

Living in Balance:
The fine line between health and disease

Dr. Teri Jaklin ND
Waterdown Clinic of
Naturopathic Medicine

When we are out of harmony with our world and with those who share it, that disharmony is reflected within us as tension, distraction, confusion, frustration, anger, or enmity.

When the mind is dominated by these disturbing "mental poisons," the body is flooded with their toxic biochemical analogues.

Joel Levey and Michelle Levey

Modern Lifestyle

- More manic, busy, and hyper than ever
- Permanently busy
- Missing in action
- We sacrifice our relationships, and are often too tired to enjoy our lives

Today's 'Treadmill'

Creates a culture that is:

- Not Empowered
- Overwhelmed
- Not in Sync
- Running on Empty
- Stressed
- Unhappy
- Depressed

Perpetuating the Stress!

- 24/7 Connectivity
 - Total availability
 - No off switch
- Use of stimulants
 - "energy drinks"
 - Jumbo java – double double, triple triple
 - Donuts, chocolate bars, sandwiches, pasta and other cheap carbs
 - Smoking
 - Drugs –including pharmaceuticals as well as herbs –anything that artificially props you up

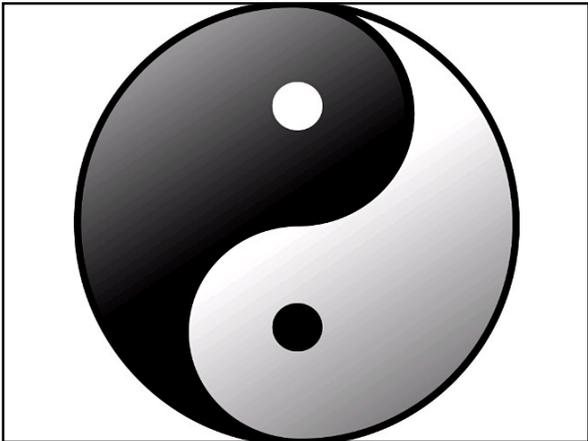
Today's Status-Quo

The Balance is Lost

Burnout Syndrome

- Tired, exhausted, worn out
- No highs or lows
- Anxiety and panic attacks
- Run, run, run...don't know how to stop
- Predominant emotions become despondency, exhaustion, and moodiness – malaise of the spirit.
- One quarter of the population suffers

*No one is immune from burnout.
Any person, in any profession,
at any level can become a candidate.*



What is Balance?

- [Balance \(metaphysics\)](#), a desirable point between two or more opposite forces
- [Balance \(colloquial\)](#), taking the time to do all the little things that keeps you in check.
- [Balance \(TCM\)](#), Yin and yang, equal complementary opposites required for balance

Complementary Opposites

<p>Yin(ish)</p> <ul style="list-style-type: none"> • Rest • Energy deposits • Constrictive • Gotta be • Conscious existence • Right brain • Parasympathetic • Building up/nuturing • Restoration 	<p>Yang(ish)</p> <ul style="list-style-type: none"> • Activity • Energy withdrawals • Expansive • Gotta do • Unconscious existence • Left Brain • Sympathetic • Using up/Breaking down • Dis-ease
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Common Stressors

- The commute, the boss, the working environment
- Life changes - New job, new home, divorce, death, aging parents
- Pace of lifestyle
 - Overwhelming sense of not being able to keep up
- Feelings of powerlessness
- Discrepancy stressors
 - Making \$200,000 pa and spend \$300,000
- Type A personality
- Digestive stress and dysbiosis
- Environmental – pollution, noise, visual, heat, cold
- Physical condition - Acute or chronic illness

Chronic, intense, long-term stress is the primary reason for burnout

Is This “Normal?”

<ul style="list-style-type: none"> • Diet Coke for Breakfast • Pepsi Max – Pepsi with more caffeine and ginseng • Stimulants like coffee and cigarettes to keep going • “I’m a meat and potatoes man,” “I dunna eat vegetables” • Chocolate is good for you • Red wine is good for you 	<ul style="list-style-type: none"> • Work hard, play hard • Too busy to eat • Compensate by burying ourselves in things we love – also imbalance • When sick – suppress the symptoms so you can go to work and share the germs • Feeling that pleasure = guilt • “no time” for exercise • “no time” for fun
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Our "Modern" Lives Undermine Good Health

- **By putting us on a treadmill of stress which:**
 - directly interferes with our sense of control over life,
 - compromises life priorities,
 - interferes with good nutrition and digestion,
 - supports a sleep deprivation/stimulant use cycle and more!

