

# Three Major Indicators Of A Healthy Body -

By Gina Bliton

Natural medicine offers a perspective to health that takes the whole body into consideration. As a physician of Oriental medicine, I take into account more than just my patients' primary health concerns when treating them. This is because our methods, including acupuncture and herbal medicine, work by sending signals to the body to activate the body's own healing mechanism and to heal itself.



## **Good Digestion**

There is the old adage death begins in the colon. Well, that may be brash, but think of it this way, digestion is responsible for absorbing the vitamins, minerals and nutrients the body needs. Then, regular elimination is necessary to prevent toxic buildup in the body. If you have not eliminated something you consumed within 24 hours, your body heat begins a fermentation process, where toxic byproducts of this process are then absorbed through the intestines into the bloodstream.

Look in the mirror at your tongue; if you see a thick coat, your digestive tract probably has a similar "build up." The

tongue is an important diagnostic tool for Oriental medical physicians, as it is the only visible muscle tissue on the body. Could the tongue really tell you that much? Your tongue is a reflection of your health and believe me everyone has a different shape, shade of color and surface coat. (By the way, a very thin white coat on the tongue is ideal.) Your intestines have very tiny finger-like structures throughout that increase the surface area for nutrients to be absorbed. If there is a film layer (this is a buildup of unbeneficial bacteria and yeast), these structures are flattened and covered with this buildup and absorption of nutrients is much compromised.

## **Good Sleep**

If you ever have suffered from a poor night's sleep, you know it affects how you feel. During sleep is when your body takes time to regenerate new cells, restore and repair itself. The ability to fall asleep, stay asleep and feel rested in the morning is very important. There are many factors that can result in a poor night's sleep. Some of these include stress, sleep apnea, anxiety, insomnia and even a snoring bedmate! Natural medicine can regulate the sleep cycle by encouraging a tense nervous system to relax.

## **Warm Hands And Feet**

Your heart pumps your blood out to the hands and feet to nourish tissues with oxygen and nutrients. Acupuncture fundamentally works by increasing circulation and sending

the message to the brain to send blood flow and a healing response to an area. Good flow of not only blood, but lymph, pathways of nerves and even firing of neurons in brain keep your whole body functioning optimally. Our medicine views any blockage of all these bodily functions as the main cause of many health problems such as pain, constipation, infertility and depression.

Good sleep, digestion and circulation set the stage for health and for healing. When the body is nourished, it can make better use of its own healing mechanisms and natural medicine works more quickly and effectively. As a holistic physician, I want to address my patients' health complaint(s) directly and support these underlying issues to get the best and most lasting result. It feels good to have patients tell me they just feel so much better overall from treatment. That is why I love natural medicine because it makes you feel good and supports staying healthy and well.