Your Body – by Deepak Chopra

Published March 16, 2014 | By Deepak Chopra

Deepak Chopra has talked about a lot of different things. He speaks about the human body and what we MUST do to ensure our long-term existence!

This is his message. I take no credit for it, but wanted to share the value he intended for all of us.

We desperately need a new model of the human body. Compliance with the standard model of prevention (moderate exercise, abstinence from alcohol and tobacco, a Mediterranean diet, and stress management) remains fulful and meaningful. Why? It’s not for lack of information but lack of motivation. A positive lifestyle requires that you comply day in and day out. If you want to receive the full benefit, which arrives fairly late in life, we pay for early mistakes by a decline that generally doesn’t show overt symptoms until around late middle age.

It’s hard to deprive yourself today in order to reward yourself twenty or thirty years from now. So what would it take to improve people’s motivation? I can find only one answer: reframe the human body. The way you think about your body leads to the way you treat it. For people to shift their behavior toward self-care and health promotion, we don’t need just compliance with standard prevention. There also has to be a drop in our addiction to drugs and surgery as the main approaches of medicine. Over the course of history, there have been four major models of the body:

- The body as a collection of Nature’s basic elements (the medieval conception of the four humors is an example).
- The body as the temple of the soul.
- The body as an expression of the life force (the Chinese concept of Qi is an example).
- The body as a machine.

Depending on which model your culture accepted, you approached illness and wellness in different ways. A doctor might advise a patient to pray to God as opposed to taking a pill, strengthening his Chi, or correcting the imbalances in the four humors. Today the body-as-machine model prevails thanks to the reductionist method of science. Machines are repaired by mechanics who don’t know the parts, and that’s basically what doctors do in their practice. But it’s obvious that your body isn’t a machine. Your body is alive, for one thing. It can heal itself. It’s self-organizing and self-regulating. Exercise makes it stronger, whereas a machine, if used more often, begins to wear out. Yet the biggest flaw in the machine model, as I see it, is its rejection of the mind-body connection. When I was in medical school, said to say, the brain surgeon behind integrated medicine has brought the mind-body connection to the fore.

This development is so important that a truth model of the body is being formulated as we speak: a systems model.

In the systems model, every cell is an intelligence. The body holds together through a constant stream of information that moves in every cell. Imbalances – a state of dynamic balance – represents health. Information, as yet fully understood, represents the state of imbalance, leading to no one the best diseases. A person’s habits, attitudes, beliefs, and behavior are the key to well-being, since messages from the brain affect the whole body.

The brain plays a critical role in the feedback loops that maintain homeostasis. At every level, down to the expression of your genes, feedback regulates the same pattern of input and output. Positive input promotes well-being; negative input impairs well-being.

Advantages of a systems model can be summarized in a few key points:

- Self-care becomes primary care, not reliance on drugs and surgery from a doctor.
- Behaviors and attitudes assume the same status as physical input, such as food and exercise.
- Improving genetic expression is possible, expanding the benefits of positive lifestyle changes.
- Positive lifestyle changes don’t need years to provide benefits but start immediately.
- Heart disease becomes preventable through routine maintenance of the whole system. This includes heart disease and probably the vast majority of cancers.
- Mind-oriented practices like meditation improve well-being throughout the system, all the way down to the genetic level.
- There is abundant mounting evidence that all of these things are true, which means that a systems model has really taken off, much more than the machine model. Reality has been exposed. People realize the problems of the machine model depend on finding your flaws, in terms of a relaxed but alert mental state, a steady positive mood about your life, following the natural rhythm of rest and activity, taking positive, practical steps to reduce stress, respecting the need for a good night’s sleep, avoiding stress, and relying on your body’s intelligence.

It’s true that the old model was institutionalized and people’s behavior. I believe. Our attitude should be a reliance on the intelligence that is innate in every cell. Instead of seeing the body as a machine, in which the body is like a car, instead, we need to see the body as a tool, or that’s what it’s actually doing. The one thing that self-sufficient system needs from you is better tool. A host of things constitute better input.

What makes you happier,
- Being more relaxed and accepting.
- Being self-empowered, a sense of worth.
- Being of service to others, giving.
- Being of service to others, giving.
- Living, nurturing relationships.
- Any activity that makes you feel light in mind and body.
- Taking time to play, and having a playful attitude.
- Not stressing out other people.
- Developing yourself to projects that have real meaning and purpose.
- Being self-aware.
- Expanding our awareness, growing and maturing from the inside.
- Being comfortable with your inner world.
- Working through negative emotions like anger, envy, and fear.
- Self-acceptance.
- Relevance for Nature.
- Faith and a belief in a higher power, whatever that may be.

As you can see, almost none of this advice will work in a doctor’s office, and much of it goes far beyond standard prevention, which is focused on risks. Of course it’s good to avoid risks, but thinking in terms of what can go wrong induces fear, and fear is a very poor motivator over the long run. Becoming happier and more fulfilled daily by day is a much better motivator, and as you can see, a system approach expands our conception of the body to include everything that is mentally, psychologically, emotionally, and spiritually fulfilling. That’s the ultimate reason to embrace the new systems model as far as I’m concerned. Do you agree?

Everything Deepak is talking about can be accomplished with these products!

- Adaptigen (health & wellness)
- Tapped appetite, cancer, drugs, Dr. Gerson, heart health, WebMD, AARP, Lunails, and more. See links below.
- Leave a comment.
Dr. Galvez Makes International Recognition

This page contains an article about a research study on cancer and leukemia. The study found that a soy protein called lunasin can inhibit the activity of a protein called NF-kappa-B, which is involved in the development of cancer. The study was published in a journal called Molecular Nutrition and Food Research.

The article also mentions that the research was funded by a joint research-and-development partnership. Dr. Galvez is a recipient of the 2010 Philippine Doctor of the Year Award and the 2011 Philippines Scientist of the Year Award.

Ergonomics: You Are What You Eat!

This page contains an article about the benefits of soy protein. The article mentions that soy protein can help reduce cholesterol, lower blood pressure, and improve heart health.

The article also mentions that soy protein can help reduce the risk of certain cancers and can be used to treat inflammation.

Recent Discovery Leads to Improved Heart Health & Fights Cancer

This page contains an article about a recent discovery in the fight against cancer. The article mentions that a soy protein called lunasin can inhibit the activity of a protein called NF-kappa-B, which is involved in the development of cancer.

The article also mentions that soy protein can help reduce cholesterol, lower blood pressure, and improve heart health.

The article includes a quote from Dr. Galvez, who is a recipient of the 2010 Philippine Doctor of the Year Award and the 2011 Philippines Scientist of the Year Award.