The Fall Out

50% of Deaths in US Likely Related to Lifestyle Behaviours

- Dietary indiscretions
- Sedentary lifestyles
- Maladaptive coping responses

US Dept of Health and Human Services, 1991

Choices

If you do what you've always done, you get what you always got

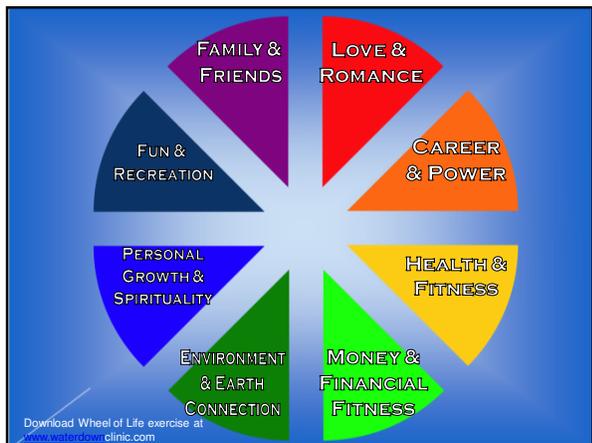
Too old, too broke, too busy to change?

It's the Choices we make that make change possible

The Rocking Chair Test
What will you say to yourself at the age of 90

Would you have done anything differently?

Nobody can go back and make a new beginning, but anyone can start today and create a new ending



Secrets for Lasting Change
?

Driven from the Inside.
Being passionate and present.

AN ENGAGED MIND

– Understanding the unique power the mind holds over the body

A NOURISHED BODY

– An honest look at all lifestyle factors that nourish the body.

LIVING WITH THE RHYTHMS OF LIFE

– Respecting the natural rhythms of the body and wellness – especially the sleep wake cycle.

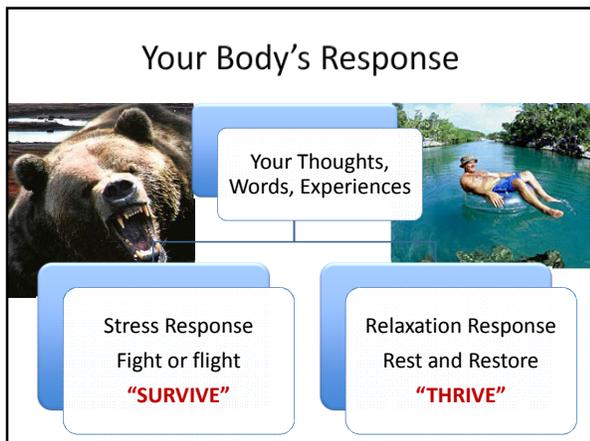
The Engaged Mind

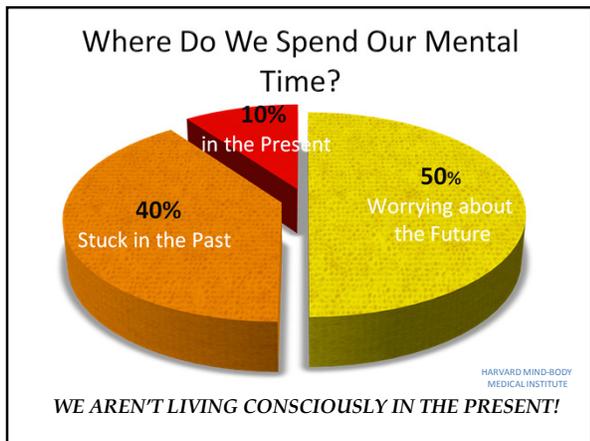
- ▶ Is your glass half empty or half full?
- ▶ Do you feel in control?
- ▶ Are you satisfied in your work?
- ▶ Do you have positive self-talk?
- ▶ What do you do for fun?
- ▶ Can you Visualize a better life?

Our Attitudes Drive our Direction and Design

With our minds we create our thoughts.

With our thoughts we create our world





Everything We Think, Do or Say, Sets up Biochemistry that Affects our Overall Health and Wellbeing
Pert, Lipton

Being Present

- One of life's true secrets = conscious choices – response vs reaction
- Becomes simple yet profound (because it alters how you respond in every aspect of your life)
- Brings your mind and body together
- Increases awareness of feelings and thoughts

Allows you to respond freely without any of your own baggage from the PAST or any fears about the FUTURE

A Common Obstacle

- Self-judgment – a critical inner voice of past conditioning that replays the message “not good enough”
- This leads us to tend to blame others rather than accept accountability
- Therefore an essential starting place is self-acceptance

