

# EDUCATING OURSELVES AND OUR BODIES

## HEALTH Talk

**E**ducating ourselves is one of the key foundations for good health. Today, we face a bewildering overload of information from many sources and of differing levels of credibility. Who can we trust to tell us "the truth"? How can we help ourselves most effectively?

### Traditional sources of information

- Formal education resources - schooling, academic studies, books, research articles - necessary to understand fundamentals (like vocabulary), yet often not focused on people issues and out of date too quickly.
- Experts - scientists (Ph.D. and M.D.) - point of view often too narrow, too academic.
- Industry - pharmaceutical point of view often too commercial, marketing hype very aggressive, focused on big-dollar products. Too little integrity and disclosure about how powerful products produce positive outcomes, AND negative side effects at the same time.
- Friends and family - well-intentioned, sometimes not well-informed, often anecdotal value only - also highly subjective reactions.
- Internet - glut of information, some can be very inaccurate, hard to find quality.

Who you gonna call? Unfortunately, there's no equivalent of "Ghostbusters" in health protection. Where are the heroes when we need them?

**Solution - Back to our roots, back to basics.** True education focuses on how we learn, finding and benefiting from multiple sources of knowledge, without depending entirely on "teachings" from educational institutions or "experts". What people teach may nor may not be what you need to learn, especially when it comes to

personal health. You are not a statistic! What works for others, even most people, may or may not work for you. At the same time, you need to know what is available and how these products might help you.

1. Rediscover the sense of common sense.
  2. Rediscover the joy of personal integrity - what feels "right."
  3. Rediscover the wisdom of your body - listen to the message of your skin.
  4. Rediscover the freedom of personal courage - by empowering yourself.
  5. Reach out to serve others, to share, to learn together.
- Our skin communicates with us every minute of the day. How often do we pay attention to ourselves in a positive way, instead of criticizing and finding imperfections? How conscious are we of the incredible job our skin does to protect us from the millions of germs and potentially carcinogenic pollutants in the air, or the incessant bombardment of UV rays from the sun.

### How do we support our skin and listen to its messages?

1. Show appreciation every day.
2. Thorough cleansing as needed.
3. Know what the products really do for you - if anything!
4. More aggressive treatment for damaged or neglected skin.
5. Protection, protection, protection - always and constantly.

### There's hope for us all

Everyone can do these things and can learn to do them better. A lot of money is not required. A little thoughtfulness goes a long way. Trust yourself: you can be your own hero!

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