

Health Care



Self Care

Mental Health Module



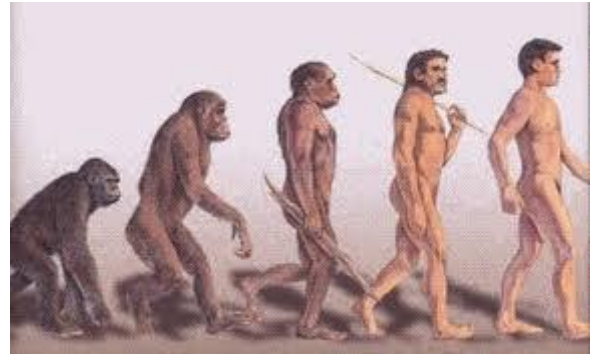
What does it mean to be human?

**What is required to promote, maintain,
and ultimately advance the
phenomenon of being human?**

**What is toxic or insufficient that sabotages
the expression of what it means to be human?**

By now you understand that the foundation of the *Health Care Self Care model* is based on the belief that the human organism has evolved in response to **its environment.**

Its environment included **the diet** that fueled its growth, **the physical demands** that developed its unique structure, and **the problem solving dynamics** that helped fine tune its development.



In this third and final module we will examine the unique mental, emotional and spiritual phenomenon that makes us human, and the **significant role** this phenomenon plays on our **overall health.**

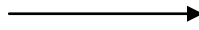
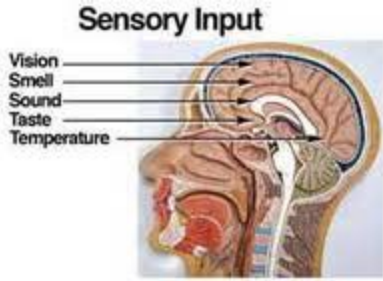
We will explore how our self awareness, our cognitive skills, and our ability to act on intellectually derived conclusions have set us apart, allowing us to develop into the most advanced animal on the planet.

We have controlled any and all predators, and for all practical purposes we have become the **king and queen of the forest!**



We may never know the “spark” that put us on the path to self actualization, but it certainly behooves us to examine this powerful phenomenon of intellectual superiority.

For it is the human mind that dominates the potential physical health status both of the individual and, ultimately, our species.



The mind coordinates all the sensory information we are exposed to, stimulating us to make the choices we make that collectively we call “my life”.

These choices include:

what you will have for dinner,



what friends you choose to hang out with,



what activities you choose to engage in,



and even what thoughts you “choose” to have.

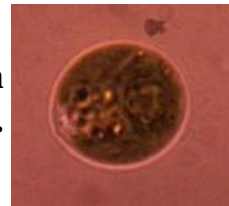


Yes, even your thoughts are ultimately derived from past sensory information coupled with your responses to that information.

Your experiences, past, present and future, create your ever evolving belief systems.

In this module we will learn how positive thoughts stimulate growth and how negative thoughts create a defensive atmosphere.

A single cell functions either in growth mode or defense mode.



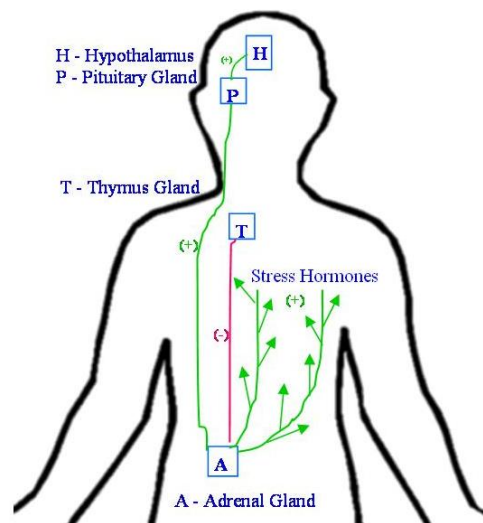
The human organism is similar.



When we are dominated by fear we react defensively, at the expense of growth.

Defensive physiology (immune system activation or stress response activation) is metabolically expensive and energy consuming.