Anything of meaning happens in TPM

The Practice of Being Present

1. Acknowledge the situation, notice something is up – this is a powerful first step to change → CHOICE
2. Breathe – let the breath flow freely in and out
3. Relax – Soften your muscles, and let go of mental tension
4. Observe – your experience closely neither grasping what is pleasant nor pushing away what is painful
5. Accept – yourself and your experience exactly as it is, dropping the need to change it or ‘fix’ it
6. Realign so that you can RESPOND in a positive way



**Happiness is an inside job.
I choose thoughts that make me
feel happy and loved**

Louise L. Hay

Affirmations

*A powerful statement that something is so.
A technique of creating firm, new ideas.*

- Replaces old, negative mind chatter with positive ideas, concepts and engagement in life.
- Reframes the health challenge as an opportunity for change and growth.
- Promotes attitudinal healing.

Discover Louise L. Hay, Affirmation author extraordinaire!

Reduce Negative, Stressful Influences

- Do a 'media fast'
- Reduce technology exposure
- Put some limits on answering the phone especially during critical family time.
- Choose your language to reflect a 'half -full vs half-empty' perspective.

The Relaxation Response – Two Easy Steps

1. The **repetition** of a word, sound, prayer, thought, phrase, or muscular activity.
2. The **passive return** to the repetition when other thoughts intrude.

• When these two basic steps are present the train of everyday thought is broken.

Every culture has a written history of these two steps

Make Your Vision Real

- ▶ Put it out there...In as many ways a possible!
- ▶ Make it your Dominant Thought
- ▶ Create a mantra to support it
- ▶ Share it with your support team
- ▶ Create a Vision Board
- ▶ Write it down

Balance Your Life

- ▶ Create time for yourself each day
 - Even if it's just 15 minutes, use that time to
 - Journal
 - Read or Listen to a CD
 - Walk in nature
 - Have a bubble bath
 - Call a friend
 - Deep Breathe
 - Meditate
 - Do some yoga

The Nourished Body

- ▶ Do you skip meals or eat on the go?
- ▶ How much water do you drink?
- ▶ Turn to coffee or sugar for energy?
- ▶ Do you Exercise Regularly
- ▶ What Do for Fun?
- ▶ How much alone time do you allow yourself?
- ▶ How do you wind down?

Nurturing Support

- Nurture meaningful affirming social contact with family, friends, coworkers, and neighbours.
 - Have a workout/ yoga buddy
 - Eat lunch with someone who shares your ideas on nutrition
 - Create/join a recipe group
 - Nourish your spirituality
 - Plan to connect – with your spouse, with your friends

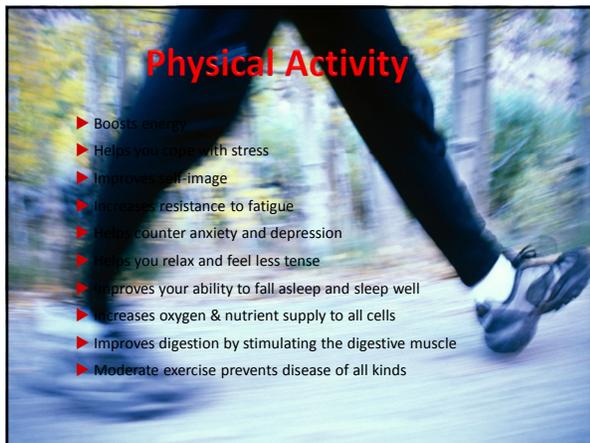
Hungry, Angry, Lonely, Tired



These are not times when we make our best and most nurturing decisions!

Exercise – Plan it!

- The first few times may be a task, but then it becomes rewarding
- Best at a time of the day when you want the system revitalized
- A simple 10-20 minute walk
- Raise the bar on your walk by adding trekking poles



Good Nutrition

“The process of eating is perhaps the most intimate encounter we have with our world; it is a process in which what we eat becomes part of our body.”

Colin T Campbell PhD

5 Excellent Nutritional Habits

- Eat WHOLE Foods... and lots of them
 - Green, Green, Green - with Every Meal
 - 5-10 portions of veggies per day
- Limit carbs – they are instant sugar – bread, cookies, muffins, rice, potatoes
- Remove wheat (gluten) from your diet
- Avoid packaged and processed foods
- Drink Lots of water and herbal teas
 - Green/fruit/herbal tea vs coffee

What Makes a Good Snack? Good Fat, Fibre and Protein

GOOD SNACKS

- A small handful of nuts
- Humus and Veggies
- Almond butter and crackers
- Guacamole
- Dark Berries

