



Monthly Newsletter - Less is More April 2009

Less is More

All this talk (and fear) of stimulus packages and economic downtimes has a lot of people nervous and cutting back. I don't necessarily think this is a bad thing. There is a glass half-full perspective to everything that is happening. I am hopeful that what we are experiencing is the beginning of a paradigm shift.

In our culture we think of "health" as not being sick. If you aren't really sick then you must be healthy, right? WRONG! Health doesn't simply mean the absence of illness. Health means that you are functioning at optimal capacity, that you wake up energized and stay that way for most of your day; that you can think clear thoughts, set goals and have the physical and mental energy to reach them. Health is absent of symptoms; headaches and constipation, acid reflux and indigestion, that we are so ingrained to believe are part of our normal daily life and aging.

Waiting for the other shoe to drop is not the same as being healthy. WE CAN NO LONGER AFFORD this model. Keeping yourself healthy is the best way to make un-certain times less stressful. This is not the time to be skimping on your health.

So what does less money have to do with your health? In some strange way it can help. I believe people are coming back to the basics. Things that seemed important to us last year, may no longer be this year. Our focus of priorities is becoming much sharper. People are starting to consider quality over quantity. If your first thought is "I can not afford it", think again. Reality is that quality in the long run costs less.

How to Improve your Health with Less

While some of the changes below may seem obvious advice that you've heard a million times, if you are not incorporating it into your own life you are doing yourself a dis-service. Consider these small changes health insurance. Trust me, they'll do much more to improve your health than the insurance premiums we pay (which come in handy when all else fails).

Less is more is an old saying that comes up in so many ways and it is also true when it comes to Food. While I am completely aware that many suffer from eating too little food (due to eating disorders and to hunger in other parts of the world), here I am referring to the excess consumption and waste that takes place in most homes and restaurants today. You think you

are saving by choosing cheap fast food meals or restaurant meals that give you “more for your money” but in reality you are paying a High Price for some of those “cheap Eats” ! When it comes to your health, quality always matters.

When the meal in itself is not nourishing enough to get us satisfied we tend to make up for it in quantity. Super-sizing our meals is probably one of the biggest causes of disease and obesity in our society. So choose quality food that will nourish your soul & your body. While you might think you are getting the short end of the stick due to the smaller amount of food you paid for, you will be surprised how much more nourished and full you will feel! In the end, you get the best value for your hard earned money!

Less is More when it comes to your lifestyle too. We are a society that doesn't know how to pause and be still. Multi-tasking seems to edge itself into every corner of our lives and in most people's vocabulary it equals productivity. Many consider de-stressing an activity itself! Learn to pause and be still for a moment. Most do not know what that means in their daily life. But even just creating a little focused attention on what you do helps. What would happen if you were to watch a movie and not eat your dinner at the same time or mindlessly snack for the duration of a show? Or if you were not to watch a movie at all and just sit there and eat? I know it is hard. We have become so used to having a constant influx of ... well noise really.

To not hear ourselves think? To tune out from the stress of the day? Some turn to food, some turn to drinking, some turn to TV and others to getting buried in work.

Consider doing less. Even if you have to add “de-stress” on your “to-Do” list, learn to slow down. Start with small steps. Find comfort in the stillness, in the sound of your thoughts and even in the sound of your breath. Doing less of busy-work will allow you time to nourish yourself, time for sleep, for physical activity that you enjoy to do, for loving relationships that will support you, for spirituality that fills the void in your soul. Doing less helps you cope and deal with stress better and even helps you avoid overeating!

Nurture for Free: My all time favorite. Where we really get our nurture from is the love we share. A hug, a walk in the park, a conversation on the phone or sitting in the couch with a cup of tea. Telling someone how much you care about them and why they are special to you will also nurture you, not just the other. Listening to music, getting out in Nature, be creative, journal your feelings.

When you learn to nurture your body and soul, food becomes an afterthought. Think of little kids that are playing outside. Think of yourself when you fell in love, when you got a new job, when you were on a first date. Days and even just single moments that flashed like a diamond in the rough and brought you the most happiness and fulfillment in life. Were you thinking of a doughnut then or a burger? NO!

Overindulging in food becomes important and crucial only when we have a void in life to fill. More often than not, we eat (and drink) more and mindlessly to sooth our fears, comfort our loneliness, relieve our stress, lift our spirits. When we learn to nurture our soul then the food that comes on our plates is ‘secondary’ and that in on itself, brings more balance and health in your daily life.

You can easily Nurture yourself for free or for less. While money is of less importance, slowing down, doing less, having more time for self-care is of essence. Even with less, you can still improve your health and your life. Especially with less, you can learn to let be.

In Health,
Dina