Wholeness & Wellness

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Our typical medical experience today is that we start to not feel well, we have symptoms, we try to go to our doctor (now referred to as a primary care provider) and we tell them what is happening. Or if we can't get in to our doctor, we may have to go to a walk-in clinic, where we see someone who doesn't know us and we try to tell them what is happening. Depending on how well we are listened to, the provider may order tests. Based on that information, in a few days to weeks, you might get a diagnosis or be referred to a specialist. Here is where we start to lose the concept of wholeness.

Western or allopathic medicine breaks down the body into its various systems. Most doctors specialize in one or more of these systems and tend to ignore the others, usually not considering that all of our body's systems are interdependent and affect each other. If the doctor doesn't know whats going on, they may tell patient that it's all psychological, as if the brain isn't also part of the body. We become a series of parts to be fixed like a machine. Sometimes it works and sometimes it doesn't.

Regardless of the specialty, western medicine has only three treatment options. Surgery, chemicals (drugs), and/or radiation. Most afflictions are treated with chemicals, which sometimes work, sometimes don't, and have negative side effects. I'm actually not bashing western medicine, it works sometimes and many have benefited from it. I just want you to consider if it is the only system of medicine you want in your life. It has worked wonders for eliminating infectious diseases that have plagued us for centuries. Technological advances have also created miracles in trauma repair, prosthetics, and the like. In this century, however, we are finding this approach lacks greatly in addressing degenerative diseases, usually cause by poor diet and unhealthy lifestyle choices. Today, we need a system that creates wellness and wholeness, not symptom suppression.

In my case, a few years ago, I went to the allergist because I wanted my symptom of hives to go away. That's really all I wanted. After we finally got enough tests back, the allergist said I was basically reacting allergically to everything in my environment and my food. She wanted to have one of my hives biopsied (surgery). Now hives come and go, they move, they can't actually be biopsied. So I told the allergist I didn't want to go with that option and pay for it again. Then she wanted me to take chemicals and prescribed me an anti-histamine. Which made me drowsy, gain weight, and only reduced the hives a bit. The allergist felt this was the best outcome she could manage—it wasn't the one I wanted to live with. In frustration with me, she told me to see an acupuncturist. This was a turning point in my life.

Thus I entered the world of complimentary, alternative medicine. The acupuncturist asked me if I knew anything about acupuncture. I told him no, but that I didn't care what he did as long as he could make the hives go down. He explained to me about Chinese medicine, acupuncture, meridian lines, interconnectedness, etc. He hoped he could stimulate my immune system, so it would stop reacting as if I were under attack all the time and he wanted to re-balance my energy. I didn't understand but I was desperate. So he gave me acupuncture and for the first time in 6 months, the hives went down and cleared up some. I went 5 more times and by the end, the hives were gone. I was amazed.

So, the idea I started to get was that everything is connected. I got hives because my immune system wasn't doing well and it was trying to tell me this by this skin reaction. After careful

thought and research, I learned the immune system becomes depleted by various things, primarily by toxicity and stress. Other than the hives I hadn't been ill, so I looked at my stress.

I had a employer who was not nice to me. I have a spouse who was very controlling. I felt I didn't have enough money. Due to these things, I wasn't sleeping well. I felt like I couldn't do anything right. I was eating a lot of processed, fast foods as I felt too rushed to shop and cook. My immune system got tired of trying to manage all of this and started signaling me with hives to tell me I was out of balance. I was lucky. Many people develop more serious issues when the immune system weakens.

So I had to decide if I wanted to be well. I had reached my goal of getting rid of my hives, but I had become a bit fascinated with the idea of wholeness and interconnectivity. I didn't make any radical changes. I started small. I ate better, stopped resorting to fast food, gave myself the time to cook. I didn't quit my job, but I did put out applications to other jobs, and when I was offered a better job, I took it. I started sleeping better because some of the pressure had lifted. I can't change other people, so I couldn't get my spouse to be less controlling, but a few years later when I caught him cheating, I divorced him. I felt it was a good choice. I did some therapy to examine wht I allowed a controlling relationship for eight years of my life. I hope I got better with that too.

Best of all, I learned that causes could be addressed. I had choices; I had power. I could create a life based on wholeness and wellness and I could offer that to others. I learned about all kinds of healing options and modalities and became a healer myself in Reiki, aromatherapy, and as an herbalist. I pursued spiritual learning and became a high priestess. I now seek wholeness and wellness as a daily practice. And I haven't had one hive since!

When I meet with clients, some of the things I ask are: Why have you come to me? What are your hopes? What isn't feeling well for you? How long has it been this way? What has happened to you in your life to bring you to be the person you are now? What do you want to change? What do you want to keep the same? How can I best serve you in your journey? How will we know when we get there? Even more important than what I ask is that I listen, because wellness and wholeness is their individual journey and I am only a helper.

So, what journey do you want for you? None are right or wrong, but some will be shorter and some are longer in reaching your ultimate goal of wholeness and wellness. ■

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