

MENDING THE MIND, BODY, MOUTH CONNECTION

SHOSHANNA KATZMAN, M.S., C.A.



Creating a better relationship to food comes from a place within, not outside of your self. Eating issues are an external symptom that stem from a deeper underlying cause. It is essential to learn how to deal with them from a deep, profound level to ensure improved nourishment to your body.

Unhealthy eating patterns can be changed and healed over time by discovering what is “*eating at you*” on a fundamental, deep, no-nonsense level. These issues can be best eliminated through uncovering and releasing them, rather than the usual cover-up tactics of useless dieting. Periodic starving or following strict, regimented diet is a temporary fix that can have deleterious effects on the body.

According to ancient Chinese medicine principles, disease and illness come from the body’s vital energy (*Qi*) being out of balance. When *Qi* is strong, it flows better and results in a positive state of health. When *Qi* is weak, it creates stagnancy within the organs and, in turn, results in disharmony, illness and disease.

The Chinese have developed ancient *Qi* cultivation techniques as a way of creating and maintaining balance within the body. These include the simple practices of Qigong (pronounced chee-GUNG), Tai Chi, acupuncture, acupressure and Chinese massage. They are “*tried and true*” methods for healing of the body, mind and spirit, ones people all over the world are embracing simply because they work. Some of these techniques you can do for yourself and others need to be providing to you. They are basically done to open and restore the flow of *Qi* throughout meridian (*energy*) pathways that run throughout the body. Qigong and Tai Chi accomplish this through exercise, Acupuncture through needle insertion into acupoints, Acupressure through finger pressure onto acupoints, and Chinese massage through a vigorous effleurage type of massage.

Qi cultivation techniques connect the practitioner with themselves in such a profound way to balance and connect the particular aspect that needs healing. This is based on the basic premise that the body heals itself naturally. This happens on its own, without the need for one to understand how or why. Everything just falls into place as one learns to take charge of and direct their healing.

These same ancient Chinese healing principles and resulting *Qi* cultivation techniques can also be applied to problems with food that lead to poor nutrition and weight issues. Extra weight held onto the body is an example of stuck *Qi*, but when *Qi* is flowing freely and effervescently weight issues and emotional attachment to food is resolved. When organs are operating harmoniously and *Qi* is abundant it results in healthier food choices in the right amount and at the appropriate time. Additionally, when the *Qi* of the internal organs is strong, the body works efficiently to

naturally shed body unnecessary, extra water, toxins and thus pounds. This is especially true when it comes to balancing energy of the Spleen meridian that according to Chinese medicine is responsible for the transportation and transformation of food within the body.

The human body works efficiently and maintains balance on its own. A re-established and renewed flow of Qi gives your organ systems the fuel they need to carry out daily life activities with optimal efficiency creating the experience of a new and improved bodily felt sense of power and connection. In this state, you look at life differently, manifest what you want, awaken each day feeling vibrant, move through each day effortlessly, speak your mind gently and honestly, and reveal your real self without regrets, and effortlessly make the right choices around food.

Our bodies are absolutely meant to be in a perfect state of health. This happens through listening and honoring the true needs and desires of one's inner voice to create, establish and maintain positive patterns of eating. This brings back memories of treating yourself with love and respect combined with the joy of nourishing and being good to oneself through food.

Each person has his or her own, unique mind, body and mouth issues. No one can heal another person, as true healing is primarily derived within each person. Mending and re-establishing the mind, body, mouth connection through ancient Chinese Qi cultivation methods awakens and recalls the body's inborn healing ability through opening and creating a free flow of Qi (*vital energy*) within the entire being. This experience creates a balanced state of dealing with food - re-establishing a primary relationship with food that has existed since birth. Through this experience, one returns to more simple natural cravings, eating to nourish the entire being, choosing the right foods and eating food in a regular pattern and proper amount to satiate the body, mind, and spirit.

*Shoshanna Katzman is author of *Qigong for Staying Young: A Simple 20 Minute Workout to Cultivate Your Vital Energy*, Avery/Penguin Group USA, October, 2003 along with a companion DVD and video produced by Swing Pictures, LLC. She has been a Tai Chi and Qigong practitioner since 1974 and Director of the Red Bank Acupuncture and Wellness Center (healing4u.com) since 1988. Shoshanna was the first woman President of the National Qigong Association (nqa.org) and currently serves as an Editorial Adviser for Body & Soul Magazine. She is President of the New Jersey Acupuncture Examining Board, producer of annual women wellness conferences (caringwomen.com) and co-author of *Feeling Light: The Holistic Solution to Permanent Weight Loss and Wellness* Avon Books, 1997.*

