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CHANGE – FEARFUL OR EXCITING?

Change is a natural part of living. The only certain thing while we live in any part of this world is that nothing will stay the same.

Many of us spend enormous amounts of energy, and sometimes money, to try and stop change; to keep things in our life exactly the same day after day, year after year. And yet, everything changes, no matter what we do.

We do have the power to make choices about both how we view change, and what sort of changes occur in many circumstances.

When we are diagnosed with a disorder like Parkinson's disease, Multiple Sclerosis or Lyme disease, our first thought is how we can turn back the clock and become the way we were. We all know that we can't do that and, if we think logically about our life, don't really want to. You see, the way we lived our life until diagnosis contributed to our level of ill health. Lifestyle does not CAUSE Parkinson's disease, MS or Lyme, but certainly contributes to the severity of the symptoms.

On the other hand, if we consciously change our lifestyle to include health-giving activities while removing all illness-promoting activities, we will certainly improve our quality of life and have a much better chance of reversing the symptoms.

The way we view change also contributes to our health. If we are afraid to change, or see change as a burden or effort or disagreeable necessity, we will lose some of the benefits of that change as we increase our stress levels (yes, excessive stress exacerbates illness symptoms).

If we choose to view change as an adventure, an exciting new way to live our life, then we gain extra benefits for that change. You see, being excited about life and looking forward with happiness encourages the production of levodopa, serotonin, anandamide and other beneficial chemicals in our brain.

When you read in my blogs or Guidebooks that I advise you to change your food choices, your cleaning products, your daily program or the way you think, choose to see the changes as an exciting adventure on the road to good health.

Keep laughing 😊

