

## Naturopathic Clinic Owen Sound

### Naturopathic Clinic Owen Sound - Treatment at the Foundation Level: Lifestyle and Nutrition

It is alleged that seventy percent of health issues are capable of being naturally cleared up with the following lifestyle and diet choices. The body's inherent capability to repair can happen as soon as we help the correct workings of the body system and allow vitality to come back. The healing capacity of the body can help it to return to a state of health on its own, because the self-therapeutic capacity is a pure function of the body. It may require some effort, but doing whatever you may in order to re-align your every day life choices with what's pure for the body could bring about many health and well-being joys.

A few of the life-style changes to consider so as to help obtain optimum health comprise: consuming a cleansing and nutrient rich food plan of real food, enjoying a healthy and lively life-style, practicing deep breathing, getting ample and proper relaxation and engaging in common physical activity that you enjoy. Some other benefits can come from supporting healthy elimination through our water consumption, sweating, bowels and breathing, decreasing pressures and cultivating present moment consciousness, letting go of destructive emotions and restricting beliefs and being thankful for the gifts and blessings in our daily existence. It is also vital to help severe reactions inside the body system naturally without suppression. Finally, using our gifts in assistance to others and to help build a greater world will eventually contribute to one's total well-being.

#### Impediments that Interfere with Healing

In the remaining 30% of instances there are hindrances affecting the body system that are not as easily cleared up spontaneously through wholesome lifestyle and diet choices. The effects of our modern-day and age are catching up to individuals in the form of suppressive therapies, deplorable diets, inadequate elimination owing to a reduced energy, gathering of toxins from the environment and the higher degree of stress we select to live in. The following are some of the hindrances that can become cleared up to help return the body to its self-healing capability.

**Insufficient Drainage** - To help the usual removal procedures of the body system via the liver, the kidney, the bowels, the lymphatic system, the respiratory system, and the skin and cells are very imperative. When the body system has been overburdened by toxicity, we should help these systems to rebalance and function properly.

**Dybiosis** - This is an unbalance in the ratio of good to bad bugs within the human body. This is found in reduced vitality, toxic accumulation, intake of antibiotics and antibiotic residues in meals, specific drugs, chlorine, and insufficient exposure or consumption to the healthy bacteria which are essential for the right functioning of our large and small intestines, our stomach and immune system.

**Inherited Patterns of Response** - The occurrence of self-healing processes may be blocked by a number of genetic patterns. With natural therapies, nutrition choices and lifestyle we will affect these tendencies. The gene theory is restricted in the perception of these inherited patterns of reaction. For more information on this topic, please consult with the guide called *Biology of Belief* by Bruce Lipton.

**Imbalance of the Regulatory Systems** - The six main regulatory techniques of the body system comprise the cardiovascular system, the immune system, the glandular system, the nervous system, the electrolyte system and the kidney, and the metabolism and the liver. In certain conditions, a number of these systems has gotten out of balance and requires help rebalancing.

**Heavy Metal Toxicity and Xenobiotics** - Xenobiotics are substances that can't be removed normally and have become wedged inside the body. Since they are not recognized by the body, they cannot be properly eliminated. They get into the body via the foods we take in, our water consumption, the medications we ingest, the air we breathe, the beauty merchandise and the household cleaning products we use. Heavy metal toxicity is getting more prevalent due to exposure to heavy metals, dysbiosis, and inadequate mineralization, decreased vitality and a compromised eliminative capability of the body system. Xenobiotics plus heavy metals are harmful to the body as they can be toxic to cellular tissues, thus blocking the natural metabolic performance of cells and of the regulatory systems.

**Suppression** - Reduced vitality can happen due to continual suppression of the immune system and the eliminative capacity of the body system. Any endeavor of elimination by the body system like fever, sweating, infections, eruptions, discharges, and inflammations, have to be respected and recognized or eventually the energy becomes so distorted that it no further has enough power to control the body.

**Blocked Mental - Emotional Patterns** - At times we experience a certain kind of upset or emotional shock and have responded in a way that will not have been the most healthy. This emotional reaction or memory within the body system could block the therapeutic process. Talking on the situation could do little to relieve and totally release such a problem. Other techniques like sound and colour therapy, homeopathy, acupuncture, EMDR, cranio-sacral therapy, and osteotherapy are a few of the other remedies available to help clear up deep seated conditions. Finally, any therapy could solely open the door and start the therapeutic procedure. It is left to us whether or not we need to take the emotional obligation to vary our lives for the better.

**Other Possible Blockages** - Hidden sores from root canals or dental stress from mercury fillings are several other types of obstructions. Several other issues that may result in blockages include musculoskeletal problems such as stress patterns, history of injuries or poor posture. Some examples of blockages that might affect the bioenergetics of the body system include electromagnetic and geopathic trouble, scar tissue, problems of laterality, lack of proper grounding via the feet and obstructions of certain vitality areas of the human system.