

**THE NATUROPATHIC
PERSPECTIVE**
BY SHELBY WORTS, BSc, ND

Powerful Words

You've been there. Your day is going along like a usual day; deadlines, projects, expanding to-do lists, routine with a sprinkling of monotony. And then it happens... somebody pays you a compliment. The day suddenly feels a little lighter... darks parts inside feel a little brighter... and you breeze through the rest of the day with surprising efficiency.

A few well chosen words can certainly have a positive impact on the lives on most people. Often we keep these words to ourselves; assuming that the potential recipient already knows how you feel... how well a job they did... how pleased you are. Never underestimate the power of positive verbal reinforcement.

I had the pleasure of visiting Rocklyn Academy (www.rocklynacademy.com) this past year on the day of their bi-weekly Honouring Ceremony. During this special time all students and faculty stand in a circle and one at a time each student is asked what they honour themselves for at that time (since the last ceremony); this can be academic events but emotional accomplishments are also encouraged. Then shared is what the faculty honours the student for that week, emotionally. It is a truly beautiful and powerful event that occurs at this therapeutic boarding school for girls, every two weeks. I began to think that if each of us had such positive reinforcement throughout our teen years, as these girls do, how it may impact the rest of our life. But although we may not be teenagers anymore it is not too late to share this gift of positive affirmation with those around us. The next time you are moved/pleased/impressed with the actions of somebody in your life do not keep it to yourself... share it with them. It could be anything from 'Your hair looks very nice today' to 'I was very pleased with your work on the _____ project' to 'Thank you so much for helping me through that difficult time I was experiencing, your compassion and thoughtfulness are deeply appreciated'. Equally, if you hear a positive comment made about someone you know... pass it along to them as they may have no idea how others feel.

Positive words are powerful tools... but they must be shared in order to release their strength.

Emma's Update

At time of publication, Emma was away on summer holidays... but called to give me a brief update. She has found a dramatic improvement in her cravings and energy level simply from being more organized with respect to meal preparation and supporting her blood sugar nutritionally.

Emma was worried about staying on-track over the summer, as this season often equates to cottage invitations, BBQs and various other social events... but is finding that her new knowledge of how her body utilizes different foods is helping her to get back on track easily the day following any indulgence. Presently she is moving her body twice weekly with walking, hiking and cycling... and intends on adding a learn-to-run program into her week in September.

Weight: 165lbs