

# Our Body Is Trying To Tell Us Something...

Julie Hryniewicz-Hache -- Monday, January 29, 2007, 9:59AM



Sitting in a hotel room in Sudbury, I am reminded of how fragile life really is. My grandmother, who was waiting to have surgery on her blocked arteries, is now apparently too sick to handle the operation. Too many years of suffering in prolonged grief over the death of my grandfather and uncle, and my grandmother's body is paying the price. Tempted to skip writing this article because of the situation, coupled with the fact that my sister has been throwing up all night in the hotel room, I decided to take a couple of minutes to write anyways, before I head back to the hospital.

Often when things like this happen, we become overwhelmed with the stress on our mind and body. I am thinking that the difficult day yesterday, with my grandmother barely able to breath through the fluid that fills her chest, talking about her own death, and the fact that we have to wear gowns and gloves when being around any Sault Ste. Marie patients because of some virus, my sister's system is depleted. Stress, worry, concern, and anxiety causes or immune system to break down, especially when our predominant thoughts are negative.

It is remarkable how illness can often indicate when there is a deeper issue going on, because most disease begins first in our thought process. When I developed a thyroid disorder, called Hashimotos Disease, it surfaced within three months of leaving my first marriage. Sudden weight gain and feeling overly tired were the only visible symptoms. Perfectly healthy my entire life, other than some high blood pressure, during pregnancy, I was shocked that I now had to take medication, every single day, for the rest of my life, because of this disease.

My own antibodies were working so hard to combat the harmful chemicals, that our bodies produce to combat stress, that they ate away at the gland in my neck, that is responsible for regulating all chemical processes in the body (including metabolism). I had no idea that stress could have such an effect on my physical health. Now, whenever someone is sick, I am keenly aware that there is usually an underlying reason for the illness. For my grandmother it was grief, for my sister it is worry, for me, it was guilt.

Paying attention to when and under what conditions you get sick, is a great way to stay in tune with your body. When you start to get a sore throat or a bit of the sniffles, see it as a red flag that you should really slow down. When you get headaches or migraines, do a mental check of the previous 24 hours to see if you have been anxious, worried, frustrated, or angry at someone or something. When your shoulders and neck get knotted up and your upper back is aching, figure out what caused your body to become tense and attempt to deal with that root cause.

Our natural state is of health, energy, and wellness, so when our bodies feel under the weather, it is for a reason. When we simply treat the symptom of the illness, and do not address the underlying cause, we will continue to experience illness, malaise, or low energy over and over again. Eventually it could lead to more serious illness.

Often times we don't even realize we are carrying stressful or negative thoughts on our mind, even though our bodies have been trying to tell us all along. What is going on with your body is the warning system of what is going on in your mind and life. Perhaps you will begin to pay more attention to the link between your mind and body and realize that our thoughts do cause a physiological effect on our body. This concept has revolutionized my health because I now trust that my body is trying to tell me something when it is not feeling well.

Your body is a brilliant functioning organism that is designed for health - listen to what it is saying and it will tell you exactly what you need to do to feel better. Last night I knew that I needed to input some positive thoughts to counter balance all of the negative from the day. I read two chapters from a positive, life improvement book before I went to sleep and thought about all of the things and loved ones I am grateful for.

Do you need to rest more? Do you have too many responsibilities on your plate? Do you have unsettled disputes that are draining your energy? Are you suffering from grief or trauma? Are you getting enough fresh air?

Would you love to have more time for physical activity but don't have the time? Life is too short to suffer the effects of untreated stress and the good news is that you can do something about it. May you and your family be blessed with health, energy, and strength to deal with any of your life issues. Hope you have a great week!