



Self-Care Tips for Inflammatory Illnesses



The human astral body is prone to imbalances. Sometimes it happens that our 'cow/bull' becomes too irritated, and overwhelms our stressed-out 'eagle'; then our 'lion' has trouble keeping the balance, and brings us an inflammation in order to bring back the balance. Fever, sweats and chills, uncomfortable and/or excessive discharges, and pain are common indicators that you are dealing with an inflammatory illness. These types of symptoms do have a salutary (health bringing) purpose; however, it is important to not let them become excessive as they can become harmful if they go on for too long. The following are some tips as to how to help our bodies along in accomplishing the dual tasks of soothing our metabolic forces (bull) and reducing stress on our sensory/nervous system (eagle), in order to allow healthy balance/rhythm (lion) to reign once again in our bodily functions. Above all, use common sense!

Soothe the Bull

- 1) Rest if you are tired. Metabolism (digestion) takes energy.
- 2) Ensure good hydration. Water is not enough! The body needs electrolyte replacement as well; especially if there is fever and/or diarrhea. Unflavored Pedialyte, lemon water with a scant pinch of baking soda and salt, and Recharge are a few possibilities.
- 3) Avoid inflammatory foods. While in other situations these foods may be nourishing in moderation, during an inflammatory illness they are irritating and burdensome to an immune system that is encouraging a detoxification process (your symptoms). Pro-inflammatory foods include: meat (especially pork), tofu and soy milks, eggs, milk and cheese, sugar and any other refined/concentrated sweetener, all types of flour, food additives and artificial sweeteners.
- 4) Nourish the healing forces. Clear broths, bone broths, cooked vegetables, whole fruit (cooked/stewed, and in the later half of the day is best), small amounts of raw honey in the evenings (not for infants), and herbal teas are all comforting and nourishing foods which lend the body tools for healing and repair. 'Bieler's broth' (recipes available online) is a traditional healing tonic.
- 5) Aid detoxification, if necessary. If you **do not** have diarrhea or loose stools already, induce larger bowel movements by taking a gentle laxative (such as Milk of Magnesia, an herbal laxative product or stewed prunes). The earlier this step is taken during the course of an inflammatory illness, the shorter the course of the illness is likely to be!

Support the Lion

- 1) Rest if you are tired. Light exercise may help increase circulation in a positive way, as long as you do not feel more tired after doing it. Find the balance that is right for your situation. Keep a healthy waking/eating/sleeping rhythm as *rhythms* are at the basis of all healthy body function. Keep in mind that 'rhythms' are flexible while 'beats' are not.
- 2) Protect your warmth. Wear two layers on the bottom, and three layers on top. Wear a scarf. Be sure to use hat and gloves if you go outdoors. Wool and silk both have a strong relationship to healthy warmth. Wear socks to bed, and use a hot water bottle or warmed buckwheat-pack if needed.
- 3) Sing and laugh. Soft singing of songs with healthy rhythms and content, and healthy conversation (using the voice - not text or email) exercise the heart and lungs, giving them essential nourishment both physically and soul-spiritually.

De-Stress the Eagle

- 1) Eliminate(ideally) or reduce screen time, electric lights, and digitized music. The stressful effects that these influences exert on our nervous systems is very well documented scientifically and anecdotally.
- 2) Nourish the senses with 'the true, the good, and the beautiful'. Our bodies experience truth as health. Artificial sights and sounds (digitized or electronic), scents, flavors, and textures (such as fabrics trying to imitate wool or silk, for example) are a way of 'lying' to our bodily senses. Clean your room! Clutter is very stressful to the senses; especially where we sleep...we need to show the elemental nature-forces who is in charge in our living spaces (i.e. 'A human being lives here!'). Rest if you are tired.