

Balance - Live Life on the High Wire



Now, where was I? Oh, yes. Life is a balancing act. Have you ever noticed tight rope walkers on a high wire? They are in constant motion on that wire. Their body adjusting forward and back, tilting ever so slightly to the left or right, outstretched arms making seesaw movements. Sometimes they use the assistance of a long bar to help adjust their balance. Other times

they will make a deep knee bend or a sudden compensating shift of their body in order to maintain balance on that wire. They make constant changes to maintain their balance, while they progress across the wire.

Imagine yourself that tight rope walker. You want to keep moving forward in your life. What moves, adjustments and tools are you going to use? You move forward by constantly shifting and changing, balancing yourself to align with where you are in the present and directing yourself to the next move of the future. This is tiring, relentless work! How do you keep up the pace just to maintain that balance while searching for the "bigger and better" desired life back down on solid ground? You need things to run smoothly, your engine purring in neutral.

Your body is a physical "machine" that gets you from here to there on this plane of existence. Therefore it is necessary to keep this "machine" at its best working condition, running smoothly, keeping a high degree of functionality.

Let's start with the feeding of your body's basic machinery. We all need oxygen, water, nutrients and fuel. (I really am going to try to keep this short and to the point, promise.)

Breath IN Life!

- Create good air circulation
- Minimize synthetic fibers in clothes and home furnishings in your life.

Try to Avoid:

- Chemical cleaning agents (like drain and oven cleaners)
- Aerosols
- Artificial scents
- Tobacco smoke

Oxygen we obtain from the air we breathe and is used by every cell in our bodies. We don't have to think to breathe but we should think about the quality of the air we breathe. Try to spend time each day around trees and plants. They love our carbon dioxide and we love their oxygen! Air pollution should be thought of more in terms of inside than outside in the countries having anti-pollution regulatory agencies. Work and home

have more pollution possibilities than the out of doors. (See table 1)

The water requirement for each person varies widely. At the "bare minimum" our bodies are comprised of 60% water, and even then we may feel thirsty, headachy, weak, lightheaded, or experiencing muscle cramps. Seventy to seventy-five percent is probably the optimum range. Of course the intake of clean water is preferable and most tap water has its share of unwanted materials (contaminants or chemicals). In any case using a carbon filter at the tap, in a pitcher, or at the home entry point is your easiest best bet. A quick way to estimate how much water to drink per day is to take your weight in pounds and cut that amount in half to equal the number of ounces necessary to drink per day. (If you are hot, sweaty, and/or involved in strenuous work or activities the amount should be increased. I cannot stress enough water's importance in the body. (See table 2)

Water – get your fill!

- Water is a major component in blood, lymph fluids, digestive juices, urine, tears, and sweat.
- Water is involved in almost all body functions. A few are: circulation, absorption, digestion, waste elimination, and conduction of electrical currents (water carries the electrolytes and mineral salts that help to conduct these currents).

Nutrients and fuel are supplied by the food we eat. We get our necessary vitamins, minerals and carbohydrates from what we eat. I have seen all sorts of advice about the serving sizes you "should" eat. We are all unique and require different quantities of each category on that food pyramid. Listen to **your** body, it may be telling you more than you have realized. It is likely none of us are getting the proper amount of vitamins and minerals we need with the existing guidelines anyway, so invest in an organic vitamin/mineral supplement as an insurance policy. When you grocery shop think "clean, unprocessed foods". The more food you can buy organic the better. The less processed prepackaged food is a plus. If you can't afford organic there are some

foods listed in the side bar that if you do buy them, really try to buy organic. Start by buying organic produce for those you eat most often. (See table 3)

Consider changing some of these foods to organic:

Grapes	Peppers	Coffee
Bananas	Celery	Milk
Apples	Spinach	Cheese
Peaches	Potatoes	Butter
Nectarines	Cherries	Chicken
Strawberry	Raspberry	Pork

Pay attention to those little stickers they place on fresh produce. Produce with five digit numbers on the labels starting with an eight are grown with genetic modifications (GMOs). I highly suggest avoiding these completely. Four digit numbers on the labels starting with a four is produce grown conventionally with pesticides, herbicides and fertilizers. The five digit numbers on produce labels that start with a nine are organically grown. Be on the lookout and avoid

for foods that have additives, preservatives, and food colorings.

When you think about your air, water, and food think as clean as possible. You are trying to keep your body's machinery functioning optimally. Try not to gunk it up.

Small gradual changes will start giving you the extra needed energy for September's busier schedule. You do remember that planning calendar, don't you?

With Gratitude,

Kai