Our defense system is intended for acute situations only, and will lead to illness and disease when chronically stimulated.



And what is the most predominant phenomenon stimulating the stress response?

The actions of our mind!!

Whoa!! What a concept:

The very thing that makes us the supreme animal on the planet is the same thing that is at the heart of our health care crisis.



And I'm not only talking about an individual's physical health only, but also the health of our species and, ultimately, the health of the earth itself.



We have brought ourselves to the brink of annihilation...

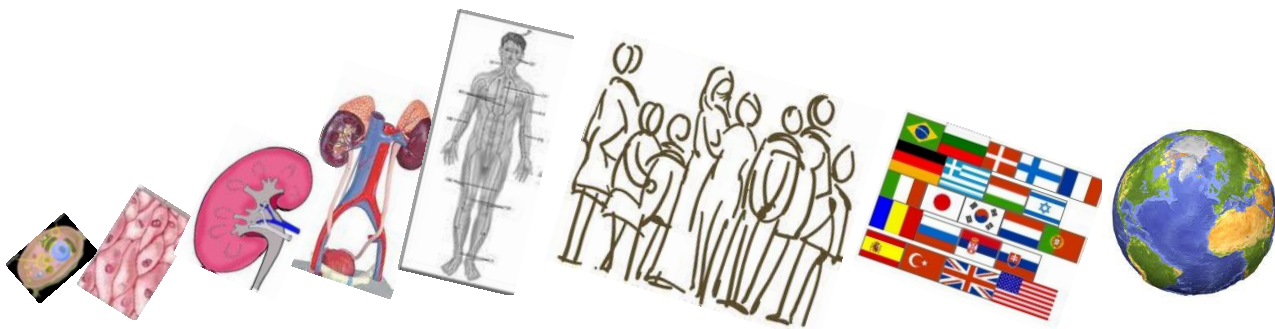
...and threaten our planet with excess green house gas emissions.



That is why we need to explore our mental health, and why we need to employ the exercises, attitudes, and intentions that maintain its integrity.

Health has a Domino Effect:

As goes the cell, so goes the tissue;
As goes the tissue, goes the organ;
As goes the organ, goes the system,
As goes the system, goes the organism;
As goes the organism, goes the community;
As goes the community, goes the nation;
As goes the nation, goes the world.



Let's focus on what we can; the human cell.

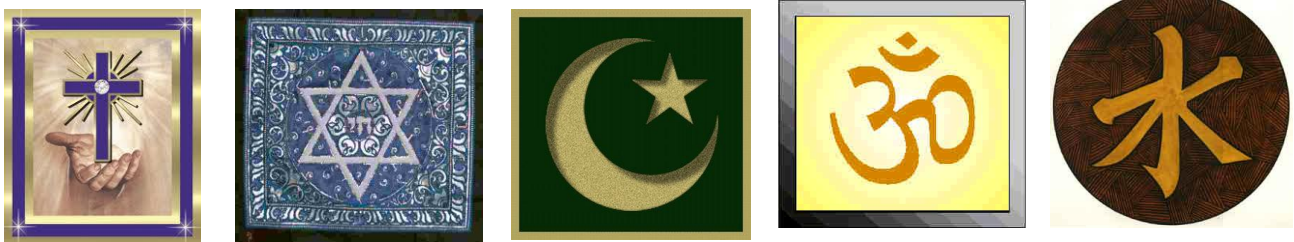
Who Are You, Really?

African, European, Asian, Native American, Middle Eastern, etc?



Maybe! But!

The Human Genome Project confirmed that we humans are 99.9% the same!!



Or maybe you think you are a Christian, or a Jew, or a Muslim, Hindu, Confucianist, etc.

But take an infant from any culture, have them adopted into any other culture, and NO MATTER what they might look like, they will develop identities with the adopted culture: 100%

So, Who Are You?

You are a human being, born into this world with the SAME POTENTIAL as any other human being to become molded by the influences in your immediate ENVIRONMENT!

