Your Missing Mind-Body Link To A Healthy Life

Negativity Vs. Positivity

Consider yourself. Do you appear or feel older than you actually are or do you look and feel younger than your years?

Would you describe your life as a stressful and unsatisfying existence or an active, productive and happy journey?

Do you view a glass with water as half empty or half full?

If you consistently chose the first choice for each of the above questions, then it would seem that you may be engaging in too many negative thoughts and it would appear as though you are in for a bit of bad news.

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Being Sad Can Make You Fat

Ridiculous as it may sound, constantly feeling sad or angry can make you fat. It may be difficult to believe but it is very true nonetheless. Your thoughts and emotions do influence the amount of fat maintained in your body and understanding the logic behind this statement could help improve your health. Negative thoughts and emotions activate the production of acid in the body, which in turn contributes to the production of fat, in addition to upsetting the body's pH balance and causing a state of disorganization.

What's even worse is that sadness, anger, anxiety and other negative emotions can also cause you to be literally sick and tired. Truthfully, negative emotions are so powerful as to affect your physical health in significantly harmful ways such as increasing your susceptibility to disease.

Effects of Negative Emotions on Our Physical Health

A study on some Israeli women afflicted with breast cancer revealed that these women were more likely to have had anxious and depressive personalities prior to developing the disease. The same study further showed evidence supporting a correlation between emotions and the risk of developing cancer.

Another study on adults having a history of heart disease revealed that mood and feelings of anger and depression are indicators that can predict the risk of having succeeding heart attacks for people who have already had one heart attack.

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Yet another study among the elderly likewise showed that those who engaged in negative thoughts and attitudes were more likely to suffer from increased frailty, greater exhaustion, and decrease in walking speed and grip strength.

It's actually simple common sense. Studies don't even need to be done about it to convince a person that depression, worry, and stress lead to lack of sleep and rest, which can never ever have positive results for your health.
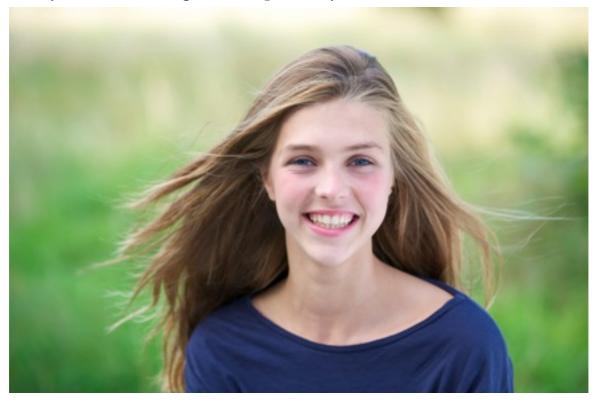
Chronic stress and frequent feelings and experiences of sadness, anger, anxiety, hate, resentment and fear can produce more metabolic acids than a diet of acidic foods. If you make a habit of pessimism, then your body is constantly in an acidic state, making it more prone to diseases such as dementia, diabetes, lupus, osteoporosis, arthritis, cancer, acid reflux, heart attacks, and so much more.

On A Positive Note

Positive emotions and optimistic thinking, on the other hand, lead to a healthy alkaline internal body system and are associated with numerous health benefits.

Extensive research has been conducted on the subject of how positive thinking can enhance our physical and mental health. Several of the proven physical benefits of thinking happy thoughts include increased resistance to colds, reduced risk of dying from cardiovascular illnesses, and even a longer lifespan.

Optimistic people are more inclined to live healthier lifestyles by engaging in more physical activity, observing healthier diets and by not engaging in excessive smoking, alcohol and substance abuse.

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Optimism can influence the body's chemical and neural responses which are responsible for preserving general health. Positive emotions trigger the release of endorphins by our brain, acting as natural painkillers in times of disease. At the same time, they reduce the body's production of stress hormones, helping protect the body from disease. Acidity levels are reduced while alkaline levels of the body are enhanced, leading to a generally healthier immune system and a longer life expectancy.

In addition, optimists manifest better and faster recovery from medical procedures including major surgery. Some quarters even believe that the power of positive thinking can sometimes allow us to overcome even the most serious of diseases, such as cancer.

Positive thinkers generally enjoy reduced incidence of depression, enhanced psychological well-being and more efficient coping skills in the face of adversity and stress. They provide themselves with more options to solve problems and avail themselves of more mental, physical, emotional and social resources.

It would be highly advantageous, then, if everyone endeavored to think only positive thoughts. Unfortunately, positive thinking does not come naturally or easily to many people. While this is true, it is also possible to train yourself in the art and science of positive thinking, regardless of your inborn temperament and disposition.

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How To Be Happy, Stress-Free and Healthy

If you tend to be anxious and pessimistic, don't lose hope (pun intended) because positive thinking can be learned.

- Use positive self-talk. Train yourself to think and talk to yourself in a pro-active and optimistic way as you go through your daily activities. Make a habit out of using statements similar to the following – "I can do this," "It could be worse" "It's not as bad as it looks," and "I am happy."

- Always find reasons to be happy and hopeful. Find cause for celebration in life's daily routines. Whatever circumstance you find yourself in, train yourself to always try and fill in this statement: "One good thing about this is _____."

- Focus on thoughts that make you feel good. Think happy thoughts and recall pleasant memories. Cultivate positive emotions such as hope, love, forgiveness, peace and reconciliation which increase the body's alkaline levels.

- Learn Transcendental Meditation (TM) and practice this every day. TM is quite effective at reducing stress, increasing the body's alkalinity and allowing the person to experience such deep levels of relaxation, rest and sleep.

- Take up a hobby to take your mind off stress. Keep yourself busy so you don't spend your time delving into unpleasant experiences and negative thoughts.

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- Take relaxing warm baths at least once a week. You may add sea salts, Epsom salts and essential oils while listening to a background of calming and soothing music.

- Find a preferred form of exercise and regularly engage in it. It could be anything from yoga to dance aerobics. Exercise is a very effective stress reliever.

- Alkalize your diet. Eat more green vegetables, sprouts, fresh fruits, and seeds which help detoxify the body, optimize cellular metabolism, and slow down aging. Have your fill of tomatoes, herbs, avocadoes and water. Avoid consuming too much food that enhances acidity such as sugar, processed food, canned food, coffee, and alcohol. The ideal is to strike a 80/20 ratio of alkaline foods to acidic foods in order to regulate the body's pH balance and maintain it within the ideal range of 7.0 – 7.4.

- Take digestive enzymes in between meals to help optimize digestion and the absorption of nutrients, eliminate undigested proteins and improve the body's immune system.

Finally, don't rush the process. Your progress may be slow, but you'll get there! You know you will, right? It takes practice and persistence as it's not that easy to change a lifetime of habits, beliefs and attitudes. So keep at it and in time, you will be the owner of a happy and healthy, alkaline body and mind!

Master Your Emotions With This...

"Maintaining a positive outlook is one of the keys to great health. What we have shared with you are some simple tips to by happy and stress-free. But there's also this simple stretches and exercises that could help you to master your emotions and maintain a healthy body.

Discover The Amazing 1 Minute Stretch...

Warmest Regards,

Emma Deangela

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