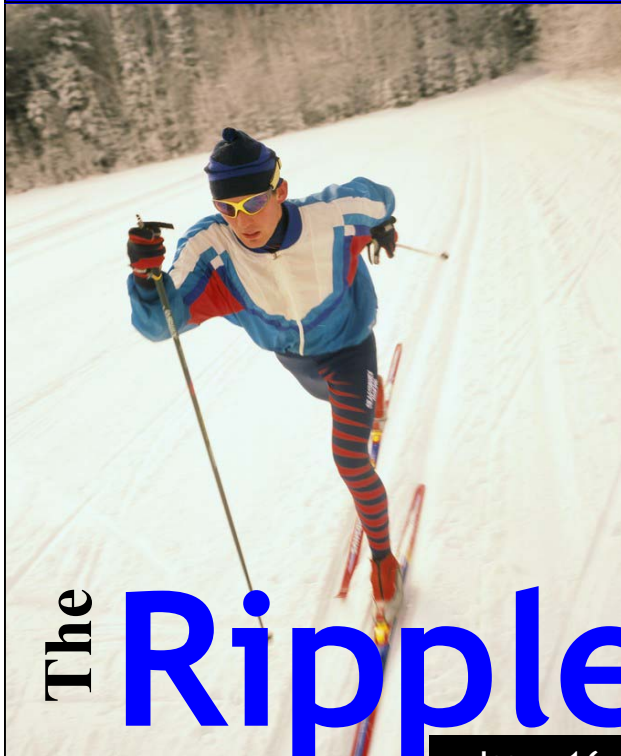


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The Ripple Effect

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Community Newsletter

Health Fitness Nutrition Lifestyle Coaching Spirituality Relationships Values

The Ripple Effect

Journal of Holistic Health & Fitness

Respect Your Body

Partnership for Success

Karl MacPhee



“Your body is your vehicle for life. As long as you are here, live in it. Love, honor, respect and cherish it, treat it well, and it will serve you in kind.”

-Suzy Prudden

“To respect your body means to hold it in high regard and honor it. Respect is treating your body with the same care you would give any other valuable and irreplaceable object. Learning to respect your body is vital.

When you respect your body, you are in partnership with it. You become grounded in your physical body and able to benefit from all it has to offer you. Respect carries reciprocal energy. Your body will honor you when you honor it. Treat your body as a structure worthy of respect and it will respond in kind. Abuse it or ignore it and it will break down in various ways until you learn the lesson of respect.” (If Life is a Game, These are the Rules, Cherie Carter-Scott, 1998)

Respecting your body occurs in many forms; through nutrition, exercise, rest & relaxation, spirituality and social relationships. Providing your body with nutritious foods is the number one factor with regards to

health & wellness.

If you had an opportunity to watch [Super Size Me](#)—a documentary which followed Morgan Spurlock for 30 days of an exclusive McDonald’s diet—you would have seen a perfect

example of what happens to our bodies when we disrespect it by not feeding it whole nutritious foods.

[Exercise Videos](#)

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Respect Your Body—Partnership for Success (continued)...

It is through signs and symptoms that our body tells us that something is missing, or out of line such as in a cold, flu, chronic fatigue, sore knees, bad back or even a disease. The trick is in learning from each sign or symptom—I prefer to treat them as lessons—so that they don't happen as often, or in a perfect world, never again!

In my personal experience, epilepsy has been my teacher, and it wasn't until I began respecting the needs of my body until my personal health & well-being changed for the better. Through changing my diet one item at a time, exercising on a more regular basis, practicing yoga and learning more about the spiritual side of wellness, I have been seizure free for close to 5 years.

There are many people like me out there and their 'teacher' is sometimes called diabetes, cancer, depression, chronic fatigue or what ever ailment our body may present to us at a specific time in our journey through life. Again, the important thing is to become aware of the things that we can do to begin making changes which will promote wellness.

I have had many opportunities to speak with people who have an illness or an issue in their life. I always guide them to respecting themselves first, and then taking care of the essential elements of wellness next. Initially, the task may seem difficult, however when approached one at a time, you will find that they are all connected. Proper nutrition fuels the cells which provides energy to get out and exercise, which increases our self esteem and so on.

If you are in a 'rut', just pay attention to what your body is trying to tell you, take action and over time the signs and symptoms will go away.

Yours in wellness,

Karl MacPhee

Fitness Tip of the Month

Cross Country running is a great way to escape from the demands of the city. Edmonton has an amazing trail system which allows for plenty of enjoyment year around. If you are running, walking or skiing, the sounds of nature will be a wonderful reprieve from the sounds of city life. Also, trail running builds strength, and power due to the undulating nature of the terrain. This new power & strength will transfer well to faster runs on concrete and a much higher calorie burn while in the trails!



[Exercise Videos](#)

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