

# Does Your Body Listen to You? Mine Didn't; Here's How I Changed the Discussion

Sound familiar? Every time I start to work on my health, there's this little voice in my head "What do you think you're doing?", and something happens to shut me down.

Skeptical??? I have proof!

Like the time I went to the gym when the job was closed. I was so proud of myself, getting that extra session in. Doing squats and curls on the Bosu Ball. Until I lost my balance, stepped off to catch myself, and fractured my ankle and leg bones. I yelled at God; in my head of course; "You didn't have to go to this extreme to make me sit down and be still!"



That's only one story, there's a lot more. Seems like some ailment pops up whenever I make progress. What's a girl to do?

Wellness is more than just physical. Having the right mindset is key to a successful outcome. Know anyone who kept their weight under control without changing their lifestyle? I sure don't. The mind is a muscle too, you have to work it!

So how did I get my body to listen to me?

I discovered that focusing on positive adjustments in all areas of my life, and controlling negative thoughts and emotions, moved me towards total wellness.

I kept pushing my body to be healthier. I changed to a gentler, more efficient exercise routine. I pay more attention to nutrition and food preparation.

I also prepare tonics for systemic balance and muscle protection. Supplements help promote joint health and strength. Yoga, chiropractic care and acupuncture are now a part my life.

Changing the discussion to total mind, body and spirit wellness made all the difference. Now, when that little voice starts up, I listen politely before making a decision. We may not always agree but I've learned to pick my battles. At the end of the day, my body may complain, but I'm still the boss!

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