

Natural Healing Express Weekly

Column 320 Six Essential Keys Outstanding Health

Dr. Michael Galizter of Los Angeles is a professional whose work I follow consistently. Galizter has been known to provide amazing alternatives for keeping the body young and healthy and thinks more like a Doctor of Naturopathy like myself than a traditional allopath. Now, before any more discussion or controversy occurs on that long debate, let me address to those of you who are new to my column, that I do not engage myself in the naturopath/allopath “war”. Its just a waste of my time and energy. What I believe is that most of the time, nature and nutrition can heal. When they can’t or when disease and disharmony have long taken over one’s being, reach for everything modern medicine has to offer.

So, back to Dr. Galizter. He has spent 25 years in Hollywood, working with “movers and shakers” such as Suzanne Somers and Vanessa Williams. He is famous for helping his patients look and feel much younger than they actually are!. So, what does that mean for those of us in God’s country who do want to look and feel good, but also don’t have time/budget to fly to LA to see the best in Beverly Hills?

Well, I am taking the liberty of condensing what I believe to be an extremely helpful approach, if not even considered revolutionary, to gain outstanding health.

Galizter proposes six key elements: Creating Emotional Mastery, Cleansing the Body, Addressing the Health of your gut, Creating a More Energized Lifestyle, Boosting your Body’s Energy Levels with Energy Medicine, Strengthening Your Hormone Glands and Balancing Your Hormones.

So, let’s give a summation of those six steps:

- 1.) Creating Emotional Mastery – When it comes to healing, your mind and your emotions are powerful allies. Make sure you align your consciousness to transform your thoughts and feelings into working in conjunction with your health goals. If you heard me say this once, you have heard/read it a thousand times.. **GET THE ENERGY VAMPIRES IN YOUR LIFE GONE!**

- 2.) Cleansing Your Body – Learn the various toxins to which your body is exposed. Then, learn to minimize and delete them. Not everything is solved in a Big Box store “cleanse”.
- 3.) Addressing the Health of Your Gut – Ultimately, your health is largely depended on the health of your GI. Learn the causes of an unhealthy gut, learn how to adapt to change those. Of course, here is where Nutrition plays the ultimate role. Learn what to eat, when to eat, how much to eat and what the best nutrients are for you Bio-Individuality.
- 4.) Creating a More Energized Lifestyle – In this step, we work with the link between your brain and your energy levels. Yes, exercise is mentioned here, but it is mostly focused on self-care tips such as improving your sleep and reducing stress.
- 5.) Boosting Your Body’s Energy with Energy Medicine- Whenever I chat about this, most folks ‘round here start looking at me like I have lived on the beach too long. Essentially, I agree with what Dr. Galizter calls “Energetically based therapies” such as acupuncture, but I would like to add several more “indigenous” items such as nature walks, canoeing, camping, natural healing, etc.
- 6.) Strengthening Your Hormone Glands and Balancing Your Hormones – Here is where the rubber hits the road. One learns to prevent and reverse adrenal fatigue and exhaustion, optimizing your thyroid health and discover what nutrients and herbs can increase and balance your hormone production.

If there is enough interest, I can go into a six-week, step by step article presentation which would include a ton more specifics and learning tools. I am just not sure if you all have the interest or not. If you do, I usually provide my email for responses, but since I will be on call all this week for a ICU client at UW, why don’t you just go ahead and send a text to 317 409 1500 if you would like to see more info on this subject? Thank you in advance. If there is enough interest, I will finish the additional research and post articles of the steps. If you cannot text, it is ok to call, but probably cannot answer.

ALSO-----There has been more interested expressed for the Silver Fox to prepare “prep and go foods. What this means is that the fine chef at Silver Fox would begin preparing Pre-Made Healthy and Delicious Meals that could be picked up at our location. All you have to do is heat them and/eat them when you get home. If there is enough interest in us doing “prep and go” meals, will we give it another shot. If you are interested, please email me at skscham@aol.com . You can also text, but please reference “prep meals” so I can keep these two straight!

Lots of wonderful things happening at Natural Healing Express! And the Silver Fox café is the place to be! Come try some healthy gourmet food – delicious and fast! Dr. Susan is available on Wednesdays and Saturdays and by appointment! Contact us at 3174091500 or skscham@aol.com.