

Transcript Episode 013

0:02

In the beginning of this podcast I shared several areas that I believe are important to focus on in life in order to have the best life possible. I mean, that is why I'm here and why I do what I do. I know that people have hurts and pain in life, but I believe it is possible to remove that sting of life and experience true joy. Your physical health is everything from Healthy Hair, Skin nails to getting adequate sleep, nutrition, hygiene, exercise, water consumption, and even proper breathing. I think too often we think of physical health as just how we look. But that is only a tiny aspect of our physical health. And I have a question. Do you take proper care of your physical health? And do you suffer from physical pain? When I talk about physical health? I'm referring to you feeling the best that you can. On any given day. To be high on life in the realm of physical health. It means you are doing your best each day to take care of your body and live life to the fullest. And this isn't in spite of disease, illness or disability. It is all encompassing. Regardless of where you are in life right now ask yourself if you are living optimally to your fullest potential, even if it's hard to admit, if you're being honest with yourself, you likely aren't living up to your full potential. And like I said, taking care of your physical health that is far from just being about what you look like. Physical health impacts so many other areas of your life. And I've talked about this on other podcast episodes before. Clearly I think it's important by getting proper exercise and nutrition you can help relieve stress and overwhelm that exists in your life, as well as tension anxiety, depression and even anger. I for one, I have many health ailments ailments. I live in pain. So I understand how debilitating and frustrating pain is. I've also learned to change my life to have better habits which helped me enjoy life even more. And that's what I want for you at last count. I think I have like, I don't know 26 diagnosed conditions. I'd say the most painful is likely the degenerative disc disease in my spine, as well as bone spurs that I have in my neck. And I'm not sharing this for sympathy but just so you know that I understand pain, and I understand having pain on a daily basis. I was also recently diagnosed with bursitis in the hip. It took months for me to get any sort of relief. And I will say I do very little drug therapy for any of my pain. For one I am very sensitive to pain meds. Plus I know I would need to take them daily. And I've seen the outcome of addiction to pain medicine and it isn't pretty. I'm not judging anyone who uses pain medication, but it is a very slippery slope. So please be careful. As I always say I'm not a doctor, I only pretend to be one in preschool classrooms on occasion. He should always consult with your own physician before beginning or ending any medications or health protocols. I am simply here to share my experiences and possibly help you in the process. I have found that there are many natural ways to deal with pain. I think it's sad in a way that I have gotten so used to being in pain, but at the same time I see that as a way to control the pain because I don't take meds often.

5:01

I know when I really need more than what I'm doing at the present time. And I will say I have to be in pretty bad pain to even take Tylenol. Again, I'm not judging anyone, nor am I bragging. I'm sharing how I have learned to deal with severe pain which I've had since I'd say about seventh grade probably middle school. So yeah. As a Christian, my first and foremost go to for pain is prayer. Putting my faith in Jesus for healing is very important to me. I mean if you know me, you

