

Natural Law and the New Springtime of Healthcare
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I propose that we would make great progress with the healthcare crisis if we renewed our appreciation of natural law. The natural law written within the body for healing and function is the simple, fundamental reality that often determines our level of health.

In physical therapy practice, I make it no secret that the key to good results is in removing obstacles to healing and building balance within the body. To accomplish this, I primarily follow laws written within the nervous system to create the desired changes.

The same types of laws are imprinted within the body for many other types of processes. Yes, there is a marvelous design stamped within our human physiology that has been set in place for our benefit and physical freedom; yet due to many factors, we do not take advantage of this blessing.

We generally do not understand the myriad of ways we can dramatically improve our health. And if we do, we often do not take the personal responsibility necessary. In fact, it is often easier to pass our personal health responsibility on to someone else (doctor, therapist) or to something else (insurance). I would purpose that one cannot have a deeply fulfilling life without tuning inward to the needs of the body for function and healing, then fulfilling those needs. Dr. James Chappell recently stated, "the laws of nature are without negotiation. Those who fail to take the time to be healthy will ultimately have to take the time to be sick."

So what is one to do about this? I would suggest we get back to the basic understanding of the design of the body for health and healing. In the midst of all our amazing technology and creations, we have lost this. You and I can step back and apply the litmus test: does this food, product, or activity allow my body to function as designed? If the answer is no, it's time to respond appropriately and pass on it. Some strong will-power is especially necessary until we gain momentum. The question for you and I should not be "Do I want to be well?" but "*How bad* do I want to be well?"

Now let's apply the test. So you ask me if I'd like a diet Cola to drink. I look at the ingredients and find a collage of chemicals mixed with carbonated water. I say, "Who cares about 0 calories, my body wasn't designed to process those chemicals...no thanks."

You get home from work after sitting 8 straight hours in front of a computer screen. The couch looks like such an inviting place to sit for a bit and flip through some channels. You need to unwind right? You bet you do, I might say, but you we not designed for prolonged sitting, let alone in front of a flashing electrical

screen. Hey, why not step outside and take a walk in nature and get away from all the noise.

We must be careful about what we take into our body, mind, heart, and soul, examining whether it will nourish and build us up or destroy us by way of the natural law. When we do this, we will have little need for all the latest and greatest advances on the horizon. If we do not, we should not point our fingers and play the victim game. This game is only for those unfortunate souls who throw in the towel, settling for slavery instead of freedom. Obviously it's not for you, you are reading this article!

So please take time and invest in yourself. Whether you know it or not, you have great value because of who you are. Don't buy the lie. You deserve the best life has to offer, an abundant life to the fullest. So have a great life, unless you have other plans.....