

Imprisoned sickness to empowered health

By Dr David Pierotti

What one thing, if you started doing it TODAY, would have the most profound effect on your health, well-being, vitality, energy and overall wellness?



This is not one of those articles to read, think ‘oh yeah that’s nice’ and then forget about. I want you to actually ask the question of yourself.

*Talking about the theory behind great health is fine. But actually putting the knowledge into **action**; that’s where true change occurs.*

Also, this isn’t easy. Let’s be honest, when is change ever easy. BUT, it IS definitely worth your time. Are you ready?

So let’s begin with the premise that asking quality questions will dramatically influence the quality of your health.

When you ask: ‘why does my back hurt, why am I uncomfortable, why is it so bad’ you aren’t empowering your consciousness to find the solution.

Instead, decide to switch it around, **reframe** the question to sound something like ‘how can I achieve maximum comfort, how can I begin to take control of my body, where, when, why, what, which and how can I **create the most vital, energetic and exuberant version of myself?**’, would you not agree that there is more power in that?

One Question for Today

So to get you started in the right direction, I’m suggesting you start with this question:

“What one thing, if I started it today, would have the most profound effect on my health, well-being, vitality, energy and overall wellness?”

This is a discussion on the power of habit. Daily actions repeated over time become your destiny. If you don’t believe me, simply look at your life as it is now; it is the cumulated result of every choice you have made up to this point.

This is the part where people begin to **blame** and **victimize**, placing the responsibility outside themselves. E.g:

‘My family made me do it, my genes are bad, my mother was always overweight, my boss is a jerk, my knees are the same as my brother’s, I can’t exercise because I have to work 12 hours a day, etc etc etc’

Where is the power in that?

There may be SOME truth in what you believe about why you’ve reached the health-status you currently own, **but realise that it is not the whole story.**

Think about a time when you decided to buck the social trend, the status quo or any past conditioning. You most certainly would have experienced a greater

sense of satisfaction, joy and fulfillment. Even if it leads to a failure, you have learned a valuable lesson so how can it not be thought of as good thing!

The message here: forget your past, forget your genes, forget your preconceived ideas and 'shoulds'.

Only YOU can decide where your health will go from this moment onwards.

...I told you this is a challenging premise to accept.

Start with your worst

O.K, enough theory, here's the fun part. Not sure what one thing to begin with today?

How about thinking about the very worst action you perform often, and reframe it into a life-affirming one instead.

For example, do you drink soda or energy drinks? You don't need me to tell you these aren't health foods. Switch them over to water. Make a challenge of it and see how much water your body needs to become purified. Drink one, two, three litres today and see if you don't feel better already.

Involve your loved-ones

Chose three people in your close circle and get them involved in your new habit. Ask them if they want to join in, or ask them to create their own new habit and keep each other accountable. Remember to start small and build on it over time. This is supposed to be fun!

Turbocharge your results

As always, *helping someone else* achieve the wellness that they desire is a sure way to ensure you'll realise that same wellness for yourself. Ask, *'how can I boost someone's sense of well-being today?'*

Suggestions to get started today

- Drink 2 litres of water
- Do just 5 pushups!
- Go for a spirited 10 minute walk
- Spend 3 minutes in the sunshine
- Sit in silence for 60 seconds
- Research a new gym or sports club to join
- Google map search a place to run, walk, ride or take a picnic

- Visit an inspiring business that sells products, services or ideas to empower wellness.
- Take a walk to the shops instead of driving
- Buy an apple instead of a muffin
- Get adjusted, get a massage, join a Yoga class

Bounce back

Yes, you will experience physical discomfort, pain, and disability occasionally throughout your journey. The mark of a master is whether you are able to remain resilient in these situations or if you let them own you.

Wisdom is the instantaneous recognition of a crisis as a blessing. In this case, it's the knowledge that when illness occurs, you have the ability to shift the experience.

Instead of wallowing in the problem, you get busy on finding the lesson. If there is no lesson evident to you at that moment, then recognise that the pain you're feeling is just a mistake. It's a **mis-take**. Now you can start fresh and do the scene over again!

In a practical sense, it's about seeing the solution instead of the problem. Isn't this obvious?!

So are you unwell? Develop a solution mindset and go about looking for the answer to create your best health.

How can I live the most fulfilling life imaginable in optimal health?

My suggestion to you today is to ask the right questions. Return to the question on page 1 and contemplate your best answer. Today.

Dr David Pierotti

I also run an online community designed to inspire and empower individuals to become the change they want to see in their own lives. Please head over there and check out my daily messages of love and wisdom.

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