

# Why a holistic approach to health?

Health is the most important thing in our life. Without a good health, even if you have all the material things of the world, you cannot lead a happy life. Physical and mental health influence all aspects of life. Whether you are a student or a businessperson, it is not you. Your health plays a key role in your success. With a fresh mind and healthy mind, you can concentrate better and are able to make better decisions in life. Health is not just limited to physical and mental well ness of a person. The main factor that determines the health of a person is how he is able to deal with emotional trauma, mental issues and relationship health. Spiritual health is a very important thing that can help recollect both mental and physical health. People only see diseases as the main cause for health issues but in reality, many things play an important role in the development of your health. Stated below are some of those important things:

- **Social Status:**  
Social status and income levels can cause a huge effect on the health of a person. The status gap brings with it stress, tension and anxiety all of which can cause daunting effects on your health.
- **Literacy level:**  
As your education level and success is directly proportional to your happiness, a low education level and can cause stress and lower self-confidence that make a person feel socially insecure.
- **Social and Physical Environment:**  
Environment plays an important role in the development and happiness of a person. A safe and friendly neighbourhood, good working environment, the good infrastructure of your housing society also play an important role in your health. As a friendly environment can help reduce stress levels and overall result in a better health. The physical environment can affect health through physical exposure to harmful substances.
- **Social support:**  
Support from your friends and family can help reduce the risk of multiple diseases. As if you have full support in what you are doing or want to do,

you will be in a better mental and emotional state that results in peace of mind and mental stability.

- **Personal Behaviour and Thoughts:**

Your personal behaviour also plays a big role in your health. Pessimistic people are always living in the shadows of stress and tension that leads them to suicidal thoughts and high blood pressure levels. On the other hand, an optimistic person is always looking at the better part of things, he leads a satisfied life and the risks of diseases affecting him are very low.

**One thing common in all of the factors above and that affects your health most is stress.**

**What is stress?**

Stress is the method by which our body responds to any demand. When working properly, it can be advantageous as it can help you stay focused and in the case of emergency provides you extra strength to cope with the situation.

**What are its causes?**

The main things that cause stress are known as stressors. If a heavy demand that is difficult to solve is asked from you at any moment, they kick in and cause stress. Stress triggers for every person are different. For one stress may be caused due to heavy work load, for other it may be caused due to emotional problems.

**How can it cause illness?**

If triggered too often and for prolonged periods of time, flight stress response not only affects your brain but also damages many other organs and cells throughout the body. Adrenal gland releases stress hormones namely cortisol, epinephrine (also known as adrenaline) and norepinephrine. As they travel through your bloodstream, they easily reach blood vessels and heart. Adrenaline is the main culprit behind increase in heartbeat and high blood pressure levels. High blood pressure levels overtime also cause hypertension. Cortisol on the other hand causes inner lining of blood vessels not to function normally. This is an early step in triggering cholesterol plaque build-up in arteries. All these factors combined increase the chance of a heart attack.

When your brain senses stress, it activates the autonomic nervous system. Through this network, your big brain communicates stress to your intestinal nervous system. This causes butterflies in your stomach and can disturb natural rhythmic contractions that move food through your gut. This leads to bowel syndrome and increases your sensitivity to acid that in most cases causes you to feel heartburn. Cortisol can increase your appetite and cause you to put on deep belly fat. Its effects on immune system slow the rates of your healing.

Stress is also known to decrease the lifespan of a person. It has been associated with shortened telomeres. Telomeres are shoelace tip ends of chromosomes that measure a cell's age. When they become too short, a cell can no longer divide and it dies. Stress can also cause acne, hair loss, headaches, fatigue and muscle tension. In addition, it also reduces the level of concentration of a person.

### **How can one control stress?**

Controlling stress is very important as a large amount of stress on one's mind can lead to hypertension and increases the chance of heart attack. People take a load of medication they do not want to in order to control this issue but there are some better ways of curing it naturally. You can resort to aromatherapy that is an excellent way of removing tension and stress from the body.

### **What is aromatherapy?**

Aromatherapy is a powerful healing art that uses therapeutic grade essential oils in a way that can positively affect your physical, emotional and mental health. The most used aromatherapy application is massage. Combining drops of essential oil with different lotions can affect the body both psychologically and physiologically depending upon the oil you are using. Peppermint energizes the senses of the body of a person whereas lavender is known for providing a soothing and relaxing effect. The olfactory sense of a person is triggered when the essential oils are used for massage. Some essential oils during the message absorb into the blood stream and provide multiple benefits.