MOTHER, FATHER, TEACHER, PREACHER



Developing Your **BELIEF SYSTEMS**

Who you **THINK** you are is a potpourri of **ALL** your past experiences – your parents, your country, your religious beliefs, the schools you attended, peer pressures, pop culture, just to name a few.

The Big Ones:

MOTHER: from, “Don’t try and be someone you’re not”, to “You can become anything you set your mind on becoming.”

FATHER: from “Do what you’re told”, to “That’s a great idea!”

TEACHER: from “There is only one way to get ahead”, to “Think outside the box.”

PREACHER: “Many roads lead to hell, but only one road leads to heaven”, to “Seek and ye shall find.”

But these Belief Systems will change!!
They are merely influences from the **OUTSIDE**.

In reality you are wondrously unique!

Discovering who you really are and living within that enlightenment is what leads to **decreased stress** and **satisfaction in life**.

Easier said than done, I know, but let’s give it a try!!

Why Do I Do The Things I Do?

Challenging Belief Systems

Thoughts

- While **information** is *perceived* by our five senses, **thoughts** are *conceived* in the mind.
 - Thoughts are **impressions**, **opinions**, and **rationalizations** formed from belief systems developed through past experience and education.
 - Not school education only, of course, but ALL of the lessons taught by the specific environment each of us have encountered.
 - Our **Mothers**, our **Fathers**, our **Teachers** and our **Preachers** seem to be the main influences on how we take the information we gather from our senses and subsequently form our **THOUGHTS**.
 - No two people have encountered the exact same environment.
 - No two people will have the exact same thoughts.

Conclusions

- These are the **cognitive responses** to the sensory information we are exposed to.
- Decisions that we make about reality.
 - We are taught certain things, and these teachings directly influence our conclusions:
 - **This** is right; **That** is wrong.
 - We do things **this** way!
 - The sky is **blue**.
 - The problem is that those who are influencing us happen to be fallible, and often you learn (from other teachers or simply through experience) that things just aren't as they seem.
 - “Wait a minute, **this** may not actually be right, and if you look at it another way **that** may not be so wrong.”

- “You may do things *this* way, but now I know that if I do things *that* way I will get it done so much quicker and more effectively.”
- “Now I know that the white light from the sun is composed of many different colors, but the **blue** has a shorter wave length, is absorbed by atmospheric gas and scattered about, making the sky only **appear blue**. Sunsets can bring out the **reds** and **yellows**; and the *absence of light* at night makes the sky appear black.

Perspective

- This is the **cognitive response** to the sensory information we are exposed to.
 - Perspective goes a step beyond conclusions.
 - Two people can take in the same information but perceive two completely different circumstances
 - **The glass is half full.**
 - **The glass is half empty!**
- Perspective is expressed as value judgments.
 - These value judgments cause a **reaction** in your body.
 - Satisfaction, peacefulness, calmness
 - Happiness, joy, exhilaration
 - Confidence, resolution, empowerment
 - Worry, fear, anguish
- Internal Dialogue
 - The perspective about ourselves and the world that results in that ever-running conversation we have with ourselves.
 - “I am successful!” vs. “I’m a bum!”
 - “I am intelligent.” vs. “I’m an idiot!”
 - “I am beautiful.” vs. “I am ugly.”
 - “I could do that.” vs. “I could never do that.”
 - “This is such a beautiful world.” vs. “Everyone is out to get me.”
 - “Heart disease is in my family, that’s why my blood pressure is up.” vs. “High blood pressure is lifestyle related and if I eat right and exercise I won’t end up like my father.”
 - Our internal dialogue leads right to a perpetual state of value judging.

