

tial for healthy, energized, stress-free living by removing learning blocks present in our brain.

This, too, is an area I will discuss in greater detail in a later section.

**FOUR COMPONENTS TO
REGENERATION/PERMANENT HEALING**

1. Positive interaction between client/patient and health provider; a sharing of information with the goal of total well-being in mind.
2. Person must want to get well; be willing to make a commitment to his/her health.
3. Subtle body energy fields must be clear and balanced; emotional blocks broken up and energy allowed to flow freely.
4. Three dimensions of brain . . . laterality, focusing and centering . . . must be integrated to remove learning blocks.



DEFINITION OF HOLISTIC HEALTH

Holistic is a term often misused to identify health care providers not licensed to practice medicine. Other times it is used to cover all procedures and techniques considered to be "fringe" modalities, outside the world of so-called "orthodox" medicine.

Holistic health is not new, is not a creation of the New Age. In theory, established medical schools and educational programs have always addressed "the whole person"....a state of harmony between body, mind and spirit. Note I said *in theory*. In practice, perhaps as a result of the eighteenth century's Age of Reason, the concept of holistic health has been replaced with a form of separatism. The twentieth century finds us in the Age of Specialization. Body and mind have been separated for treatment, and spirit has been exiled to the venue of religion.

After much suffering, disenchantment and damage to personal integrity, today's health seekers are saying **NO** to being serviced and repaired by these specialized "medical mechanics", and **YES** to the concept of holistic health.

True healing is a realization of wholeness and holiness; therefore, to me, holistic health (or wholistic if you prefer that spelling) is a perfect balancing of the physical, mental, emotional and spiritual levels in a person.

The word "health" is from the Anglo-Saxon hal or whole, defined as a "flourishing condition; well-being, vitality, prosperity."

A definition of "holistic" from The Holistic Health Handbook, compiled by the Berkely Holistic Health Center:

"...an open system, based on positive assumptions about our compatibility with the nature which created us, along with all other life forms, and our ability to take care of ourselves and our relationships naturally and effectively. Our culture has strayed far from this position, but as the pendulum swings, we are gathering momentum back toward a healthy personal (and planetary) ecology."

The American Holistic Nurses' Association (AHNA) endorses two dominant themes in its conceptualization of health: wholeness and change. These two themes lead to categorizing worldviews as mechanistic versus organismic and change versus persistence.

" The organismic worldview assumes the person to be an active integrated being who is not reducible to discrete parts. Rather than reacting, the person engages in interaction with the environment. Behavior is considered probabilistic, rather than absolutely predictable from a cause and effect basis. Because holism is assumed, focus must be maintained on the larger whole and not the parts in order to understand the whole. The whole is considered more than the sum of the parts.

"In contrast, in the mechanistic worldview the 'man-as-machine' metaphor is often used. Behaviors occur in a reactive manner in response to stimuli, a passive linear cause and effect sequence. All phenomena, liv-

ing or nonliving, are the sum of discrete parts and the whole can be predicted from knowledge of the parts.

"In the change worldview, the person is viewed as always in a state of transition, and progress is valued. Change processes are a natural and inherent aspect of human existence (Fawcett, 1989a). Growth and change are desirable and full realization of the individual's potential is an ongoing goal.

"The persistence worldview focuses on stability as the natural state, with change occurring only when necessary for survival. Socialization is directed toward conservation of sameness, the maintenance of similar behavioral patterns and routines."

The conclusion is that the change worldview is not compatible with the persistence view, and the organismic worldview is not compatible with the mechanistic view.

TWO WAYS TO VIEW HEALTH

Mechanistic

Whole being can be predicted from knowledge of parts.

Reacts to environment.

Behavior is passive linear cause and effect sequence.

OR

Persistent Worldview

Stability is natural state; change occurs only when necessary for survival; conservation of sameness is stressed.

Organismic

Whole being is more than sum of parts.

Interacts with environment.

Behavior is probabilistic rather than absolutely predictable.

OR

Change Worldview

State of transition is natural and inherent; growth and change is desirable; realization of potential is ongoing process.

I BELIEVE THE INDIVIDUAL HAS AN INNATE BUT OFTIMES NEGLECTED CAPACITY FOR SELF-HEALING. Holistic health is the route of self-responsibility, the utilization of this powerful healer within. Holistic health is an attitude and a discipline that takes practice; an emphasis on individual commitment to personal growth and integration of body, mind, emotions and spirit in order to claim the "flourishing condition" under which we human beings are intended to function.

JENNIFER - OPTIONS FILE #181

Overcomes bulimia with alternative therapy . . .

Jennifer was ready for another kind of therapy. She wanted to kick her eating disorder, and the traditional psychological route of behavior modification just wasn't working for her.

"I pushed everything aside for awhile and got better," she says, "but then ended up getting worse."

When her father learned of an alternative approach to healing the disorder, she decided to contact Helen Cox at Options Center for Health and Education, Peoria Heights.

Jennifer was bulimic, an addictive eating disorder that affects a person mentally, emotionally and physically. It involves an endless cycle of fasting, bingeing and vomiting. The cycle left Jennifer "hungrier and hungrier," causing her to eat ever larger quantities of food and to vomit more frequently. Eventually, she could not control the vomiting. Her mind was trained to trigger the body to vomit after food intake.

"I couldn't keep anything down," she remembers.

Jennifer was introduced to a multi-faceted treatment program, part of which was simply "talking through things," she recalls. "Helen got me to talk about why, about my inner feelings, about myself and my goals. She taught me how to relax and to express my feelings."

Jennifer learned to face her feelings when she felt like bingeing and purging and to reprogram those feelings into alternative responses instead of the self-destructive behavior.

At the same time, Jennifer began taking herbs to help her repair the devastation her body had suffered from the disorder. She also learned a number of relaxation techniques such as sitting and breathing properly, and utilizing pressure points. She listened to relaxation tapes...."pump up tapes," she calls them....that increased her self-esteem and sense of self-worth. "Now I try not to put myself down so much," she says, and adds she has become more assertive in expressing her feelings.

"I've grown a lot since seeing her," says Jennifer. "A lot of it has to do with Helen; a lot of it has to do with my just dealing with the problem. I wanted to find someone who could make me stop. Helen made me realize it had to come from me."

Her message for those "suffering and taking abuse for it," is that help is available. Her message to everyone else is "it's something that needs to be dealt with. A lot of people don't realize how serious it is and how hard it is to stop."



TAILORING YOUR INDIVIDUAL WELLNESS GOALS

At this point I hope you are convinced you want to take on this self-responsibility, this commitment to total well-being. But where do you start? How does one begin to tap into all the intricate healing systems of our body/mind/spirit? How does one locate weaknesses, deficiencies? How can you be sure you are addressing the true needs of the organism?

Once again, healing is a naturally occurring phenomenon within the human being. Just as it is designed to correct imbalances (dis-eases), it is also capable of assisting us in its diagnosis.

At Options Center, we go through a series of techniques and information-gathering interviews with each new client to determine that person's