### **What are essential oils?**

Essential oils are naturally occurring substances found in different parts of a plant. They can be found in the blossom, fruit, leaf, stem, wood and in the root and resin. They are the foundation of an aromatherapy. Essential oils are highly concentrated liquid oils. It is believed that aromatic oil from a plant has healing powers. There is no chemical addition to essential oils. They are the purest and best forms of oils a

person can get. There are various types of essential oils, including lavender, lemon, peppermint, frankincense and many others.

### **How are they produced?**

Essential oils are produced by making use of two main methods:

1. Steam Distillation
2. Expression

- **Steam Distillation:**

During this process, steam is put inside the still at a very high temperature and pressure. As the water heats up, the steam passes through the plant and vaporizes the compounds.

- **Expression:**

This method is mainly used for citrus essential oils. In this process, the rind of the fruit is placed inside a container that has spikes that puncture the peel while in the rotation. The puncturing process of the rind extracts the essential oil that is collected below inside a small container.

### **Why use essential oils?**

Essential oils can be used as an effective, natural way to help enhance physical appearance and skin's health to promote physical, mental and emotional wellbeing. They are also used to help combat stress. Another nice thing about using these products is that they kill bacteria and fungi and provide a boost to your immune system.

### **Uses of Essential oils:**

- Applying two to three drops of lavender and peppermint oil to your temples provides an immediate cooling and soothing effect.
- Peppermint oil can also be used to alleviate nausea. Applying lavender oil to the neck and upper chest can also help alleviate nausea.

- Applying a few drops of peppermint and lavender oil to your temples can help cure headaches and migraines.
- Peppermint oil can also be used to improve digestion.
- Using peppermint oil before workout session can help reduce fatigue.
- Adding a few drops of lemon oil to a bowl of water can help soothe the feet.
- Lemon essential oil combined with fresh strawberries can be used to whiten the teeth.
- Lavender essential oil can help improve sleep as it can alleviate insomnia.
- Lavender essential oil can also be used to heal dry and cracked feet. You will need to apply it at night and put on some socks to experience the best results.
- Frankincense essential oil can help reduce wrinkles, stretch marks and age spots. It can also be used as a natural skin toner in combination with geranium and lavender essential oils.
- Frankincense and lavender essential oils are used for reducing different kind of allergies including itchy eyes and throat.

### **From where can I get essential oils in their purest form?**

In order to get the best results from an essential oil, it is very important to use it in its purest form. Essential oils normally available in the market are not in their purest form. Mixing with different products and lack of proper distillation reduces their overall quality. Using such products can cause negative effects on your body. It is better to stay on the safer side by using products from reliable manufacturers. Given are below are two of the best-known companies that provide essential oils of the highest quality:

- **doTERRA:**

doTERRA has been known for its high quality essential oils and is one of the fan favourites. The company is located in Pleasant grove, UTAH. The company was founded in 2008 but in a very short amount of time due to their high quality products, they were able to make a name for themselves in a very saturated market. Each of their products is thoroughly tested before reaching the market. They use the low-heat steam distillation process in order to extract the essential oil. By making use of modern technology, they are able to extract the highest quality essential oils. They have a long

catalogue of high quality essential oils. They are also known for their excellent customer service, so rest assured you would get what you pay for with doTERRA.

- **Nature's sunshine**

This company is one of the oldest players in the essential oils market. They have been able to withstand the test of time thanks to their high quality products. Hughes family founded the company in 1972. They were the first company in the world to encapsulate herbs. They perform over six hundred tests on their products before sending them out to the market. The in house manufacturing is also an added bonus as they have strong control over the quality of the products that they are producing. They also have their own centre of research and innovation through which they constantly work on increasing the quality of their products. They have a Global presence and health practitioners throughout the globe recommend their products.