- Reactions to these value judgments are our emotions!!
- **These emotions are what affect our physiology.**
- **This is the bridge between MIND and BODY!!**
- **Negative Emotions** turn on the **STRESS RESONSE** by affecting the **amygdala** which influences the **hypothalamus**, which stimulates the **Pituitary Gland** to secrete a hormone that goes to the **Adrenal Gland** causing the release of **Stress Hormones** (cortisol and adrenaline) which causes a cascade of physiological responses leading to **instinctual behavior**, **at the expense of heart health, mental concentration, learning, memory, and the expression of what it means to be human!**

Belief System FACTS

- **Experience and Education** create, mold, shape and even change our **Belief Systems**.
- Belief Systems are our **Perspectives on life**.
- Our Perspectives are formed by our **Conclusions**.
- Our Conclusions are formed by our **Thoughts**.
- And our Thoughts are formed by our exposure to our **Environment – Our Mother, Father, Teacher, Preacher!!!**
- Our Mothers, Fathers, Teachers and Preachers are **fallible**.
 - That is not to say we haven't learned profound things from them. We certainly have!
 - But they are **fallible**, and we may find through further experience and education that they weren't as right as we once thought.
- Therefore, Belief Systems are dynamic; they change with **maturity**. And I believe maturity is **Life's Greatest Opportunity**.

MY POINT IS THIS:

You, my friend, have a **right** to make up your own mind about how you conduct your life.

And finding out **who you are and expressing that** is the greatest gift you can give mankind, and will lead to the **healthiest, happiest and most fulfilled life possible**.

The Journey

**One day you finally knew
what you had to do, and began,
though the voices around you
kept shouting
their bad advice –
though the whole house began to tremble
and you felt the old tug
at your ankles.
“Mend my life!”
Each voice cried.
But you didn’t stop.
You knew what you had to do,
though the wind pried
with its stiff fingers
at the very foundations.
Though their melancholy
was terrible.
It was already late
enough, and a wild night,
and the road full of fallen
branches and stones.
But little by little
as you left their voices behind,
the stars began to burn
through the sheets of clouds,
and there was a new voice
which you slowly
recognized as your own,
that kept you company
as you strode deeper and deeper
into the world,
determined to do
the only thing you could do –
determined to save
the only life you could save.**

Mary Oliver

The Tools of Reprogramming

Belief is the Master... We are the Slaves

I. Affirmations

I used to think affirmations were just a way to brain-wash yourself into believing something that you know in your heart to be untrue.

Wow, what a crippling belief that was!!

My life is productive and successful. (affirmation)



What a joke, you make less money than your little sister!! (sabotaging voice in your head.)



Understanding the concepts of MFTP allowed me to look at affirmations much differently.

Remember, you are now a clean slate.
You've created a void, start filling it up!!

- **Affirmations WILL change your self image.**
 - They stimulate your mind with an attitude of **EXPECTANCY.**
- **Pick an area of your life where you feel inadequate and where you'd like to empower yourself.**
 - **Perpetual indebtedness.**
 - **Too shy or feeling weak.**
 - **Loss of control.**
- **Now create an affirmation.**
 - Always in the present, as if it has already occurred.
 - **I am debt free and finally saving money.**
 - **I am powerful and outgoing, and have control in seeking the things I want.**
 - **I have the innate power to attract anything I want INTO my life or discard anything I want OUT of my life.**

- **My favorite affirmation:**
 - **I am intelligent, wise, and courageous.** (knowledge, wisdom, courage)
 - **When this thought is in my head all day I inevitably seek knowledge, repeat wise choices, do not repeat the unwise decisions I've made (without judgment), and become unafraid to fail!!**
 - **I become a self-fulfilled prophet.**
 - **I judge myself not against other people's degree of education, wisdom and courage, but compare myself to where I was prior to affirming this BELIEF about myself.**
- **Affirmations must be performed daily.**
 - **Repetition, repetition, repetition**
 - **Do them in the morning, in the afternoon and just before bed.**
 - **Begin each day with a one to five minute reflection.**
 - **Then say your affirmations.**
 - **Begin with just one or two.**
 - **Over time they can become as many or as complex as you want.**
 - **Plant them in your thoughts but also say them out loud.**
 - **As your actions change it becomes EASY not to believe that little sabotaging voice in your head.**