BAD SNACKS

- Donut/Cookies
- Chips/ popcorn
- Chocolate Bar
- Pop
- High sugar fruits

Good Eating Hygiene

- Reframe food preparation from a task, to something that brings joy.
- Eat regular meals and snacks
 - Eating breakfast – gets metabolism going.
- Mindful eating – take time, sit, relax, give thanks, enjoy.
- Chew, chew, chew...then chew some more.
- Limit liquids with meals as it will dilute digestive enzymes

Balance Your Life

- ▶ Get a good cookbook and try something new
- ▶ Make the time to sit and eat nutritious meals at meal time.
- ▶ Create three simple nutritional guidelines to get you started
- ▶ Set an exercise routine, connect with a buddy.
- ▶ Phone a friend

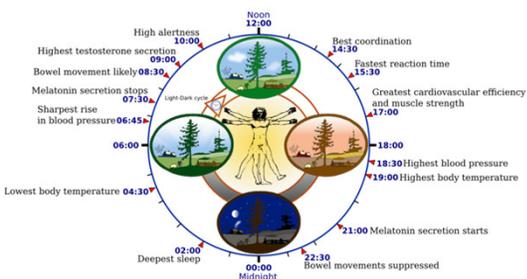
The Rhythms of Life

- ▶ Sunrise/Sunset
- ▶ Ebb and flow of tides
- ▶ Changing Seasons
- ▶ Moon Cycles
- ▶ The Breath
- ▶ The Heartbeat
- ▶ Sleep/Wake

Chronobiology

- Circadian Rhythm - the timing and duration of essential biological functions
- For 4 billion years the human body has evolved to rise at dawn, sleep at dusk, feast in fall and fast in the winter.
- Evidence shows that getting to sleep late and rising to an alarm clock, and feasting all year round are responsible for modern health problems.

The Biological Clock



What Disrupts Body Rhythm?

- Shift work or chronic overtime
- No regular patterns – for anything!
- Poor Sleep habits
 - Be in bed before 11:00pm
- Sleeping with lights on – or TV!
- Electronic devices in the bedroom
- Stimulant use – coffee, alcohol, sugar – other drugs!

What's Behind Sleep Loss?

- Society demands
- Family needs
- Lack of self care (poor diet, no activity)
- Increased time spent watching TV
- Uncomfortable beds and/or pillows
- Stress from family, job and/or personal issues
- Environmental conditions (excessive heat, cold, pollution, noise)
- Illness
- Poor sleep habits

Alvarez and Ayas, Prog Cardiovasc Nurs 2004; 19:56-59

Developing Good Sleep Hygiene

- Get to bed by 10:30pm
 - Sleep before midnight is the healthiest
- Sleep in a DARK room
- Remove all TV and computers
- Avoid using alcohol to promote sleep
 - You may fall asleep faster but sleep is more restless
 - Favour chamomile, oatstraw or nettle tea
- Don't do rigorous exercise before bed

Balance Your Life

- ▶ Create a regular sleep-wake cycle
 - Set an alarm to start winding down
- ▶ Avoid working overtime and shift work.
- ▶ Sleep in a dark, quiet room
- ▶ Replace stimulants with relaxants.



With all our 'To Do' lists it is easy to get caught up with **doing** and forget the value of **Non-doing** .

It is during our rest periods that we are able to refuel, refresh, repair, rejuvenate, rejoice... and really thrive

Characteristics of Centenarians

- The ability to respond creatively to change.
- The continued ability to create and invent.
- Freedom from anxiety.
- A capacity to integrate new things into one's existence.
- The desire to remain alive!

Healing

- A process of bringing parts of oneself (physical, mental, emotional, spiritual) together at deep levels of inner knowing leading toward an integration and balance with each part having equal importance and value...

Dossey, B. et al 1988

Mind/Body Medical Institute

The soul sympathizes with the diseased and traumatized body, and the body suffers when the soul is ailing.

Aristotle, 4th century

“The greatest discovery of my generation is that human beings, by changing the inner aspects of their lives, can change the outer aspects of their lives... It is too bad that more people will not accept this tremendous discovery and begin living with it.

William James
Psychologist and Philosopher
1842-1910

"The secret of health for both mind & body is not to mourn for the past, worry about the future or anticipate troubles ... but to live in the present moment wisely & earnestly."

Buddha

If you really want to do something you will find a way; if you don't, you will find an excuse

Unknown

We have one chance to live this life well

Moving forward is about progress not perfection.
If you do what you've always done, you'll get what you've always got.
It's the CHOICES we make that makes change possible.



Dr. Teri A. Jaklin ND, IFMCP
Waterdown Clinic of Naturopathic Medicine
905-690-9151
www.waterdownclinic.com
See us on Facebook!

E-mail: info@waterdownclinic.com
