

Our Bodies, Our Planet

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The recent controversy in Big Bear surrounding the cloud seeding issue has prompted me to take a look at the bigger picture. I have long been interested in health and wellness, and even more so in recent years as I have noted that an ever increasing number of my psychotherapy clients also have serious medical conditions. It appears to me that we humans are slowly poisoning ourselves, and our environment.

Our Creator gave us a beautiful planet on which to live, along with everything we need to feed, clothe and house ourselves. Not satisfied with the brightly colored and delicious fruits, vegetables, grains, nuts, beans, etc. we were given, modern man has devised indigestible processed foods. These foods come in a lot of wrapping with which we pollute the land. We have become addicted to “sugar fried salt” causing our bodies’ natural detoxifying systems to become overloaded. In addition to our dietary indiscretions, we have polluted the water we drink and the air we breathe. Many of us take a variety of pharmaceuticals to reduce the symptoms of the imbalances in our bodies that these pollutants have created. The pharmaceuticals rarely correct the unhealthy conditions, and often cause further imbalances.

Just as the foods have been given to us, God gave us medicines. These are naturally occurring plants, roots, and herbs that our less sophisticated indigenous cultures know how to use to heal our ills. Pharmaceuticals are modern man’s high tech way of isolating the active ingredient in the natural remedy, concentrating and synthesizing it to create very expensive, small pills with powerful effects.

Our teeth develop cavities and we have filled them with silver amalgams, which include mercury, the second most toxic element on the planet. The fish we eat have been found to contain alarming amounts of mercury from the waters in which they live. Other commonly encountered “heavy metals” are arsenic, lead cadmium, iron, silver and aluminum. Heavy metals become toxic when they are not metabolized by the body and accumulate in the soft tissues. Symptoms of chronic heavy metal toxicity are similar to many of the diseases so prevalent in today’s population.

The result of our way of life is dis-ease. Our bodies are reaping what we have sown in them and in the environment. We eat food that we poison with chemical pesticides, and fill with hormones and antibiotics. Not to belabor the point, but we humans are at

the top of the food chain. The effects are cumulative over time so that many of us have come to accept that diabetes, arthritis, heart conditions, and high blood pressure come naturally with age. Many of us wonder why we know so many people who have become seriously ill with a variety of cancers, autoimmune diseases, degenerative diseases and chronic pain.

Just as our bodies become sick when we can no longer keep up with the demand to excrete toxins, so does our planet. Some believe that Mother Earth is a living, breathing being. Even if we don't believe that, wouldn't it be nice to treat her as if she were? Would you like someone drilling, mining or bombing on your body? Can you imagine that Mother Earth might take measures to restore balance to her body when she is so mistreated? Shall we really believe that the phenomenal rise in natural disasters is "normal"? Perhaps it is as normal as all the illnesses we have created in our human bodies. My point is that man has played a very large role in creating global warming, and "natural" disasters. Just take a look at the September issue of National Geographic.

Many believe that we are in the "end times" based on biblical prophecy. Consider that a prophecy is a warning, a statement that if we keep doing what we are doing, this is where we are going. It is an opportunity to change what we do and impact the course of events. Obviously it's not all in our hands, but we can work to fix the damage we have created, and stop inflicting more.

It is time for us to wake up and take responsibility for what we are creating. I would like to suggest that for ideas on how to heal Mother Earth, we consult those who know how to walk more softly on her, those native peoples who still remember and honor how she works.

In closing, I must confess that I eat fast food, take medication when prescribed, and do not recycle all that I could. I am experiencing an expanding process of understanding, and making changes as I become aware of the effects of my choices. I hope that this article has inspired the reader to be open to a bigger picture.