

Optimal Health, Living Stress Free, and an affirming Attitude for Success

In order to live stress free, we must affirm our health and wellness. Living in optimal health means nothing unless we have learned to live stress free and have an attitude which aligns with success. Stress is a physical and chemical manifestation resulting from resistance against creative energy. This resistance to creative energy becomes stagnant Chi or stagnant life-force. This stagnancy will cause joint pains, elimination and digestive problems, acidosis, and in some cases degenerative diseases. So let us take a moment to discover how we can live stress free for optimal health and develop an affirming attitude which leads to creativity and success. A wonderful way to start the process of living stress free for optimal health is getting our bodies in motion through exercise. Exercising gives us a fit body, but it also allows chi or energy to move about our bodies. A sedentary lifestyle or just a sedentary job can still cause stress because your body is not in motion. Think about how many times you have sat at your office desk for hours. During this time, your eyes became tired and strained, your back ached, and your neck started to cramp. The moment you stood to your feet and stretched your arms above your heads and touched your toes, you begin to feel a release as if the blood in your body has begun to circulate again. And that is just what happened. Exercise no matter how simple gets the blood circulating. And when your blood starts to circulate, chi is no longer stagnant. With this release, your brain cells reactivate which sparks creativity. Stress can also be eliminated with the practice of meditation and yoga. Yoga and meditation is a great way to affirm your health and wellness. Many people see yoga as exercise, but yoga is truly a science, a science which uses the anatomy of the body to move energy and chi to promote vitality, strength, concentration, present-moment awareness, and higher consciousness. Yoga coupled with meditation puts the universal law of purpose and intent into motion and guides the creative process. As the practitioner moves through the asanas (poses), he or she is in an affirmative state which not only aligns the spine, but aligns energy, thoughts, and eventually actions. Accordingly, with the power to promote vitality, stress is no longer a factor. Stress cannot live where vitality breeds. Drinking water and maintaining a high water content diet promotes fluidity and the suppleness of our bodies. To experience optimal health and stress free living, it is a great practice to drink plenty of water and maintain a high water content diet. This can be accomplished by drinking plenty of pH balanced water, eating raw fruits and vegetables, juicing, and preparing fresh fruit smoothies. In recent decades, our markets are being filled with processed foods which have no water. These foods tend to rob water from our joints and muscles. As a result the body becomes rigid and this leads to stress. By juicing fresh fruits such as apples, melons, kale, turnips, and celery, preparing avocado, agave nectar, and mango smoothies, or eating a fresh salad made with spring greens, avocado, fresh lemon juice, tomatoes, cucumbers, and green onion, we put this nutrient rich water back into our bodies. This water promotes flexibility and fluidity. As a result, our organs perform better and our excretory system removes metabolic waste and toxins at an appropriate rate. When our excretory system performs in optimal health mode, we feel light, our organs are not stressed. This leaves room for our minds to use energy for creativity instead of fighting off toxins. This leads to another wonderful tool for stress free living and optimal health, the dynamic duo of fasting and detoxification. Unfortunately for many, the idea of fasting and detoxification brings up feelings of depravity. However, this is absolutely erroneous. Fasting and detoxification is a process of cleansing, replenishing, and restoration. In the process of cleansing for example, during a juice fast, the body is being cleansed of toxins, parasites, and metabolic waste including incrustated bile and fecal matter. This cleansing process gives the digestive system a chance to rest and this energy can be used for creativity which leads to an affirming attitude. And an affirming attitude is much better for our emotional and mental state. Accordingly, while addressing our emotional and mental state, another practice which promotes optimal health and stress free living involves our connection to nature. Nature is such an innate part of us and many of us who lead busy lives forget our connection with nature. Taking our lunch in the park, sitting on a park bench and feeding the birds, walking the dog, planting and gardening, or just standing on our front lawn taking a deep breath allows us to connect with nature. Connecting with nature is a surefire way to relieve tension and stress both emotionally and physically. This connection with nature reminds our bodies on a cellular level to enjoy life, to see abundance all around us, and that we are very much a part of the continuum. With this reminder, we understand there is no need to stress. And just what is an affirming attitude? Our attitude is an indicator to how we see life. An affirming attitude sees the good in life and therefore draws the good from life experiences. Remember, in order to develop an affirming attitude, the way in which we see life, we must let go of all that leads to stress and start to practice those things which allow us to experience joy, elation, love, affluence, peace, and order. Stress is merely a signal that we are holding on to things which do not affirm our true selves. By practicing those things that help us maintain good health and stress free living, we develop an affirming attitude. This affirming attitude leads to direct alignment to creative energy. And when we are creating goodness, we will live in optimal health.

About the Author

Carmellita M. Brown, a Wellness and Success Coach, wants you to live stress free, learn more by joining the Lose Weight While Becoming a Wellness Coach Class located at <http://universalclass.com/i/crn/9478.htm>

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