

Intruder Alert: How We Process Information

By Burt Tschache

In order to tie this directly into my last column, I want to repeat those wonderful words of wisdom from my drama teacher, John Weldon, a true Missourian, "Burt, you can't be afraid to make a fool of yourself." But I repeat myself . . .

If people are afraid of what others think about them, about information that they discover or incorporate into their lives, their truths, then nothing of any importance would ever occur. If people are afraid to question the veracity of information then they are at risk for believing just about anything, at all. The Good Creator gave us all good brains for something other than keeping our ears from flapping together on a windy day. He gave them to us to learn how to think, how to discern and so much more. Even the most intelligent people only use a bit above 10% of their brain. What is the other 90% doing? Since we can only

speculate on the 90%, let's stick to the 10% we know something about. How we process information is dependent entirely on how much we want to learn. Computers don't care one way or the other, unless they are programmed to do so. A similar process can happen with people, it's called filtering.

Filters on computers are used to select or reject data based on a structure of selective keywords or phrases. Again, it is much the same way that we think. We can look at information as it is and accept or reject it. Why we do that depends upon what we have accepted as our filters or belief structures.

For example, what if someone has been raised to believe that frogs are red. What will they do if they are told there are also green, yellow and even blue frogs. They can choose to reject it out of hand because it is outside their belief structure or they can ask the person to show them the frogs of other colors. If seeing is believing, then many

people are convinced when shown the other colored frogs.

However, there are some folks that don't believe it when they see it. Hypnotists have given people suggestions that a relative of theirs, like a wife or child, is not with them at the time. When they return from trance, they truly cannot see their wife or son or daughter and if they are talking with someone else, the missing relative can jump up and down in front of them and will not be seen. The same thing can happen with frogs.

If someone truly believes that red frogs are the only frogs in the world, can they even see the frogs of another color? Will they call them something else if they can see them? Will it alter the brain to the point where color blindness occurs? There are myriad questions that occur if a person is curious and wants to learn. There we go, full circle. The want or desire to learn, or the curiosity about Life, The Universe

and Everything, the Douglas Adams book (or not), is what keeps us alive and full of energy.

Since turning 60 last year, I realize it's still easy to learn new subjects, if you are curious. Now there is a tendency for some of us to start discarding information that has been unused for a long time. That is similar to a computer storing it on a CD, DVD or some other form of offline storage. It's still available. It just takes longer to get it.

More to come . . .

Be Safe Out There . . .

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Natural Path to Health: Inflammation

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decreased response to stress in the body, increased inflammation and can lead to insulin resistance.

Insulin resistance can be related to decreased cortisol. Cortisol has an inverse relationship with Insulin. This means that they basically work the opposite of each other. When cortisol output is low it cannot counteract insulin and its functions. Insulin is continually excreted in response to sugar eaten through diet. This can lead to the tissues/cells becoming 'resistant' to the insulin and lead to dysfunctional blood sugar regulation in the body.

Think about how people respond when they are stressed... many crave sugar! This is because if

they have decreased cortisol excretion they are not responding properly to stress and their insulin levels are going unchecked. Insulin brings glucose/sugar into cells for fuel; therefore, your body will crave more sugar if your insulin is going 'unchecked' because of a decrease in cortisol levels. Insulin resistance is the start of diabetes and can lead to more chronic inflammation in the body. This leads to other diseases such as cardiovascular disease.

Although there are many different factors involved in chronic inflammatory reactions, it is important to remember how and why your body responds the way it is. Think about how your system is reacting and modify your

diet and exercise plans accordingly. Eating well and exercising will help your body deal with the stress of life and give it the nutrients needed to have proper amounts of cortisol production. You can create your own positive loop! Eat well and exercise, support your organs, produce proper hormones, live less stressed and be healthier! Nice.

Thank you for joining me. Until next time~ Be Well...

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