

3 steps to align with your body

Your body is an incredible messenger

You have the power to tune into your physical sensations and strengthen trust in your body's signs and signals.

Know that when you appreciate your body, respect it, take good care of it, you have more energy, strength and focus.

You have things to do, gifts to give and purposes to accomplish. And you require a strong and healthy body for this.

Let's get started!

Step One: Listen to your body's messages

Pain, discomfort, disease in the body relates to stuck energy.

What Physical messages? Where is the pain or discomfort? Is it dull, achy, sharp, shooting, constant, intermittent or related to an activity? Any odd sensations, unusual cravings, or changes from your usual daily or night-time patterns?

What Emotional messages? It is normal to move through a multitude of emotions every day. When one emotional experience seems to dominate, take note. For example when not well: liver health is linked to anger or irritability, spleen health often related to sadness, heart health may be related to overwhelmed emotion, kidney and adrenal related to fear, and gut health is often related to anxiety, depression or insecurity.

What Cognitive messages? Overthinking, difficulty focus or concentration, memory slips?

What Spiritual messages? Any recurring dreams, signs or symbols, repeated messages from others, repeated patterns of experiences?

Step Two: Take inventory of any impacts

Circle any or all that apply

Irregular sleep patterns: Jet lag, partner, pets, urinary, bowel issues, pain, over stimulated, hormonal, itchy, temperature, hunger, caffeine, alcohol intake

Eating patterns: overeat, undereat, crave sweet, crave salty, eat on the run, eat while watching TV, eat out >2 week, eat packaged food, eat fast food

Chronic low-grade infection: feverish, chills, fatigue, joint pain, muscle aches, brain fog, poor activity recovery

Exercise: more than 7 hours a week, less than 30 minutes a day

Intestinal permeability: headache, joint pain, brain fog, skin rashes, autoimmune conditions

Microbiome imbalance: bloat, gas, abdominal pain, diarrhea, constipation, autoimmune conditions, sugar craving, skin issues, liver disease, heart disease, hormonal imbalance, weight issues, headaches, joint pain.

Excessive alcohol or drug induced: >1 drink a day more than 3 days a week, >5 prescription drugs, use of recreational drugs

Genetic influence: genetic testing reveals anomaly, disease runs in family

Food intolerance: gas, pain, bloat, fatigue, joint pain, headache, fatigue, autoimmune disease, constipation, diarrhea

Nutrient poverty: consume refined sugar, grains, additives, preservatives, vegetable oils, sweeteners, colouring agents, flavour agents, packaged food, processed food, have dry skin, dry eyes, irregular bowel movements, numbness, tingling or poor energy.

Heavy metals: over exposure to lead, mercury, arsenic, cadmium, aluminum, iron, hexavalent chromium

Mold: visible mold on walls, floors, ceiling, sports equipment, work/live in water-damaged building

Plastics: hormonal imbalance, irregular menstruation, infertility

Pesticides, herbicides, insecticides exposure: grain consumption, non-organic produce, living near farms and golf courses, manicured parks

Lipids: low HDL, High LDL, High triglycerides

Blood: high blood sugar, high uric acid, high inflammatory markers, liver, kidney markers

Step 3: Whole Body, Individualized Medicine

I always say if you are quiet enough in your own body, you will already have a pretty good idea of what's going on. I like to teach people how to tune into the messages their body gives them. This knowing is the wisdom our bodies bring to us. Our bodies are truly a messenger. The body actually sends 80-90% of the information up to the brain, while the brain sends only 10-20% down to the body. Our senses are huge helpers in this.

Once we tease apart habits and routines of sleep, exercise, diet, and factors of elimination through our liver, lungs, lymph, bowels, kidneys, skin, and emotions, we have a pretty good idea of where the inflammation is growing.

Inflammation is the body's natural and healthy response to repair damaged tissues and eliminate toxins. However, when this response becomes chronic, it results in the ongoing presence of an active immune response. This state of low-grade inflammation can lead to shifts in metabolic functions, conditions that disrupt balance in the body, favoring the development of a wide range of noncommunicable inflammatory conditions such as autoimmune (i.e. Hashimoto's, Graves', inflammatory bowel diseases, rheumatoid arthritis, SLE/lupus, Multiple sclerosis, psoriasis), chronic fatigue syndrome, fibromyalgia, cancer, diabetes and cardiovascular diseases.

In naturopathic medicine we treat the whole individual, peeling back the layers of physical, emotional, cognitive and spiritual involvement. Obstacles to health are identified within an individual and a plan is made to remove the obstacles and support the body's natural mechanisms of healing. I often look for the low hanging fruit and work with patients to find scientifically proven methods and traditional therapies that makes sense to their condition. When we stop adding fuel to the inflammation, calm the body and replace depleted nutrients, small daily changes can add up to incredible levels of renewed health.

*“Illness don’t come upon us out of the blue, they develop from
small daily sins against nature”*

Hippocrates

Inflammation can be measured in a number of ways. Visibly, there may be areas that are swollen, have rashes, aches and pains. Blood work may reveal an infection, high levels of white blood cells, high hsCRP, ESR, antibodies, fibrinogen, poor liver and kidney function tests, cholesterol levels, blood sugar levels. Heart rate variability may be low. Electrical organ function tests might illustrate poor conductivity. Comprehensive stool analysis might reveal microbiome imbalance. Urine analysis may reveal infection, heavy metal overload, hormone imbalance. Images and scans might reveal masses or foreign bodies. Organic acid tests may reveal issues with mitochondrial health or fungal/mold overgrowth. Any or all of this together with how you describe the messages you receive from your body and a clinical observation with physical screening helps determine what best course of action for you at this time.

If you are in Ontario, Canada and looking for a naturopathic doctor with a functional medicine approach, consider an appointment with Dr. Laura Brown. You may [book an online, in person or telephone appointment](#). If you wish an educational experience and guided journey through your body, the [Root to Crown program](#) is a great option to consider. More of a self-directed reader? [Beyond Digestion, How Gut Health Connects to Your Mind, Body and Soul](#) might be just the right thing to refresh your health. All this and more at www.dr.laurambrown.com.