II. Plan of Attack (Goal Setting)

- **Affirmation: I am debt free and finally saving money.**
 - **"No I'm not. I have three credit card balances, a car payment, a vet bill and two mortgages. "(noise in your head.)**
 - **Plan of Attack:**
 - **So you now devise a simple plan. Take \$100 a month and apply it to your lowest balance debt until it's paid off. Take that \$100, add the regular payment amount of what you just paid off and apply it to the next lowest balance. Once that is paid off you take the \$100 plus the regular payments of the two you just paid off and apply that sum to the next lowest balance...**

- But every day you wake and say, “I am debt free and finally saving money.”
 - This affirmation alone **will motivate you** to stick to your plan.
 - You will attract into your life money management ideas.
 - Money will not make you happy, but being in debt certainly does make you stressed! And remember the stress response? – it can kill you.
- **Affirmation: I am powerful and outgoing, and have control in seeking the things I want.**
 - Plan of Attack:
 - Realize first that you have something to offer, everybody does, and keeping it from others is a disservice to mankind.
 - Think back at a time you did a powerful action on your own. Everyone has at some point in their life.
 - Hang your hat on that!! And not on those voices that said you couldn’t.
 - Reflect and identify one area of your life that makes you feel weak.
 - Use the knowledge of that powerful moment in the past as you affirm daily regarding the current weak area.
 - Plan an action that the result of which will satisfy your feeling of disempowerment.
 - Don’t be concerned with failure, as failure is nothing more than a learning experience so that you’ll be more right the next time.
- **Affirmation: I have the innate power to attract anything I want INTO my life or discard anything I want OUT of my life.**
 - Plan of Attack:
 - There seems to be a phenomenon that some call a “universal law” that states that you attract into your life that which you most need to work on.
 - As you do the above affirmation simply be aware of the circumstances that arise in your

life, and realize that you've been given an opportunity to grow.

- Take that first step, realizing again that failure is simply a learning experience that will help fine tune future decisions.
- **My affirmation: I am intelligent, wise, and courageous.**
 - Obviously at one time I thought I was intellectually challenged, unwise, and fearful.
 - My plans of attack included money management strategies, choosing to associate with knowledgeable and wise people, redefining what success actually means, post graduate schooling, and acting on my dreams; **all fueled by the BELIEF** that I am gaining even more intelligence, developing even more wisdom, and shedding the noise from the doubters.

III. Visualization

- **Applied imagination** – Visualization is the process of holding a thought in your mind until that thought creates a mental picture or image that allows you to “be there” or “mentally experience” the thing being thought about.
 - There is nothing wrong with day dreaming. It can become quite powerful when focused on the subjects of your affirmations.
 - What I thought was a waste of time as a young boy manifested into reality as I continue to play music, began my own business, contribute to the community, etc.
 - Where affirmations are thoughts you choose to think about, visualizations take those thoughts and make them multi-sensory; generating a picture, eliciting emotion, and promoting belief.
 - Visualization allows you to record any data you wish in your subconscious mind as “truth told in advance.”
 - Sports psychologists have proven that visualizing the successful performance of athletic feats greatly improves the actual performance.

Stillness

Sleep

Believe it or not researchers have not come up with the primary reason why we sleep. What we do know, however, is what happens when we don't get enough sleep. Below is from the Harvard Medical School's Division of Sleep Medicine:

Restorative Theory

- Sleep restores what is lost during the day.
 - Protein synthesis, muscle growth, tissue repair and growth hormone release happens primarily when we are sleeping.
- Animal studies show that the immune system is severely compromised by the lack of sleep.
- Cognitive function is impaired by decreased sleep as the body has less of a chance to clear the buildup of adenosine, the anti-arousal molecule that accumulates as an activity by-product. The less adenosine, the more alert we are.

Brain Plasticity Theory

- Consolidation of information occurs during sleep, allowing more room for the acquisition of information.
- Different types of memory are affected by experiencing, or not, the different types of wave functions during sleep – Non-REM short wave (N1, N2, N3, N4), and REM sleep.
- Learning is affected as a result of fatigued neuron firing.



Prioritizing

There are only 24 hours in a day. The hunter-gatherer life that Health Care Self Care is based on, the lifestyle that programmed your genes, was far less complicated compared to modern life.

