

Carol Shares: Recipe for Health



It is February. It is cold outside; we tend to nest inside where it is warm and cozy. It is a great season for reflection, taking time for New Year's resolutions, often thinking about how to take better care of ourselves.

It is an ongoing process ... there are so many choices. Let's review the basics: the physical body needs proper rest, exercise and a healthy diet. I like natural, nature, organic, and local where I can fit them in. Some things I have chosen are: watching my food intake of course, but also I like to grow many of my own vegetables, I dry herbs and local plants to make my own herb teas (what I call nature's vitamins), I continue to cut back on my sugars, meats and wheat products, and I use essential oils on my skin to improve my blood health. I like a healthy lifestyle of outdoor activities, yoga, dancing and hobby farming.

Emotionally: the thoughts and emotions that go through my head! A thought can make or break my day. To tame the lower emotions of fear, anger, helplessness, worry etc. Stress is poison in my system. Though I do realize that Life is to experience a wide range of emotions, my goal is always for peace and balance. Some of the stress busters that I use are: EFT (Emotional Freedom Technique), Reiki (recharging with energy and love), Meditation (quiet time to connect to my spirit and spiritual guides), Crystal Therapy (wearing crystals to balance and calm, or even activate). Along with occasional holistic therapies from fellow colleagues and of course the wonderful support and guidance of my precious family and friends.

Spiritually: Reassuring myself, taking time to connect to my belief system, peace, calm and value. Remembering I am a beautiful child of the universe, as we all are.

So I encourage you to take the time to develop your own "health recipe". It continues to take time and work. Follow your inner guidance to the "ingredients that mix best with your soul's flavour. Doing your best to look after the body that houses your spirit. I guarantee you are worth your time and effort. Along with health sprinkles of giggles, laughter, joy and love.

Written by Carol Layton February 2017

To enjoy good health, to bring true happiness to one's family, to bring peace to all, one must first discipline and control one's own mind. If a man can control his mind he can find the way to Enlightenment, and all wisdom and virtue will naturally come to him. Buddha

CHAIR YOGA

I recently took a certification course in chair yoga June 3, 2017 with Julie Palmer. I will have to say that it is changing my Life, another tool in my tool box for a healthier me.

It is a slower paced yoga, it is gentler on my body but challenging at the same time. It is exercise for anyone who does not want to get down on the mat. Mindful, moving meditation, stretching yet also an effective exercise.

My body is getting older, stiff back, knee injury, tight hamstrings ... you know ... the getting older kind of stuff. Well ... i have things to do, I am not ready to slow down! My body is responding well to this. I am enjoying it and plan to practice this summer and hopefully be able to offer classes this fall.

I suggest you check it out. There are many different styles on you tube, or a class near you.

Five stars! Wha Hoo!!!

Thank you Julie for this wonderful training. I LOVE IT!

