

THE NATUROPATHIC PERSPECTIVE

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Choosing Mortality

When admitting to a bad habit or daily indulgence it is often followed by “...well, I am going to die of something *anyway*”. I don’t agree with this statement because we do not need to die of something morbid. Growing older does not mean that you have to burden the healthcare system. Every day your choices have an impact on your health, such as choosing which soap to use on your body, type of cookware for your foods, and the detergent you use to wash your pillow cases.

Morbidity: The quality of being unhealthy; an occurrence of illness or disease.

Mortality: The condition of being susceptible to death.

Here are a few valuable changes that you can begin to make for a future supporting mortality rather than morbidity (some exceptions may apply):

- natural deodorant *vs.* aluminum-containing antiperspirant
- stainless steel cookware and elbow grease *vs.* non-stick
- hat and sleeves for mid-day summer *vs.* sunscreen every day
- facial moisturizer that is virtually edible *vs.* ingredients you cannot pronounce (a similar approach applies to all body-care products)
- vinegar to wash most household surfaces *vs.* cleaners with health warnings on the label
- carry drinking water in glass bottle *vs.* chemical-leaching soft plastics
- organic cotton tampons *vs.* chemically grown & bleached varieties
- wear a backpack and walk/cycle to do your errands *vs.* driving your car
- local &/or organic produce *vs.* foods picked before ripened &/or grown with chemicals
- meals prepared with whole foods *vs.* packaged products containing chemical preservatives, additives, colours, flavours, etc.
- heat/cook on stove/oven *vs.* microwave
- vinegar to launder clothing that simply needs ‘freshening’ and using natural detergent for the rest *vs.* chemical detergents with strong scents and potentially carcinogenic ingredients
- wear an underwire bra only when needed *vs.* from waking until bedtime
- drink a glass or two of water and reassess your headache *vs.* reflexive use of pain medication
- open a window, clean your home, use essential oils to freshen your indoor air *vs.* chemical air fresheners
- transport lunch to work in glass *vs.* plastic container
- live a joyful life *vs.* just *living* to get through another day

Expecting to take on a large list of positive changes can seem daunting and unappealing. But if you select one item at a time and incorporate it into your life, you may find that you are ready to add another... and will likely find yourself observing “...well, if I am already doing *x* then why am I not doing *y*?” Making changes can be a multi-year development. This process began for me in early high school when I was given a crystal deodorant... I began to ask ‘why?’ and one change lead to another. I still continue to make changes.

Making a conscious effort to eat & live well, be mindful of that which you are exposing yourself to (substances as well as people), and find joy in everyday events will tilt your scales of future health in favour of mortality... I choose mortality.

Recommended reading:

Younger Next Year, Chris Crowley

Healthy at 100, John Robbins

Growing Old Is Not For Sissies II, Etta Clark

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