



The complexity of human health is proven by the many failed attempts to restore health and wellness, some of which you have experienced – failed diets, exercise routines, exercise gimmicks, supplements, nutrients, medicines, and just trying to do better. The intention is right, to change our health trajectory, but the methods are haphazard at best, misleading and deceptive at worst.

So, what to do? So great a need, so much information, so much misinformation, marketing, and so much confusion – where can we turn for answers, for help? This is not a decision like the model of your next car. Your health, your life, your existence is involved here.

Enter the House of Health. We can organize what we need to do to get our “houses” in order very simply. This is a programmed, systematic, approach that will help us through the fog of information, misinformation and marketing sparklies.

Life is an integrated whole. We can take it apart for analysis, but in reality, the components all function together and have to be fixed together. Here we go...!

There are 4 pillars in the House of Health. We’ll talk about the pillars first then get to the roof and the foundation.

1. **Detoxification:** We are immersed in a world of chemicals and toxins that our bodies have not adapted to. We breath toxins and allergens, we drink water full of endocrine disruptors and we eat processed foods that damage our digestive and detoxification

processes. By touch, inspiration, consumption and bad luck many of these toxins have found their way into our bodies. As if that wasn't bad enough, because of poor diet and insufficient nutrients, our own bodies detoxification system is incapacitated and can't even deal with the toxic metabolites from our natural metabolism. So toxic chemicals circulate in our veins, damaging DNA, sticking in our arteries, gunking up our livers, fogging our brains, and crippling our body's natural ability to heal itself.

So, the first step is to "degunk" all of the body's purifying processes. This involves cleaning out the GI tract, fortifying the liver (Grand Central Station of detox), and getting the crap out (pun intended).

2. ***Diet and Nutrition:*** I once labored under the mistaken idea that Americans have the most varied and nutritious diet in the history of mankind. This has been thoroughly debunked by facts. First, we don't avail ourselves of the food available. We choose various fast food options, ignoring fruits, vegetables and grass-fed meats available. This amounts to a diet dense in calories, bad fats and easy carbs, deficient in good fats, nutrients, fiber vitamins, protein and common sense. And if you happen to choose vegetables, you probably don't realize that they have been coated in herbicides and pesticides and bred for looks and transportability. Our vegetables have between 20% and 50% of the nutrients that they had 50 years ago.

Adding another insult (as if that was needed), these days we are so inactive, we take less volume of food in. We have to do this in order to not have even more layers of fat inside our skin. Less volume of food means even fewer nutrients.

We are not what we eat. We are what we digest and absorb. Our GI tracts are suboptimal (read – need detoxification), and cannot absorb the few nutrients that pass through. Unless we buttress this pillar, we are destined to have poor health, accelerated aging and a second childhood involving diapers, again.

3. ***Exercise/Motion:*** The human body is a beautiful thing. Or rather, it was meant to be. We have the genes, metabolism, bones and muscles to make things happen in this world, and once we did. But, then along came machines that did all our work and most of our play for us. And the body, unexercised and not in motion is no longer a beautiful thing. We became over-fatted, under muscled, corpulent specimens. We begin this training for old age in our youth and continue to pack on the pounds and waste away the muscles till motion is not a thing of beauty, but of great effort.

The good news is that we don't have to go back to full time physical work to recapture the beautiful healthy body that we were meant to have. A good training program under proper supervision with adequate coaching doesn't have to be time-consuming or

painful. In fact, it can be downright fun, especially as you see fat melt away and tone returning to once flaccid limbs.

4. **Hormones.** Ok, here's the one that you've been waiting for. After all it's all about the hormones, isn't it? Well, not exactly, but they are pretty darned important. Believe it or not, hormones aren't just about sex. In fact, they are not even mostly about sex. They have to do with metabolism, building up and breaking down muscle, depositing fat, mood happiness, skin thickness and texture, digestion, appetite and even optimism. And, of course, sex.

In brief, hormones are the chemical messengers that communicate within your body. There are hundreds, but we've got our hands full trying to straighten out a few of the most important ones. The ones that get all the press are estrogen, progesterone and testosterone. But without balancing adrenal hormones and thyroid, you're not going to be feeling or looking any better. And then there's neurotransmitters, which are effected by and cause effects to hormone function in the body.