Even after all this briefing, one question remains:

### **How can one live a healthy life?**

One can live a healthy life by many ways. For example, in physical life by consuming organic products in their purest form one can stay away from countless diseases thanks to the vitamins, anti-oxidants and minerals that those products carry. A good diet plan is also a pre requisite to a holistic approach to life, as a fresh mind is required to tap into your inner self. Exercise and workouts also help in reducing stress and tension. There are many pre requisites to a healthy life, your way of thinking and behaving can have a huge impact on life. For example, a pessimist person is never able to enjoy his life to the fullest he sees a dark side to everything, even before starting something he is afraid of failure, he has no satisfaction in his life, and he lives a sad and depressed life he actually lacks in spirituality. However once that same person finds spirituality or gets in the path of spirituality, he becomes an optimistic person. An optimistic person on the other hand finds happiness in even the darkest corners of life. He enjoys his life to the fullest. His spiritual strength gives him the power to go through every difficult part of life. This is how big of an effect a spiritual and holistic approach to life and health can have on a person.

- **A holistic approach to life:**

By following a holistic approach to health, you can live a healthy life. This approach follows the belief that health issues and traumas are caused when we disconnect from our spiritual health. The mind is actually the main driving force behind everything. It is actually the process of taking history into consideration and finding out what is leading to this pain. The apparent pain may carry a deep message. For example, pain in knees and legs is caused when you do not let yourself move forward. The main way of recognizing the causes is by remembering what started it in the initial phase. Your subconscious mind actually holds answers to all of your problems and issues. All you need to do is tap into your subconscious mind through medication or hypnosis. The original wound needs to be healed so it does not override new information. The surrounding environment of a person and the flow of negative and positive energies in the surroundings also play a huge role in a person's life. The brain can absorb a lot from its surroundings as well. A child before birth even can hear everything that is going on. Even at that point, the brain is mature enough to sense things.

### **How can I assess my problem?**

If you are following a holistic approach, firstly you have to put all the symptoms in front of you. You should also take into consideration what you currently are doing to solve that problem and what you have done in the past. The symptoms are just a message from the body part that is affected. You have to notice a pattern and work on it. You have to find a way to connect the dots of cause and effect. You can also take help from a specialist if you are not very comfortable with performing these tasks. You have to mark out some points in the history and then decide which one you want to go to using hypnosis.

### **How can I follow the holistic approach?**

A holistic approach is more of a spiritual approach towards health. Instead of considering an illness and its normal, it stresses on the connection of mind, body and spirit. This approach believes that if all of these are working in full harmony, your body will stay away from negative spirits and diseases. The well-being of a person depends upon his or her own doings. The decisions we take in everyday life have an impact on our mental and physical health. The holistic health follows the

law of nature that a whole is comprised of interdependent parts. Therefore, if one part is not working properly, it affects the working of all other parts as well. For example, the stress due to a certain situation can turn into a headache and so on. A holistic approach requires a commitment that a person will continue moving towards the right path. There is always a chance for improvement. A holistic approach brings a much-needed positivity to life and that positive energy goes a long way.

In order to follow the holistic approach properly and gain maximum benefit, you need to learn first about how to work on your spiritual health. As spiritual health is the most important aspect of the holistic approach.

### **What is spiritual health?**

Spiritual health is a very important component that plays a very important role in the well-being of a person and a very important part of the holistic health philosophy. Physical, mental and spiritual health are inter related according to the holistic approach and have a very strong impact on each other. You witness this quite a bit in real life that when a person is sad on a high emotional level, he experiences fatigue and decreased hunger on the physical point and on the spiritual level they feel disconnected from the everyday world. We also feel lost sometimes and have feelings that we have no value in this world nor do we have anything to do, at that moment we also feel very sad and disconnected from everything around us. This is also due to a low spiritual health. On the other hand, when we are spiritually stable, our life becomes a joy. Even hard times pass by in the blink of an eye. We feel very refreshed and light-hearted. When we have that spiritual spirit in full harmony with all other aspects of our lives, we feel blessed. We see positive vibes everywhere we go. Taking care of our spiritual self is as important as taking care of our whole body. People have been using spiritual methods for healing since early ages with a great amount of success. Many people still do not believe in these methods but those who tried have never left this route. Even if the spiritual methods may not provide you a high level of satisfaction, they do provide ample amount of mental and physical satisfaction that you start to notice after some time of following the holistic approach.

For people suffering from chronic diseases, the spiritual method provides a high level of satisfaction. It may not cure your disease, but the spiritual forces can help you feel better and provide you a good amount of inner strength so that you can keep fighting in tough times. An illness can also prove to be a spiritual journey

where your destination is your true self. The spiritual strength takes you on a journey to the metaphysical world and a different level of consciousness. After going through this tough road, we finely reach the level of self-realization that we were looking for throughout our lives. The journey takes you to such a spiritual level that you never expected to reach.

