



Wellness Minute

Health Information You Can Use On Your Path To Wellness



Increasing Life

“In essence, increasing life is participating or focusing on something that has meaning and brings excitement.”

If there was one focus to overcoming disease, any disease, it would be a two-step process: INCREASE LIFE and decrease the things that cause death. Think about it. Whatever therapy we employ, the ultimate goal is to increase life. I know it may sound overly simplistic, but consider things that increase life at one end of a teeter totter and things that bring death at the other end. If we decrease the things that cause death, the balance shifts to increased life. If we increase life, the effects death has upon us are reduced.

Let's take food as an example. The goal is to eat foods that will rot or spoil because food that will rot or spoil is a signal to us that bacterium, fungi, etc. will feed on it to sustain their life. If the food will not rot or spoil, it

means those foods don't have enough life for the bacteria and fungi, etc. to live. If it won't support their life, it won't support the life of the healthy bacteria and fungi in our body called the microbiome either. And now, we are finding that the microbiome has profound effects on our immune system, how we manage pain, and even how we think. You may have seen that the people with the most severe COVID infections, or even long COVID, had microbiomes that are deficient in several of the common bacterial species. That means choosing to eat food with life will support our microbiome, which enhances and supports our immune system. It gives new meaning to the phrase, “Let food be our Medicine.”

Here's another concept to consider. How we think affects the chemistry of our body, specifically the pH of our gut. If the pH of our gut is out of balance, our microbiome suffers. If the good bugs don't proliferate, the bad bugs take over. Believe it or not, a healthy microbiome can police itself and keep the negative players in check. So, when we are stressed out and feeling overwhelmed, it alters our pH, which affects our gut, which affects us on multiple levels. So, stress really is a major underlying factor behind almost every disease. The field of psychoneuroimmunology has correlated the effects of how we think upon our immune system. Old cliches like, “unforgiveness is like drinking poison and expecting the other person to die” have real science behind

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them. Constant stress is an example of things that cause death. I could give you example after example of things whether dietary, emotional, even spiritual, that when indulged upon create fertile ground for disease.

However, let's come back to consciously choosing things that bring life. And that's going to be different for each of us. What brings life for me is different from what may bring life for you. How do you know if it brings life? That's easy! Are you experiencing love, joy, peace, kindness, a sense of awe, or thanksgiving? Because experiencing these emotions means you are planting seeds that bring life. Experiencing or meditating on positive emotions creates fertile ground for healthy cells. Healthy cells mean healthy organs. Healthy organs create a healthy metabolism. A healthy metabolism creates energy.

Training our mind to pay attention to the things that bring life is weird at first because many of us have created routines in life to be more efficient. But once we realize we have the freedom and the ability to create new experiences, it can be fun. Just thinking about the freedom to create situations or experiences that bring you life is energizing. Little mini vacations like enjoying our favorite music, art, dance, or movement... prayer or meditation are also examples of things that bring joy and peace. In essence, increasing life is participating or focusing on something that has meaning and brings excitement.

This year I invite you to join me as I ask the question throughout my day, is this food, this relationship, this music, this TV program, this mind set, or whatever situation I find myself in, generating life? And if not, what can I do about it?