

HEALTH AND SUCCESS GO HAND IN HAND

By Dr. Cathy and Jacqui Garcia

When you think of successful women, who comes to mind for you? Oprah Winfrey, Martha Stewart, Dr. Christiane Northrup, Caroline Maas and Hillary Clinton are just a few I think of. Each one of us can think of someone who exemplifies success in the public eye. What is the common thread among these successful women?

Each woman mentioned here learned to put themselves first instead of last, where as most women in the world through traditional thinking and culture have not. They keep up their appearances, make proactive healthcare choices including alternative as well as traditional medicine, and schedule time to rest, meditate, shop, work out, eat healthy, visit with friends, love deeply, support a worthy cause, and so on.

Truly successful people realize that *every* aspect of their lives is a part of the whole package. To be successful in our professional lives and unsuccessful in our personal lives is an illusion. Appearing to be successful in the one area of life and not taking care of the other pieces is just as much an illusion. This is where the *balance of life* comes in. How do we perform that balancing act and where do we start?

In my opinion, **HEALTH** is the pillar or foundation of how and where to start. Physical, mental, emotional and spiritual health must fall into place for all successes to manifest. Health is the core from which all else springs. Without it, everything that we have attained or created can quickly fall apart. In many cases health issues can impede our progress to success in the first place.

Most people don't realize that lack of physical health represents a *dis-harmony* in the mind. In other words, the expression of illness in the body indicates a negative concept operating in the mind at that time. Although this appears to be a burden or a difficulty, in reality it represents an opportunity. What kind of opportunity, you may ask? The opportunity is to overcome the negative concept and therefore reverse its effect in the body. To aid in this process, the body may require a physical treatment; the mind a shift in reasoning; the spirit a shift in consciousness.

Putting Ourselves First

The first action step you can take is to create an **Image of Health** for yourself. We use "Image Wheels" in our office with our patients when changing their image from disease to health. You can make your own image by jotting down ideas or brainstorming with someone to help create the image you are choosing.



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