

"The art of medicine consists in amusing the patient while nature cures the disease."

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"Make your own recovery the first priority in your life."
Robin Norwood



Take a Breath

Feedback, suggestions, and contributions must be in the second week of the preceding month.

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Your participation is greatly appreciated and it is my wish that you continue your support and positive feedback.

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Over 5500 copies circulating in 48 states and 15 countries abroad.

The last four issues have been about exploring of "THE EIGHT LAWS OF PHYSICAL HEALTH". This month let's turn our attention to numbers four – five & seven.

4. BREATHING: *THE BODY WILL NOT FUNCTION WITHOUT OXYGEN. SO ESSENTIAL IS THIS LAW THE BODY HAS REDUNDANT SYSTEMS TO ENSURE COMPLIANCE.*

Homeostasis:

1. The tendency of a system, esp. the physiological system of higher animals, to maintain internal stability, owing to the coordinated response of its parts to any situation or stimulus tending to disturb its normal condition or function.
2. A state of psychological equilibrium obtained when tension or a drive has been reduced or eliminated.
3. A self-regulating process by which a biological or mechanical system maintains stability while adjusting to changing conditions. Systems in dynamic equilibrium

reach a balance in which internal change continuously compensates for external change in a feedback control process to keep conditions relatively uniform.

When you begin your journey to healthy living, you are given a graphic explaining abdominal or diaphragmatic breathing and coached in how to do it. I hope you remember how to breathe deeply into your diaphragm; if you do then you are getting proper oxygenation, if not you are, more than likely, prone to feeling tired and run down. Diaphragmatic breathing is essential to performing your menus and everything else you do all day. There are two types of breathers; chest breathers and deep or diaphragmatic breathers. Take a moment and determine what type you are. My good friend and fellow therapist, Greg from San Antonio uses the "book test" to determine what type you are. Lie down on the floor on your back and place a book on your lower abdomen. Relax and breathe as you normally do. If the book rises and falls with each breath you are a deep breather,

Share the Health

Circulation is still growing with your help. Please continue sharing this newsletter with others so they can start their journey to great health just as you did.

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Live Life – Live Well – Live Long

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Learn to take care of your health; there is no one that can do it for you. The only person responsible for your health is YOU.

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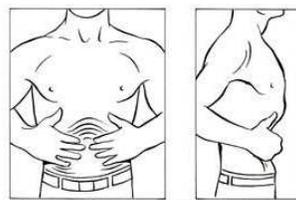
Thank YOU for your continued support. Our success depends on folks like you.

~ ~ ~

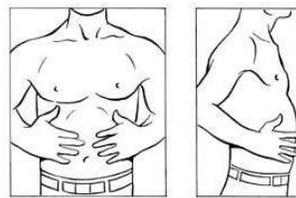
PASS THIS NEWSLETTER ON TO A FRIEND.

...deeply into your diaphragm

if the book does not move or moves very little, you are a chest or shallow breather.



BREATHING OUT (EXHALING) WITH THE DIAPHRAGM



BREATHING IN (INHALING) WITH THE DIAPHRAGM

Locomotion isn't so loco

It's only logical that Motion follows Breathing and now that you have learned how to breathe properly; so come on, come on, *do the locomotion* with me. Your boss won't care, lets all get up and move it around. Feel a lot better now, don't you. More and more companies are reaping the benefits of providing workout space for their employees thus recognizing healthy employees are more productive. Let's look now to Law number 5.

5. MOTION: *ALL OF THE BODY'S SYSTEMS – DIGESTIVE, CIRCULATORY, IMMUNE, AND SO ON – ARE INTERRELATED. THE COMMON THREAD THAT BINDS THEM TOGETHER IS MOVEMENT. THE FASTER THE MOLECULES OF THE BODY MOVE, THE HIGHER THE METABOLIC RATE. THE HIGHER THE METABOLIC RATE, THE HEALTHIER THE HUMAN BEING. WE ARE DESIGNED TO RUN, JUMP, CLIMB, FALL, ROLL, AND SKIP, NOT JUST FOR INITIAL DEVELOPMENT, BUT FOR CONTINUED HEALTH THROUGHOUT OUR LIVES. IF THESE ACTIVITIES*



"Colors answer feeling in man; shapes answer thought; and **motion** answers will."

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When the **breath** wanders the mind also is unsteady. But when the **breath** is calmed the mind too will be still, and the **yogi** achieves long life. Therefore, one should learn to control the **breath**.

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"Optimism is a kind of heart **stimulus**, the digitalis of failure."

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"All **motion** is cyclic. It circulates to the limits of its possibilities and then returns to its starting point."

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Smile, **breathe** and go slowly.

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Never confuse **motion** with action.



## "...so come on, come on, do the locomotion with me"

HURT OR CAUSE PAIN, IT IS BECAUSE WE ARE VIOLATING SOME OR ALL OF THE LAWS OF HEALTH. It is important for you along with your therapist to take time to assess how well you are obeying the "THE EIGHT LAWS OF PHYSICAL HEALTH". Then develop a strategy to bring you back in conformance of the law(s) and lead a happy, functional, and productive life. If you are lucky enough to work for a progressive employer that recognizes the value and benefits of healthy employees; then take advantage of all he has to offer you. Your employer knows that if you are healthy you miss little or no work therefore boosting morale and productivity. If that is not your case, go to your employer and suggest he provides a space for workouts and the time to take advantage of it. It is a win-win situation for both you and your employer. Over the years I have developed menus and workouts for all of my clients in

need of locomotion in their lives.

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Health & Motion is here to help you, just an e-mail or phone call away. You owe it to yourself for the life you have may very well be your own.

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### Stimulus

1. *Something that incites to action or exertion or quickens action, feeling, thought, etc.: The approval of others is a potent stimulus.*

2. *Physiology, Medicine/Medical. Something that excites an organism or part to functional activity.*

Synonyms:

1. *incitement, enticement, motive, provocation* 2. *stimulant*

Antonyms:

1. *discouragement.*

Our bodies are bombarded 24/7 with all types of stimuli some good, some bad. The trick then, becomes how to *accentuate the positive* and

## "accentuate the positive and deaccentuate the negative"

*deaccentuate the negative*, as the old song goes. To round out the theme of exploring of "The eight laws of physical health"; lets look now to number seven.

**7. STIMULUS:** THE BODY REACTS TO ALL STIMULI TWENTY-FOUR HOURS A DAY, REGARDLESS OF THE CONSCIOUS STATE OF HEALTH. THEREFORE, THE LAW OF MOTION CONSTANTLY REINFORCES THIS LAW OF STIMULUS. IF MOTION IS LIMITED, THE LAW OF STIMULUS BECOMES STRESSFUL TO THE BODY. THE BODY ABSORBS POLLUTANTS AND IRRITANTS RATHER THAN REFLECTING THEM.

I have been living proof during my life that violating law number seven – stimulus – has costly ramifications financially and physically. Good stimuli *excite an organism or part to functional activity*. Noxious stimuli *discourage organisms or parts from functional activity*. Out of chaos arises is order. "The Eight Laws of Physical Health" should be viewed in an interlocking circular pattern and treated as a

unit rather than singularly. How functional or dysfunctional you are depends on how many of the eight laws you disobey. I have disobeyed several of the laws and have paid dearly for it. I believe you deserve better.

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This concludes a series of articles on The Eight Laws of Physical Health. I hope you still have your copy and are living by them each day.

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HEALTHY LIVING REQUIRES BALANCE

## Health & Motion is Here for You

Health & Motion  
Dedicated to Healthy Living



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