

Lesson 3. Where do we go now? Now this is a fair question when we consider how much we've learned about the foundational properties of healing because certainly this is not the end but only the beginning of a whole new world of discovery. I mean I'm excited. The possibilities for healing are many. The possibilities for learning are many. Now, how do we eliminate the possibilities and at the same time create those conditions for change? Now, we can understand symptoms as clues, although we're not trying to treat symptoms. Technically, we're just saying, okay, these symptoms exist. They can be headaches, heart palpitations, joint pain, cold intolerance, gas, bloating. Each one of these is attached to dysfunction or imbalance somewhere in the body.

If all dysfunction begins at the cell, and we know this to be true, then knowing that hydration and digestion are compromised incapacitates our ability to work any higher on the foundations of health chart. What can we first see in a blood chemistry report? Well, we can see many patterns. But of the basics, we can see hydration status, stomach acid status, nutrient status. We can determine if these are working or not.

Getting hydrated and using nutrients helps get the client a step closer to their conditions for optimal health. We must explore many different areas of our clients health and symptoms. There are things that we know must be in place before the body can heal. We can look at the connections, we can look at the whys, and we can continue to guess about future connections. What we know for certain though that needs to happen is that the cells must be functioning at fairly optimal levels for healing to take place. And I think the the biggest takeaway here is that the client must be living in such a way that changes are able to and allowed to occur. So despite any symptom, we know that hydration, digestion, and nutrient supply is the next step before anything bigger can resolve.

And that's all I really want you to understand. You cannot insert yourself into the middle of a very high level condition or disease or diagnosis and expect healing to happen if these other things are not in place. That's it. It's that simple. If someone is chronically dehydrated or chronically nutrient depleted, they will not heal. But here's the thing, and this is the important part. These are areas over which the client has control. These are not unknowns. We just said we can see them on a test.

We can see if they exist. The client can control that. The client cannot always control how they sleep or how they poop. But they do have control over what they eat and how hydrated they are. So we have a very easy way of seeing the center blood chemistry test and in some conditions, dehydration and poor nutrients, they just come with the territory. The client must be living in such a way that changes are able to occur.

Now we are at the end of lesson 3, module 8, and I want to thank you for going through this process and being a part of the process and applying yourselves through each one of the lessons and the exercises. The question is, so where do we go now? We continue building up and growing our knowledge using the principles of functional medicine taught here in the mentorship. And the journey continues.