

Shujin's Corner

These are a few observations I have recorded over the years I have spent in the Orient and involved with Alternative Therapies.

- We are all individuals. As individuals, we have different body chemistries and therefore react differently to environmental factors. This includes medicines, food, stimuli, and everything around us. This is the reason nothing can be 100% guaranteed to work for 100% of the people. Even the air we breathe can contain pollutants that affect some but not all of us. Why aspirin (the proclaimed miracle drug) can have a disastrous effect on some of us.
- Our immune system is a wondrous mechanism for fighting disease and ailments. Whether it be the defense of putting the body in shock after an injury to limit the effects of the event or the race of antibodies to fight an invading organism, the auto-immune system has to function properly to be effective. The circulatory and lymph systems help achieve this functionality. So any stimulus to these systems help the body fight off illness and heal injuries. You can help stimulate them with exercise, diet, and some other ways you may not have thought of. One of which is a daily task we perform without much thought to our immune system. Oriental medicine has long believed the flow of energy (Ki) through our bodies to be the one most influential force within us. Yet this Ki is not impervious to the disruptions and erosion of our environment. When poor circulation interferes with the body's daily functions including the immune system, we tend to treat the symptoms (pain, congestion, etc.) and not the cause. This brings up a very important fact: Pain is the body's way of communicating to us that something is wrong and needs our attention. The body is not telling us to treat the symptoms (pop two pills to stop the pain and forget about it); but rather to treat the cause. When you experience pain remember it is but a warning sign; your body's way of saying: "Now that I have your attention....".
- As I mentioned earlier, the circulatory system plays a major role in many of the body and mind's functions. When poor circulation prevents the immune system from operating properly, many ill-effects can be experienced. Of course, the best stimulant here is exercise but there is another stimulant that we take for granted even though we do it everyday (just not with the right tool). In our product review section of this site, we review the Tawase (Japanese wash cloth). It is a mesh of Nylon and Polyester which acts as a natural defoliant and removes a lot more dead

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skin than we care to admit. It also provides a stimulant to the circulatory system in a way that exercise cannot (and exercise provides a stimulus that the Tawase does not). You may want to try one. You will feel the difference in ways you never thought it would. The brand we have tested is [Salux brand](#). Used during your normal showering/bathing, it can have a profound effect on your health. A simple yet unknown remedy.

- Another important thought: **Never, never, assume a product is without side effects or danger just because it is “all natural”; even if it is so claimed.** For example: Lily of the Valley are valued for their fragrance and garden traits are also poisonous. So if a commercial states that a product is completely safe because it is all natural; don't believe it for a second. Check our Health Warnings on this site for all the “All Natural Products” that have been discovered to be detrimental to your health and sometimes life.
- And there is “diet”. There are foods that make you sick and there are foods that make you well. I grew up in the Orient; on an orient diet. I had relatively no health issues other than physical injuries. Since I returned to the West in 1981, I have had numerous health issues which I contribute to change in diet as well as change in environment. Check out our section on diet for some interesting studies.
- An often neglected philosophy in the West is the Holistic Approach to Healthcare. I am not talking about Alternative versus Conventional Medicine here. I am talking about using a holistic (whole) approach to all medicine. Holistic being defined as: “taking into account all of somebody's physical, mental, and social conditions in the treatment of illness” (quoted from the Encarta Online Dictionary). The failure to follow this approach during my bout with Cancer almost cost me dearly.