning coffee as our grandparents did, while reading the paper, or you are sitting in the lobby of a hotel in the Faroe Islands, as I am, news is an everpresent companion. By our very nature we are curious and we pride ourselves on knowing what is going on, not just in our own backyard but across the world.

It used to be that things changed rather slowly in our world and so the news wasn't something that jumped off the page, made your blood pressure go up or made you look away. This was often because within our community, there is only so much newsworthy items. But now every single day brings the stress of uncertainty because we are living in a world of the 24 hour news cycle while networks, websites and even newsprint are dedicating themselves to whatever unfolding drama they can find anywhere in the world not just in our own back yard. This is a lot for anyone to take in and the onslaught of both information and opinions is affecting our health, our mental state and our decision-making.

The people that are suffering the most from this are those who are more vulnerable and fragile and the more stress that someone experiences, the more fragile they become. This is especially true in two headlining stories that have reached me from the States, even in the Faroe Islands. It prompted me to put down my camera and use these as an example of how not to be overwhelmed by the news and instead to create solutions that both ease our minds and protect us from the stress of the modern dramatic headlines.

The most important things are to be prepared, be self-sufficient and not allow the drama to enter your thought process. Try not watching your news, read it instead. When you watch the news you have no control over the images that are presented, often suddenly and without warning. When you read the news you can put it aside at any point. You can also choose the articles you wish to learn more about.

The headlines I address below create stress just by reading them. How much more stress would you experience watching a video with interviews or live stories included? When is it too much?



The Baby Formula Shortage

We have had shortages before. In early CoVid everyone and their brother panicked and started buying paper goods and cleaning products until they couldn't even fit them in their house. I knew people that had stacked up packages of toilet paper all over their living room. This is the problem with any shortage ... you have the actual shortage for whatever reason, but it is usually made significantly worse by the panic that ensues when you publicize the shortage and create the belief that we will be months without something.

If any of you have a baby or know someone who has, the recent baby formula shortage has created not just immense fear, but a run on baby formula. Since the start of CoVid we have had perpetual delays and shortages of one thing or another due to the decision by many to leave lower-paying jobs or to leave the workforce altogether. But in the case of the baby formula shortage, it began with a huge recall of a popular formula that had not only hospitalized some infants, but some had died due to bacterial infections.

What is not generally known is that any type of food, including formula, has the potential to cause a bacterial infection, a problem that has cycled through broccoli, lettuce, milk, chicken, etc. When you process and produce food on a large scale, the chances of this happening are exponentially greater. But when you make your own food at home, you know how it was stored, you know where you bought it and you know how it was made. This eliminates a lot of the possibility of contamination. In fact the overwhelming majority of food poisoning incidents happen from restaurants or store-bought packaged food.

In the case of baby formula, the effect is dramatic, which is exactly my point. Parents are always vitally concerned about their babies and in this case, it is the basis of their child's diet at this fragile time in their lives.

The Solution...

Keep breastfeeding or make your own formula. This is much easier than you may think and perfectly healthy. In fact, it is often much healthier because it can be given to babies with allergies and sensitivities as well as provide them with even more nutritional building blocks than commercial formula. One of the best sources for your own baby formula is the Weston Price Foundation. This natural organization has been offering recipes for nutrition-packed formula since 1999 based on the diets of non-industrialized people. Thousands of babies have grown up on their formulas and you will be amazed at how healthy these babies are today as adults! Another great resource is the book "Nourishing Traditions".

Conscious Body Tiger Milk for infants - this recipe has been a tried and true nutritional option for many years and is based on one of the Weston Price recipes. You can use any milk (other than packaged milks that have added sugars or preservatives) in this recipe but an organic raw source is best. It should be a raw source that is certified free of disease or a commercial organic milk.

- 1 cup organic milk
- 2 teaspoons of organic cream
- 1 Folic Acid B12 tablet powdered*
- 1 small teaspoon black strap molasses
- 1/2 teaspoon wheat germ
- 1/2 teaspoon Brewer's Yeast
- 1/2 teaspoon Calcifood powder*
- 1/2 teaspoon Cyrofood powder*
- 1/8 teaspoon infant probiotic powder
- 1/2 teaspoon fish oil (Calamari or Cod Liver oil is best)*
- 1/8 teaspoon sunflower oil
- 1/8 teaspoon extra virgin olive oil
- 1 teaspoon coconut oil
- 1/4 teaspoon acerola powder

We also recommend adding an egg yolk for infants at four months because it not only provides them with the sulfur needed for liver detoxification (an essential for infants), but it helps reduce childhood allergies and sensitivities.

