



# How Deep is Your Love?

## Can You Hear Me?

By Larisa Sharipova

**Our bodies talk to us all the time and their messages are too important for us to ignore.** Any pain, discomfort in the body, or mood swing is an indication of imbalance and important sign and symptom as the ways our body communicates with us. Paying attention to your body's needs is a very important step in the healing process that I teach my clients. But, sometimes, you need to de-clutter your mind and clean your body in order to start hearing your body talk.

First, in order to allow our body to express itself, we need to eliminate stressors that affect the body's sensory system. Thousands of new chemicals are being produced every year and most of them end up in our bodies in one way or another. We get exposed to chemicals where we shop, where we sleep, and in the food we eat. It doesn't matter how old we are, what we do for a living, or even where we live. The reality is that we live on a planet that is polluted. There are millions of toxins that affect our body and mind that we can't control such as environmental toxins from car exhausts or power plants. There are tons of other hazardous chemicals in food, water, cosmetic, personal care and household products that we can avoid.

Pesticides in food, chemicals in tap water, or antibacterial cleaning product and personal care items are all sources of endocrine disruptors that create hormonal mess in the body and lead to many diseases, including cancers such as breast, endometrial, and thyroid cancer.

We can easily eliminate endocrine disruptors by eating whole (organic as much as possible) food or by choosing natural house cleaning methods with baking soda and vinegar. Always look on the ingredient list when buying any food, household or personal-care product. Even the most expensive product is not always the best. Avoid antibacterial products, such as soap, hand sanitizer and use the old-fashioned method of hand washing with regular soap and water. It's the best way to avoid germs as well as chemical exposure.

One more stressor I would like to talk about is a digital toxicity. According to latest statistics, an average American spends eleven hours a day on digital media and checks social media accounts seventeen times a day. Despite of all this social interactions, seventy-two percent of people still feel lonely and isolated. In addition, by occupying our mind with social connections we deprive our soul from nourishing. Are you able to contemplate and listen to your own mind, heart and gut if you too busy posting, tweeting and socializing digitally? Stop! It is time to de-clutter your body and mind and start listening.

And please remember that your body loves you unconditionally and does its best to allow you to live the life you have come here to live. The real issue in this relationship is not whether your body loves you, but whether you love your body.

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*I can honestly say that I understand women very well. If you understand yourself, you understand women, because, in the end, all women are the same. ~ Diane von Furstenberg. Fashion Designer. Born 1946*