Consumerism, along with its henchmen the advertisers, manipulates us into thinking that we can “Have it All!”

Now, can you realistically have a productive career, read all the books on the best sellers list, attend all your favorite concerts, see all the Oscar nominated films, keep up with the world of sports, vacation to the ends of the earth, and stay in touch with all your “friends” on *Facebook*...



...and still have time to spend with your family, prepare quality food, get even minimal exercise or express yourself through a hobby?



Let's GET REAL here, and STOP to think exactly what is important to you and what YOU would like to accomplish while you are here. Only then will your schedule have time to enjoy the benefits of stillness.

Analyzing your belief systems will help, but even that process can be stressful. Just like there is a need for sleep to restore our bodies while unconscious, we need to restore ourselves also when we are awake.

Everyone has a right to conduct their lives as they wish, but it is my opinion that taking on too much diminishes the quality of all your actions, gives one a sense of discouragement and even depression thinking their lives are not their own, and worst of all, stimulates the stress response rendering you victim to the cascade of detrimental physical effects associated with it.

Basic Meditation Technique

During the stress response the sympathetic part of your autonomic nervous system dominates: Secretion of stress hormones, increased heart rate, insulin resistance, hyper-alertness at the expense of learning and concentration, etc.

Purposeful **diaphragmatic breathing** will awaken the parasympathetic system, turning off the stress response.

- **Sit comfortably in a chair or on the floor, or even lay on the bed.**
- **First place your hands on your abdomen and feel your belly expand.**
 - **Your diaphragm is contracting fully as your belly expands.**
 - **The greatest exchange of oxygen and carbon dioxide occurs deep in your lungs.**
- **With eyes closed breathe slowly in, filling your belly. Stop for just a moment and breathe out, emptying your belly completely. Stop at the end of the exhale briefly before breathing in again slowly.**
 - **At this point be aware that your autonomic nervous system is now shifting gears and you are actually controlling your physiology and entering a state of healing, both physically and mentally.**
- **Now count your breath down from 20, visualizing only the numbers, the actual physical numbers.**
 - **As thoughts of the day enter your consciousness simply let them pass and focus your attention back on the numbers as you count down.**
- **When reaching zero now think of an affirmation. Recite it non-verbally as you continue to breathe at a comfortable rhythm.**
 - **Spend ten breaths or so dwelling only on the affirmation, observing what thoughts enter your mind in response to your affirmation.**
 - **Only allow the positive and supporting thoughts linger.**
- **Now spend the next 20 or so breaths letting the benefits of the parasympathetic nervous system take over.**
 - **This is the time your subconscious mind is processing information that will benefit your decision making, your sense of ease, your concentration abilities, and your memory.**
 - **As thoughts enter attempt to let them pass and try and empty your mind completely.**
- **Take the last two or three deep breaths to congratulate yourself, bringing yourself back to the world around you and be confident that what you just did was as powerfully beneficial to your health as spending a half hour on the elliptical.**

You can even access the parasympathetic system by practicing the diaphragmatic breathing while driving.

Conclusion

- **You are an animal – Observe that the healthiest animals in the world eat the same foods their ancestors ate, and depend on physical activity for their survival.**
- **The diseases associated with our current health crisis; heart disease, diabetes, many cancers, among others; are all influenced by lifestyle.**
- **Advertisers spend incredible amounts of money and use coercive tactics to get you to buy their products, whether they are good for you or not.**
- **A chronically stimulated stress response and a “roller coaster” sugar/insulin dynamic are behind most chronic illnesses.**
- **You need to avoid inflammatory foods.**
- **Eat fruit and protein in the morning, salads and protein for lunch, nuts and seeds for snacks, and fish, chicken, lean meats, vegetables and fruits for supper.**
- **Exercise improves brain function primarily, heart and lung secondarily!**
- **You come in to this world a clean slate. Through introspection you can rid yourself of the programmed negativity, and fill the void with positive input.**
- **No one lives forever, but while you are here you have THE RIGHT to discover and express the uniqueness of who you really are.**

Love is the Key!!

Love yourself!!

Love Others!!