

For Men Only

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“Feel Good” Hormones are triggered by Women.

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By Cory Quirino The Inquirer Editor's Note: Published on Page C4 of the December 27,
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This sounds very nice! “I move with the infinite in nature's power, I hold pure of the soul, I hold life and healing”. -Rig Veda

SO, you are a year older. This only brings you closer to self-empowerment or self-realization. How? It begins with...

Transformation – This sounds better!

The human body is a conglomeration of information, a wondrous combination of messages. For example: If you bite into a lemon, the juice stimulates the secretion of enzymes to begin digestion of the fruit sugar before it moves to the stomach where gastric juices will do the work. Food in the mouth automatically triggers digestion.

A decent kiss also works wonders!

Now, visualize the lemon in your mouth or say the word. Watch what happens. Again your mouth releases salivary enzymes. The message is more important than the food. Words, thoughts and images can be just as powerful and just as real, influencing a simple process within us.

Message = Reality

While the message may not be the actual thing, it can turn into that thing we are thinking. If saliva cannot digest words, the mind digests messages.

The formation of reality and its possibilities is possible to all minds that remain open, creative, optimistic, expansive. If the message is "I love you," your heart begins to beat faster and a metamorphosis takes place.

The emotion in your mind releases feel-good hormones and adrenaline rushes into your blood stream. You are flooded with warmth and vibrance; stresses vanish for one magical moment. ***This sounds better and better!***

The mind-body connection is so strong that the word love can trigger such positive responses. It is a mystery that transcends biology, chemistry, physics and medicine. But it exists and it is real. If messages can be powerful medicine, what language do we use to talk to ourselves?

Language for the self

Child psychologists have found that kids respond strongly to ascriptive messages like "you are a good/bad boy" or "you're not as intelligent as your sister" rather than prescriptive "brush your teeth after meals," "say your prayers before sleeping." In short, telling a child what he/she is, is more important than telling a child what he/she should do. Words can inflict wounds or create a new reality.

Old and young in you

How do you talk to the child in you? In all of us, there is a child looking for encouragement, appreciation, recognition, understanding. This child never grows old.

In a situation calling for action, you may have two responses, according to Deepak Chopra, MD. Example: "I am too tired to do that" or "I am too old to do that." The first says there is hope for change, for energy to be restored. The latter says it's not possible.

The general notion is old and young are opposites. Old is useless, young is useful; old is lifeless, young is life; old is yesterday, young is today.

Youth in your message

The challenge is to remove the negative connotation of old and absorb young as part of the consciousness. Homework: Beginning today, feed yourself life-nourishing, spirit-uplifting, energy-raising messages. Have no room for destructive messages.

Transformation can and will begin, your body responding in dramatic ways, including an increase in hormones to keep you young. There is not a single youth pill but there is one secret- the more "live" foods you eat, the more energized you are. Eat raw food before every meal-salad or fruit plus vegetable juice at breakfast. This leads to great and pleasant changes.

Youth splash Your skin can benefit from an apple cider vinegar soak. Put 1 tbsp vinegar into a bowl of cool water or 1 cup into a bath tub. It cleanses and softens the skin.

Costello – Perhaps it's easier than a "Cider Youth Splash", providing your name is not used flippantly as Adam. As Dr Tom Rosandich says, "An Apple a day keeps the doctor away"