know that that is Jesus is my go to. I do use prescription medications for some things and I'm in no way opposed to science or medicine. I believe with all my heart that there's room for faith and science in this world. I will say I feel closer to God. The more clear my head and my mind are like I just that's when I feel close to God. Praying helps. And having a clear head while praying. That really that's what allows me to hear from the Holy Spirit and to know that I'm being guided in the best way possible. I will say one area that I've struggled with for years is proper sleep. Sleep is very important to your physical health. I always considered myself a night owl. But as I've gotten older I've realized a large part of my sleep problems had more to do with my habits than anything else. What I discovered was I was choosing to stay up late I was reading I was watching TV and in more recent years using technology. Anyone relate to this? I admit this was a tough one for me. Something that did help me was putting my phone and other devices on the charger at night and I'm here to say I use these things way too much still, especially at night. But at least now I know. It was my habits more than anything that was keeping me and I do have some issues with insomnia. When there's a full moon I'm telling you would have so hard for me to get a good night's sleep but that's that's probably for another day. Last year, I had a headache. I had a headache for almost three months. It was pretty much a nonstop headache for those three months. And it was during the pandemic so I did have plenty of time to rest. I was prescribed several medications to help with the debilitating headaches but I just I couldn't take them. And then someone had suggested CBD and hemp products that could possibly help with the headaches along with I was having some other health issues at this time too. But it was really the headaches that were just holding me back keeping me down, keeping me from being productive. I had use hemp lotion in the past and it actually caused me to have a allergic like reaction I had this rash from using hemp lotion so you can probably understand why I was a little hesitant to try anything with the hemp ingredient but even though I was reluctant I went ahead and I tried the CBD oil. I was indeed allergic. My head and body is all over. However, my headaches subsided. I really couldn't believe it. I continue to use the oil even though it made me itch. I figured I was trading some pain for an annoyance so I was willing to do that. Plus I was actually sleeping better at night and I really couldn't believe that either. But the biggest thing for me was no more migraines. And I'm not here promoting him for CBD. And what I'm saying is there are often better ways to deal with the what we're doing at the time. I for one would much rather put more natural products in my body than chemicals. That's just me that's how I am. I also use a lot of essential oils to help me breathe better to help me stay more calm. Even to clean my house. I mean on and on. I can find uses for so many essential oils.

9:52

I also take prescription medication for anxiety and depression. And there is nothing wrong with this please hear me on this. If you or anyone you know has symptoms of mental illness, please seek medical attention. There is nothing to be ashamed of mental illness. Mental health issues is something that's something millions and millions of people unfortunately deal with there's nothing wrong with seeking help. You know we are each different. And each of our bodies need different things. Like I said, I believe praying, meditating, even chanting and doing calm breathing exercises those things can do wonders. If you just give them the brain body connection is so significant. Getting in the right headspace is truly one of the most important things that you can do. To have better physical and just overall health. There are so many habits

and things that we can change and do differently to improve our lifestyle. And I think it's important to embrace the fact that your physical health is important. Don't take it for granted and don't put off taking care of you. I know I've said this before ladies, but we always seem to put other people ahead of ourselves and our self care. But in reality, if we're not taking care of ourselves because we possibly can, then that means at some point we're not going to be at our best for others when they really need us. The point all of this is to take care of yourself in the most healthy way possible. Please avoid using addictive substances when at all possible and certainly do so only under a doctor's supervision. My ways may not be your way and that is perfectly Oh, okay. Like I said our bodies are different. We all deal with things in different ways. Medications affect our bodies differently. We have allergies, sensitivities, so I get it. I'm not here to be your doctor and tell you what specifically to use and to do. But what I am telling you to do is to be aware of where you're at right now. With your physical health and physical self care. And ask yourself doing what is best for me so that I can be my best for others. Do you have physical pain? Are you addicted to substances to deal with? Those are the things that we need to look at and think about and assess. I've created this be high on my movement, to be just that a movement for us to be happy to live to remove that stigma of life so we can be happy every single day. That doesn't mean life will be perfect. It doesn't mean life will be easy, but it means that regardless of your circumstances you can choose joy. If your physical health is something that you struggle with, then I would love for you to join a challenge that is actually starting today. November 1, we're going to talk about sleeping habits your water intake goal setting exercise and nutrition, proper breathing rainhill So many things that we publish your physical health. By joining you'll get daily challenges, videos, inspiration and support. I will have some links in the show notes. So you can join us if you would like. But what are you doing the challenge and I'm going to challenge you to to really assess your physical health and your self care ask yourself

14:41

can I do the best to take care of me? And like I said, that's your hair, your skin, your fingernails, your nutrition, exercise, water intake, sleep, hygiene, there's so many things in Congress physical health. I think we forget that. So my challenge for you today is for one join the challenge if you're not just ask yourself, Where am I? On my physical health journey and I work this is Kelly Renee Baker, the queen bee. Thank you for joining us today to discuss your physical health and self care. That's it for this week. I look forward to next time.

Transcribed by <https://otter.ai>