

Spring Cleaning for the Mind

Our mind is our window on the world. The state of our mind determines how we perceive and interact in the world around us. Mental chatter, pervasive negative thoughts and lack of mental clarity are symptoms of imbalance in the body. They are often dismissed as something that one just has to learn to live with – *Not so*. Our mental state is influenced by numerous factors. We are all well aware of the basic requirements for proper brain function like diet, exercise, positive thinking and meditation but sometimes these measures fall short of correcting the imbalance.

The following is a brief list of some very common factors that may hold the answer that you have been looking for:

1. Dehydration – Information through the nervous system operates on electro-chemical impulses and water is an energy conductor. If you are dehydrated, information will not be transferred in an efficient manner. Be sure to sip filtered water throughout the day and increase your consumption as you are able. Your body will begin to remind you when you are in need of more.
2. Hypoglycemia (low blood sugar) – This is a very common problem and develops a strong stress pattern in the body that is perpetuated by inappropriate eating habits. When blood sugar is low the brain is under a great deal of stress because it needs glucose now! This causes us to seek foods that will correct this problem fast – usually sugars or refined carbohydrates. Eat smaller meals more frequently (at least every 3 hours) always including a little bit of protein. This slows digestion and allows the blood sugar to rise slowly and steadily rather than spiking and dropping. The goal is to keep your blood sugar stable. General symptoms of hypoglycemia: feeling irritable, shaky, light headed or tired.
3. Nutritional Deficiencies or Food Sensitivities – The body requires dozens of essential nutrients everyday for optimal health. Deficiencies in even one or two key nutrients may be enough to inhibit certain metabolic activities. Intolerance to a specific food can also profoundly affect one's brain function. Seek professional guidance from your holistic health care practitioner. They will help you resolve these issues quickly and take the guesswork out of it.
4. Mental & Emotional Stress – Over time these stresses can keep us stuck in negative thought patterns, feeling overwhelmed by emotion or fearful and competitive. Thoughtful integrative exercises such as those offered by Brain Gym®, Tai Chi and Yoga are extremely helpful in restoring balanced brain function. There are also many stress releasing therapies available today that will allow you to access and utilize higher structures of the brain.
5. Poor Integration of the Nervous System - We may have very limited communication between the left and right hemispheres of the brain, between the brain and body or between different sensory organs. This can make reasoning and higher thinking nearly impossible and often result in unwanted repetitive thoughts. This pattern may be present from birth or induced by stress or trauma in one's life. Any mind/body centred therapy such as Brain Gym® or Trager and activities like Tai Chi will help to provide the integration required.
6. Toxicity in the Body – heavy metals, chemicals, harmful bacteria, parasites are not only are a burden on the body but can interfere in normal metabolic activity and challenge the nervous system. Seek professional guidance from your holistic health care practitioner who can help you safely detoxify your body.

When there is balance within the brain and between the brain and body, life becomes much easier and joyful. Your outer world is just a reflection of what is going on internally. Look around you – if you don't like what you see start to correct it from the inside.