

## **5 Steps to Creating Total Self-Health**

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Feeling out of control, out of step, and out of line with today's rapidly-changing world is wreaking havoc on our collective and individual health. Obesity, diabetes, and depression are reaching epidemic proportions across many populations and demographics. Half of all marriages in America end in divorce. It's common to experience several job changes, and indeed total career changes. Feeling in control and able to make healthy, educated decisions about our health, our careers, and how we communicate with each other contributes to our feelings of self-worth, self-esteem, and self-empowerment. Being Self-Empowered--powered by and through choices you make your *SELF*--is liberating, energizing, and contributes to having more energy and living a longer, healthier life.

### **Part 1      *Taking a Look***

How do you get started when you know you want to change something, but you don't know where to start? Use a formula that's easy to follow, customizable, and proven to work over time.

Using Ayurveda (EYE-yoor-VAY-dah), the ancient science of self-healing, is an incredibly self-empowering way to rebalance life and health. Its comprehensive and holistic system looks at every area of life for where unhealthy choices are currently being made, resulting in imbalances, discomfort, or "dis-*ease*." With the help of an Ayurvedic Consultant, you will identify these unhealthy choices and, through looking at various parts of your life, begin crafting a roadmap back to your true, healthy nature.

Ayurveda works at the source of the imbalance, not only the site of manifestation. It took time for your symptoms or "dis-*ease*" to appear. The more "out of balance" your total health, the longer it will take to regain total self-health: health of mind, body, and spirit. In addition, because you will be introducing different choices, it will take concerted effort and dedication to your self-healing process to begin, sustain, and maintain your course of action. Be patient and supportive of your mind, body, and spirit as all of *You* strives to come back into health and in harmony with your true nature.

## ***The Five Steps***

1. Determine your true nature (the “before” picture).
2. Determine what’s happening right now (the “after” picture).
3. Determine the imbalance, or “gap” (what’s different, elevated, deficient).
4. Recognize what’s causing the imbalance (what behaviors, environmental factors contribute).
5. Choose and apply various means of rebalancing. Repeat as necessary.

Steps 1-3 can be done with the help of a simple Ayurvedic Mind-Body Type Questionnaire. Steps 4 and 5 are best completed with the assistance of an Ayurvedic Lifestyle Consultant. Together, you will look at various areas of your life for ways to easily and creatively modify the habits which brought you to imbalance. The possibilities are endless. Talk with your Ayurvedic Lifestyle Consultant for ideas to modify your food, diet, environment, physical activities, communication styles, breathing, stress management techniques, massage, and colors in a way that will enhance and bolster your innate healing processes.

### ***Part 2 Taking Responsibility***

We can take responsibility for that which we can control. Taking responsibility for your actions and thoughts creates power and choice. Use the following list to help you identify what you’re doing now, and what you can do differently that will be in alignment with the healthy you that you want to become!

Start with the exercise below and contact Sally Galloway for the next steps of identifying areas where you can make some powerful adjustments that will create a better state of balance and health for you.

Answer the following questions to the best of your ability. Assume you’re having a good day and you’re in good health, what’s normal and natural for you?

Time of day

- What time do you go to bed? \_\_\_\_\_
- What time do you eat your largest meal? \_\_\_\_\_
- What time do you generally get exercise? \_\_\_\_\_

☞ Speed	Fast	Moderate	Take your time
Think	_____	_____	_____
Walk	_____	_____	_____
Talk	_____	_____	_____
Fall asleep	_____	_____	_____
Solve problems	_____	_____	_____

☞ Temperature	Cold and dry	Warm and wet	Cool and wet
Usually feel	_____	_____	_____
	Warm and moist	Cool and dry	Warm and dry
You'd prefer	_____	_____	_____

☞ Environment	Calming	Stimulating	Energizing
Music	_____	_____	_____
Noises/Sound	_____	_____	_____
Colors	_____	_____	_____

**Part 3 Taking Action!**

Understand that these questions are meant to make you think! Not to provide all the answers. Because each of us is bio-individual, what works for one may not work for another. Your specific plan will require self-experimentation, observation and guidance.

Healing oneself through education and self-application is empowering! It boosts the immune system, self-esteem, and personal power. Making small but effective changes will create the success and motivation you need to continue. The more dedicated you are to your own self-healing, the greater empowerment you will attain. The more self-empowered you feel, the greater results and the more options will be available to you for creating lasting change and lifelong energy and health.

To get started on the self-empowering path to self-health, talk to an Ayurvedic Lifestyle Consultant or Wellness Coach. She will help steer you onto a fulfilling and exciting path to health that will be designed around your existing lifestyle. Bon voyage!

Sally Galloway  
Center for Health and Harmony  
[www.CenterForHealthAndHarmony.com](http://www.CenterForHealthAndHarmony.com)  
(703) 912-2901

The Center for Health and Harmony offers nutrition counseling, massage therapy, wellness seminars, training in stress management through coaching and counseling programs and teleclasses for people who are concerned about sugar, diabetes (Type 2), heart disease, insulin resistance and metabolic syndrome. Sally Galloway is a Holistic Health Counselor certified through the American Association of Drugless Practitioners. Other credentials and background include CPCC, NCMT, HFI, Ayurvedic Lifestyle Consultant, and Reiki Master.