

## MY WELLNESS TAKE

**THE ESSENCE OF HEALTHCARE AND HEALING**

By Frederick Espiritu

Everybody wants to be healthy. The problem is we're not exactly sure how to achieve good health. Are you? The first things that always come to mind are doctors, medicines and hospitals. But come to think of it, healthcare should be about you, not the doctors. It should be fruits and vegetables instead of medicines. It belongs at home, not at the hospital.

You want to be healthy? You want to heal your sickness? Then, you need to change. First and foremost, you need to change the way you think.

Here, let me refresh your perspectives.

**Review of Perspectives**

Good health requires responsibility. Big word right? That's why a lot of people quit without even getting started. When I found out how serious hyperthyroidism was, I took better care of myself. I made a lot of changes in my lifestyle. Take charge of your health because no one else will do that for you.

Listen to your body. Believe it or not, your body knows how you got sick, why you got sick and how to heal you. The Chinese traditional medicine doctor that handled my condition once advised that I should be my own doctor. Since then, I always listen to my body and respond accordingly.

Healing needs time. There is no magic pill. Conventional medications only fix the symptoms, giving you temporary relief, but they won't be helpful in the long run. On the other hand, natural therapies cure the root cause of the disease. With that, the body has to undergo its natural processes (healing crisis, *Herxheimer* reaction, retracing, etc.) of healing itself. And these processes could last for days, weeks, or even years. No matter how long that will take, the body will eventually heal. Don't quit.

It's not just about your physical body. You're a spiritual being living inside the body of what you see in the mirror. Find that connection with your higher self. Healing begins in your mind, from your soul within, and then the physical body will follow.

**Invest in Your Health**

Health is wealth. Invest in it. On paydays, I always make it a point that I set aside budget for fruits and vegetables and other natural and organic products. I buy the good stuff first before anything else. I also find time for juicing and blending fruits and vegetables, which I really love doing. Then I try to keep-up with a simple workout routine at home. Small things come a long way. Keep doing what's good for you; the bad ones will eventually go away. Invest your money, time and effort.

Last, but a more important one, healing is a journey. It's not always about the destination; it's about the whole experience. It's about the people you meet, how their stories touched your life and how yours touched theirs. It's not about knowing them, but discovering who you really are as a person, as a child, as a parent, as a brother or sister, and as a friend. And in the end, what's going to

matter most is not how you made yourself better, but how the world became a better place through you.

Be healed and be the instrument of healing. God bless.



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