*These items are available from us here at Conscious Body. The oils are available either in liquid form or in perles that can be pricked and squeezed into the formula.



The Mental Health Crisis

One of the worst effects of these uncertain times is a decline in our mental health, especially among teens. The New York Times just published an article "A teen mental health crisis" in which they said that "pediatricians are swamped by cases of adolescents in extreme emotional distress". Why now? Why such extreme cases?

Teenage years, as we all remember, can be difficult at best. But with the continual access to social media, news headlines, chat groups and even emails, sensitive teens can be so strongly affected. This is a time when self-image is fragile and our ability to weather the storms of adolescence is limited. But when teens are constantly on their phones talking with everyone and anyone looking for validation and support, it is practically impossible to keep them from drifting down a black hole.

Depression, anxiety, fear and addiction have all spiraled since the start of CoVid. Much of this has been due to isolation (we are social creatures after all). But also the sheer volume of fear-based articles, anxiety-producing programming, the exponential increase in screen time and the poor food choices teens make have all conspired to create a worsening mental health situation. In addition many people don't realize that physical illnesses such as staph, strep, influenza and viral infections including CoVid, can cause emotional and psychological changes that will continue until the illness is fully resolved. If you have lingering symptoms or just don't feel like yourself, then the possibility of emotional or mental changes is also present.

In many of these cases, prescriptions and therapies simply control the symptoms, but they don't resolve the issue because there is an unresolved physiological issue that is driving the symptoms. So besides protecting ourselves and our loved ones from the effects of the world's dramas, there are some solutions that are provided through natural medicine which can be done with or instead of prescription medication.

The Solution...

First we need a basic routine each day that creates support for the balance and serenity of the mind. This list of daily suggestions, when followed, really does create sustained positive support for the mind. Then we need to address the underlying physiological issues that continue unresolved so that we can have true peace of mind.

- Make sure to take a multivitamin like Catalyn or Vital Life Force daily to provide everything your brain needs.
- Take an essential fatty acid, like Tuna Oil which supports the nerve connections in the brain.
- Limit your screen time daily so that you are not creating negative patterns and habits.
- Make sure to limit your exposure to EMFs (electromagnetic fields) in your living spaces which have been proven to create anxiety and emotional instability.
- Take an added mineral formula which calms the nervous system like Trace Minerals B12.
- Spend 15 minutes daily of silence and focusing on your breathing, particularly allowing breath to reach every corner of your body.
- Have our remedies on hand for when you need them: Liposomal Calm, Heart's Song Milleu, Relax Milleu, Anxious, Mood Swings. If you address emotional stress when it first begins, it is much easier to resolve.
- Spend time face to face with someone you love and care about daily. This is vital to create some grounding and to make stresses come into focus and become manageable.
- Write things down on paper. You will not believe how much this unloads the mind. The act of physically writing changes the impact of thoughts almost immediately, in a way that writing on a screen does not.
- Read something supportive and/or uplifting.
- Vary your activities. Often doing the same things day after day creates a negative view of our life and our worth. Simply varying what we do refreshes our thought patterns.
- Take a walk. Even if it's just 15 minutes, even if it's just down the block, the act of walking clears toxins, revitalizes cells and reminds us that we are part of something larger than ourselves.
- Visualize yourself in your room, in your house, on your street, in your town, in your area, in your part of the country, in your part of the world. This simple exercise done daily creates a restorative effect that lasts all day.

There can be many reasons why one person experiences mental health concerns and another doesn't, so finding the reason is important for resolution. The truth is that many cases have a strong not always life-based or event-triggered. The truth is that many cases have the severity of an unresolved physiological component. Chronic low-grade infections (such as staph, strep or viral), poor nutrition, chronic insomnia and even undiagnosed thyroid problems can all make someone susceptible to spiraling mental health issues. Even if a person has experienced severe stress, grief or trauma, the reason for the continued symptoms of this can be physiological.

So if prescriptions aren't your solution or your therapy isn't creating lasting change, then try looking at natural medicine. It can be done along-side a prescription and can help therapies to be more effective and progressive.

Consider coming in for an evaluation and let us help you find solutions that can reduce or resolve your mental health challenges.

If you would like to order the products I've mentioned in the Solutions:

Call or email Cheryl at our reception desk

(617) 505-3585

Visit our main website for lots of helpful information at

www.consciousbodynatmed.com

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