The hormones are like a symphony, many instruments playing their part, coming together in a harmonious melody. When everything is as it's written, it's a thing of beauty. But, it only takes one of the instruments playing the wrong note, or out of tune, or poorly timed and the beauty of the balance is destroyed. So it is with the hormones. Poor dietary practices, stress, toxins, lack of exercise, pain, smoking and everyday life all cause disruptions in this balance. Aging causes a decrease in the incidence and effects of chronic disease.

Brain – The Roof. Yes, at the top of the 4 pillars is the brain, ourselves. It's held up and supported and dependent upon the balance of all 4, and is also necessary for the proper function of all four. Many hormone levels are regulated by feedback from the brain. Hormones that are out of balance effect neurotransmitter levels and can depress mood and decrease our ability to handle stress..

A faulty detoxification system can cause the accumulation of toxins and inflammation that impede the finely tuned function of our brain and cause the accumulation of "gunk" that damages the operation of our nervous system until dementia sets in. Yes, let's stop this before we forget what we were trying to stop. Exercise and proper diet are just as important for the optimization of brain function.

As for the effects of brain function on the 4 pillars, there is a very obvious connection. With our brain we make decisions about our lifestyle, both short term and long term that either buttress or erode the 4 pillars. We decide to detox, exercise, eat right and give attention to our hormone levels. That decision over time creates a lifestyle that

becomes integrated into wellness. And with our brain we can decide, as you have done, to enter into a structured wellness program that will assist and guide us in this process.

Oh, if only it were that easy! It goes without saying that a lot of good decisions don't pass the test of time. We make right decisions, but our will weakens and we don't follow through to get the permanent results that we desire and need. Why is that? Why can't we just decide and be done with it? The answer is that we have 2 minds: our conscious mind that made the decision and our unconscious mind, or subconscious that has it's own way of thinking and undermines our conscious intent.

We're not going to get all Freudian here, but consideration of the effect of the subconscious on our ability to make decisions and follow through is essential for success. Put very simplistically, your subconscious has an ancestral memory that programs you for actions that can sabotage your good health. Our ancestors had to maximize calories for survival. It wasn't as easy as driving down to the local Albertson's and picking up something for supper. It was more like "this is available now, eat all you can as fast as you can because you don't know when you will eat again." That's the program that goes along with this inherited memory and it works against our attempts to make good dietary choices. It is important for you to realize that the feelings that come up, the cravings and the desires don't come from the essential you. Thinking about this brings the struggle into our conscious mind where the decision is ours again.

Steven Covey once said "our humanity resides in the space between stimulus and response". What is meant by that is that acting just on stimulus, without a space to think, in order to separate out actions from uor impulses. Knowing where your cravings come from somehow arms us against them, and enables us to make decisions by intent, not impulse.

In the same way we have an ancestral memory that inclines us to rest, not engage in activity. In olden times, once the caloric necessity was met, rest was needed both for digestion and conservation of calories. The disinclination to activity has deep roots and can disrupt the best intentions to exercise. This realization arms us for the struggle.

The Foundation – Spiritual. I know that it seems like we have things backwards here – after all the foundation comes first and not last. But, we had to consider the house that we are building in order to justify the foundation. I'm not going to be specific here. I'm only going to show you two opposing ways of looking at the universe and their potential consequences to our house of health.

One view holds that, in the words of Carl Sagan, "the universe is all that is, or was, or will ever be". This excludes the spiritual and leaves a strictly material universe. If there's

nothing but stuff, moral reasoning has no base and ultimately erodes. At the personal level, what's the use of any behavior other than self-gratification if we are nothing more than a transient collection of organized molecules whose only destiny is to be disorganized and to cease to exist.

The other view maintains that we are not alone in this beautiful universe and that there is a spiritual power and wisdom beyond and behind the material universe. This power and wisdom enlivens our beings and gives us true life. We think and behave in accord with this Spirit and thereby have a basis for moral decision making. We have a reason and inclination to do well for ourselves and others because we have purpose. I don't mean to sound new age, my beliefs are more specifically Christian, but I respect those with other beliefs.

Whatever view that you subscribe to, you have to understand that it effects your health decisions and your reasons for your health decisions. We can feed the spiritual side with good books, prayer, meditation, practiced solitude and many other activities. These types of activities strengthen our minds for good and consistent choices.

“Therefore everyone who hears these words of Mine and acts on them, may be compared to a wise man who built his house on the rock.” Matthew 7:24