

March 2010

Instead of Prescriptions, Write Permissions!

I loved hearing what you wrote on the permission slips I sent you last month! Notice how good it feels to give yourself permission to do or be something that you want? This isn't just a random exercise. When you allow yourself to do or be something that would delight you, you reduce limbic system arousal (fight, flight, freeze, or faint) and trigger the release of dopamine and other pleasure chemicals in your body that nourish your cells.

That's important because your overall health is based on the health and vitality of each cell. And, what cell biologists and neuroscientists have proven is that your health is not just based on what you eat, but also about what you think and feel. Want to learn more? Here are a few books:

Biology of Belief by Bruce Lipton, PhD

Molecules of Emotion by Candace Pert, PhD

The Cortisol Connection: Why Stress Makes You Fat and Ruins Your Health - And What You Can Do About It
by Shawn Talbott, PhD, FACSM (Doesn't that title get your attention?!)

Once you understand that adrenaline, cortisol, and other stress-related chemicals damage cells, while dopamine and other happy-related chemicals nourish cells, which would you rather be feeding yourself?

The question is, *"How can we live and work in ways that nourish us, so we can accomplish what's truly important without draining ourselves?"*

You may have thought the answer was to work harder, faster, and longer, hoping to catch up so THEN you could do what you want. Or, if you're looking for work, the thought may be, "When I get a job, THEN I can relax and have fun." Turns out, that thinking is backwards, and many are suffering unnecessarily because of it.

What can you do?

Those of you who have taken my classes know I encourage you to explore ways to integrate self-care practices and have more fun throughout your day because you are most valuable, healthy, and successful when you've got that dopamine drip going (no IV needed). :)

So, keep those permission slips handy and fill them out when you're feeling frustrated, stuck, anxious, drained etc. You'll be supporting your health and well-being on a cellular level.

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Live well,

Christine
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