

How well do you dress?

By Heiné de Waal – 31 July 2014

According to Eastern medicine principles, the body uses energy (chi, ki or prana) to function and stay alive. According to Western medicine (science) the body uses biochemical reactions to function and stay alive. Neither is wrong nor right; just different angles of approach, specifically when it is related to healing.

When it comes to our health we are ultimately responsible for our OWN wellbeing. In Natural Healing we believe that the moment our energy (chi, ki, prana) is out of balance, disease will manifest. Therefore if we want to be healthy we need to look after ourselves. We cannot blame others for our illnesses or expect others to “fix” us when we are falling apart. If we want to take the natural route then we can make use of a very easy acronym to check if our health is in balance. It is called DRESS.

By using this acronym, we can perform a checklist to see where we need to do some changes. The acronym stands for:

Diet

Rest

Exercise

Stress – external and/or internal

Supplements

We first need to look at our **Diet**. Sometimes we think we are eating healthy due to the lack of knowledge of not realising that all food is not necessarily good for everybody. Dr Peter D’Adamo did a huge amount of research on how food is being absorbed by the different blood groups. According to Dr D’Adamo the substances (antigens) in food has certain reactions in the different blood types and specifically in the way food is being absorbed. I do not think his diet is the ultimate answer to all health problems, but it could be used as guidance.

If our diet is perfect but our health is not, then we need to look at how much **Rest** we are getting. We all need about 7 – 8 hours of sleep per night, sometimes even more. Did you know that more people are in need of rest than exercise?

If we do get enough rest, then we can check how much **Exercise** we are getting. The different personalities or body types do better with certain exercises than others. Thirty minutes of exercise two to three times per week is enough to elevate our heart rate to a point where we perspire lightly and this is adequate for most people.

If we exercise enough and still need to find balance in our health, we need to look at our

Stress levels. Sometimes stress is caused by external factors from the environment. This could be toxins such as pollution, smoking, drinking or a bad diet. Even noise can be a pollutant. However, most stress is caused by our internal dialogue. When we believe our irrational thoughts as the truth, we create suffering. This will then manifest as disease later on in the body. We can get help from coaching, counselling, psychotherapy or holistic therapies. Yoga, Reiki and meditation can be of great benefit as well.

Supplements are the last to check on the list. If we have completed all of the above, only *then* can we assist the body with natural or even chemical supplementation (medication) if necessary. If we are interested in going about the most natural way then this should be really the last resort to consider for healing. Allopathic medicine often uses medication as the entry point for treatment.

So, next time when you get dressed, think about HOW you DRESS. It could change your life.