

# wellness in practice

In a modern world where we justify every action and neglect, it is easy to compromise on wellness to suit our whims and fancies. It really is all about self-will and discipline.

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With wellness considered one of the fastest growing industries in the world, living in balance has practically become the most important values of the 21st Century. But what is wellness and is it really achievable? Is there really such a thing as living in balance and have we become so obsessed with our physical health that we are neglecting other all important areas of life?

Every day I rise at 5.30 and say my morning mantra “Thou will not drink coffee today”. And every morning, I find myself drinking down this “apparently” terrible liver-toxic elixir with absolute delight and gratitude. And whilst I’ve eliminated practically every other toxic ingredient from my kitchen cupboard and there is not a petrochemical product in sight, I can’t quite let go of that beautiful Italian espresso machine.

We’re all guilty of it. Consuming loads of sugar after an energizing work out. Lighting up a cigarette after a spa treatment. Obsessed with organic food but slathering on chemical skin care in our quest for anti-aging. Eating healthy food but not chewing it properly so it can’t digest anyway. Is there such a thing as achieving purity in our lives or are we just kidding ourselves?

“Not at all” says Lora Krulak, from ‘The Butterfly Effect’ (a personal wellness consulting company based in New York City) “Being well is also about enjoying every moment”.

She explains how the philosophy of her business is to



encourage her clients to develop a practice in their lives, something that they can count on every day as well as look forward to. “I developed a routine for a client who wanted to exercise more around walking. Every morning she walks around her block 3 times, crosses the street and gets the paper walks around that block 3 times and ends up at Starbucks for her morning Tea. It’s a practice. She is so proud to create and welcome her day this way, every day”.

There’s a lot of schools of thoughts and theories around at the moment on wellness. From Naturopaths, Spa Directors, Macro-neurotics, Raw foodies and yoga teachers, everyone has an opinion. Yet I’ve noticed that some of these leaders, authors, teachers, gurus, masters and speakers of health do not always practice what they preach. Have you ever noticed how pale some of the people who work in health food stores look? Being fanatic about one’s health can often lead to neuroticism and the question is which is worse? Perhaps it’s true of the saying that ‘we teach what we most need to learn ourselves’.

Recently, I attended an International wellness conference where a leading figurehead in the industry got up in front of hundreds of practitioners and therapists and told them that yoga teachers should not teach more than four hours a day. What’s that about? Who can say what another should or shouldn’t do anyway? One of my best friends is a Naturopath and a great one at that but she’s also a great drinker and smoker and beats herself up for this. Are our guilty thoughts worse than the actual act itself? Most of us know by now that our thoughts and emotions affect our health within. Would it be better to be a little easier on the system to simply enjoy our glass of red or coffee rather than giving ourselves a hard time?

“Absolutely!” responds Lora “Negative thoughts can actually create illness. If we embrace what we do with deservingness instead of guilt then we can truly love ourselves”. She says she is a firm believer that if you are going to do something, do it right. “I love chocolate. If I choose to indulge, I am going to have the best darkest organic chocolate I can find and I am going to savor every bite of it. If I choose to wash it down with a glass of wine, then I will make sure it is a wine I love. No one should settle for mediocrity. We deserve it all”.

“True health is about wholeness” reports Naturopath, Sally Mathrick ND explaining that addictions to unhealthy substances and a life without exercise can steal our natural state of wholeness. “Addictive substances are often devices that fill a vacant, feared or non-integrated aspect of ourselves, momentarily bringing us into the feeling of wholeness. It’s the addiction to the substance, more than the substance that harms us. Healthy bodies can repair the damage cause by addictive substances if rarely ingested, whereas regular dosing leaves no room for regaining balance, and can lead to chronic ill health. Avoiding and suppressing unknown parts of ourselves prevents us from living and being whole. Innately we are happy when we are whole”.

And health is not limited to our physical life but is relevant to all areas of our lives. Creating wholeness in our Financial, Career, Relationship, Health, Spiritual, Family and your Social life is no easy task. Often one or more of these areas will be flourishing whilst some of the others lag. Have you ever noticed when you finally reached a point in your life where you felt you were on the way to career and financial success when your health began to suffer? And have you observed how sometimes when you

feel really strong and healthy in your relationship at home and when there is disharmony in the workplace?

I have many friends who they’re pretty healthy. They stick to a vegetarian diet and practice yoga on a daily basis. They talk about meditation and only wear 100% cotton fabrics steering clear of sugar, wheat and dairy. However, some of these friends who are also leaders in the health, spa and wellness arena have difficulty managing their finances? So my question is - are they really healthy beings?

According to author and speaker, Dr. John Demartini, to achieve a healthy balance in all areas of life, we simply need to live in a state of gratitude. He suggests rather than beat ourselves up for our ‘unhealthy habits’ why not find the benefits of how they help you in your daily life and come back

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to equilibrium. With that advice, I quickly listed the benefits of drinking coffee each day and realized that my morning delight gave me extra stimulation and energy to write each day which is my greatest love. Drinking coffee stimulated my nervous system that in turn encouraged new story ideas to rush into my mind. Drinking coffee, I concluded, may not be that healthy for my body but was definitely healthy for my career.

According to many doctors, naturopaths and healers, being present and grateful is one of the best ways to boost the immune system. Perhaps there is really no need to look outside of ourselves for inspiration on the most healthiest way to live. For the chances are you probably already are living well. Listen to your teachers and read the labels if you like. Use the teachers as a guiding light but be wary of putting your entire faith in those who think they know the way. Tune into your inner voice about how to live your life.

Having said this, most of those I know who have integrated activities like yoga, meditation, wholefoods and spa treatments into their lives report more feelings of inner balance and centeredness. It is through practices like these that we learn to breathe more fully and fill our body system with loads of endorphins that in turn gives us greater appreciation in life - the butterfly affect! And we all know that too much alcohol on a Friday night is the best way to ruin a beautiful Saturday morning.

Sure there are a lot of worse things in life than eating the wrong food and not thinking peaceful thoughts each day. Yet wouldn’t it be great to live our lives at the optimum and beyond. As in the worlds of Lora its all about our intentions. “We have the gift of life and lets make the most of it. What can we intend to do each day to make it all worth while? Desire, pleasure, gratitude, and feeling great”.