

## My Favorite Reasons to Use Natural Healing

Natural healing puts you in control and flows with nature but there are many more benefits. Having used natural healing all my life, I list my favorite reasons here.

Natural healing springs from the world about us and has been with man since the beginning. Mankind has, at best guess, been here about 6,000,000 years and medicine, if you are generous, about 6,000 years. I think we survived the period of 5,994,000 years by developing natural understandings, as well as, mechanisms for healing. Or, maybe we just got lucky. It is not that medicine has not advanced us, it is more that we can heal better, faster by engaging the natural side in our healing process. Interestingly many of the more powerful tools lie inside of us not in the outer world.

Natural healing flows with nature making it safer and it can be used with considerably less risk. Foods and herbs are a part of Mother Nature's mirror reflecting back to us qualities that promote healing by stimulating specific organs. A common example is the cranberry and how drinking the juice or eating the berry will promote a healthy bladder and kidney. Watermelon will do the same because both are of the Water Element which in turn stimulate the Water Element in the body which nourishes the Kidney and Bladder. Most bladder and kidney infections simply go away if you shift your diet to incorporate good amounts of these foods. And all the other organs share similar relationships with the food and herb world. This is a safe and natural way to restore pain free health. Another benefit to this approach is that once you do this you know how to prevent a re-occurrence of that infection. You just incorporate small amounts of these foods or herbs in your diet, and you will not have that problem again! How much time and money could you save if you discover your own healing tools?

Natural healing puts you in control. It is your body do you really want someone else to determine your health? Do you truly believe someone else will ever care as much about your well being as you do? Yes, it may take some time and little research but at the end of the process you know more and are a better person for it. If you learn just a few things do you understand how much better your life becomes? And if you learn more than a few things maybe even enough to help others how much more is your life enriched? Your path to self understanding is beyond measure!

Natural healing costs less and is more convenient because the tools and instruments used are available in you or any grocery, open market or health food store.

No more waiting for appointments or spending the day doing the doctor's office pharmacy marathon. Once you know the tools you can go at a time you choose and since nobody has an exclusive on the items they are available from different sources at low prices.

Many natural methods such as relaxation, visualization, timeline therapy and meditation have no medical correspondences. These are built in mechanisms that can't be simulated. You have them with you always so a short walk at lunch becomes a quick de-stress period and you are refreshed in ways only nature can do.

Additionally, the more you use natural methods the more they work for you. You will build upon your successes plus you can come out of natural therapies instantly to function well in this world.

Natural healing encourages deep permanent healing. Taking something to eliminate a symptom like a running nose or excess stomach acid is a temporary solution at best. Changing the diet, learning to relax or visualize and watching those symptoms go away forever, priceless!

Natural healing is where the action is and where you should be.

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