Spiritual growth is not an easy task at all. It takes a large amount of suffering and pain to realize your spiritual strengths. The journey is long and tough but the fruit is something that very few are able to enjoy. Moreover, that fruit of spiritual success is unlike anything else you ever tasted. It is the level of spiritual victory.

People need a very strong level of education about spiritual strength and control as they still look at it as a superstition. For example, a journey of illness shows you things you would never have seen in your lives otherwise. People resort to this as the last hope. They see this as the final solution of the answer of which they looked everywhere but were unable to get.

Everyone needs to tap into his or her spiritual self to find out the true meaning of life. The reason why they are here in this world. The spiritual ability not only provides you control over this world but also takes you into the world of spirituality. This world is above all others. Stability in this world results in stability of your actual life.

### **How can I enhance my spiritual abilities?**

You have to work with yourself in order to reach spirituality. No one else can tell you about your spirituality, you have the untapped potential that can direct you to the path of the spiritual world. Some people find spirituality in their religion while others have a very different definition of it. It differs from person to person. Spirituality is not just about religion or peace. Spirituality is all about finding the reason for your existence. It is about knowing yourself, knowing what you want to achieve in your life at a spiritual level.

Spirituality makes you feel completed. It provides you the feeling of completeness that nothing else in this world can provide. Materialistic things do provide happiness but that happiness is never long lasting, it just lasts for a small while and then again, you get that feeling of emptiness.

Some find spiritual success in the law of attraction. Some find it in yoga. Some rely on art or music for spiritual guidance while others consume drugs to reach their level of spirituality.

Gratitude plays a great role in improving your spiritual, mental and physical health. Find beauty in everything. Find happiness in every corner, in every aspect of life. Spread happiness, it will eventually come back to you.

Once you find out what your spiritual needs are, you have to develop them on a regular basis. Do not leave them hungry, do not leave them wanting for more or else they will look into different ways to fulfil their hunger.

It is never too late to recalibrate your spiritual self, if you do not tap into the spiritual world, your life will be full of emptiness, sadness, stress, anxiety and tension. Believe me you would not want to be in such a place.

People think spirituality is very difficult to achieve but I think they are wrong. Spirituality is present in your own self. It is just a matter of tapping into the unconscious brain and looking for it. If you reach spirituality, you will be able to live a comfortable life even under harsh conditions. The beauty of spirituality is that it will fulfil all your requirements without fulfilling them.

Now it is up to you if you want to take the step into finding your real self. If you want to find the path to success. It all depends upon you and your actions. No one else will tell you what to do or where to go. After trial and error, you will be able to reach the level you want to. Have strong faith in yourself and in your abilities and your faith will help you show the way to spiritual success. Your life will start getting better, when you realize that apart from your imagination nothing can limit what you can do.

### **Conclusion:**

A holistic approach can help in all aspects of life. Whether you are a student or a businessperson, holistic approach can change the way by which you think or the way by which you approach a specific problem. It can prove to be the all-important step that links you to your success. Being healthy is not just about staying healthy on the physical regard. Yes, physical health is very important and plays a huge role in your life but mental and spiritual health control what happens in your physical

life. Some aspects of physical life also control your mental health. For example, a good diet plan and regular exercise can help reduce stress from your lives and they simulate brain chemicals that make you happy. They also help sharpen your skills and reduce the level of depression. However, the best effect is obtained when Spiritual, Mental and Physical health work in harmony with each other.

As we have explained above, many factors cause health issues but the great thing is that there are also many natural ways of healing the scars made by those. If you are struggling to control your stress levels, you can resort to aromatherapy that is an excellent way of healing stress and it provides countless other health benefits as well.

On the other hand, if you want to enjoy a better life, holistic approach to health may be an excellent way to start on a new footing. It redefines your life. It can help heal issues you never thought were possible. It will change your outlook on the world. It will provide you a fresh new start. However, a pre requisite of this approach is reaching spirituality.

When issues plague people, they usually refer to doctors and they are provided a heavy dose of medicine that they do not want to take but ultimately have to if they want to cure their problems. However, these medicines have very strong side effects that cannot be overturned by any other medication. People need to be educated about the use of natural products as they are best for healing. Nature has provided us such blessings in forms of herbs and essential oils but people are not taking full advantage of these products. Instead, they spend millions on products that have billions of side effects. Natural healing is the best way of healing and it brings closer to your nature and spirituality.