



Healthwatch

by Steven Bailey N.D.

Understand "Body language"

by Adam Ladd, N.D.

Most of the time we take our bodies for granted. When they work well, they do their duties and perform necessary tasks for us, and we have little regard for maintenance or long term use. We go about daily life as if our bodies cannot make suggestions to us, or ask us for anything or communicate to us at all. The truth is, that your body is talking to you all the time in every minute of the day in a number of ways. It talks to you through pain and sensations. It talks to you through symptoms.

Symptoms are very important, and

Welfare benefits decreasing

by Robert Lothian

Welfare benefits dropped by almost 22 percent in the last 12 years, according to a study by the House Ways and Means Committee.

Failure of states to keep benefits in line with inflation and President Reagan's 1981 welfare amendments were the main reasons for the reduction, according to the study.

The value of welfare and food stamp benefits for a family of four dropped 21.8 percent nationwide between 1972 and 1984, said the study.

In 1984, benefits averaged \$6,995, according to the study, almost \$2,000 lower than the 1972 high of \$8,994. Benefits rose steadily through the 1960s and early 1970s, it reported.

Purchasing power for welfare families dropped in each of the 48 continental states, the study found.

On the average, a working welfare mother with three children and an income of half the federal poverty level, had 28.5 percent less purchasing power in 1984 than in 1972, it said.

Other reasons cited for the reduction were higher social security and personal income taxes.

Portland welfare officials were unable to verify the findings of the House study locally.

Larry Boyles, supervisor of the Southwest Portland office of the Adult and Family Services Division, did say that new requirements and ending the WIN program had eliminated some people from welfare rolls.

At the Multi-Service Center at Alberta and Vancouver, a woman with a little boy cried as she left an interview. She had applied for assistance, but was turned down because her papers weren't in order. She said she would have to wait longer for the benefits even though she needed them immediately.

"I believe they should just quit giving people hassles just to get 'on welfare,'" she said. "I want a stable job...but they just aren't hiring."

"It's definitely down, food stamps is down, everything is down," said another woman.

A nurse, she hurt her back lifting a patient. She now receives benefits for herself and two daughters. "I can't live on \$328 a month," she said. "And there's no way you can life and feed your kids with that \$145 a month in food stamps they give you."

"You end up living in dumps with cockroaches and mice because you can't afford a decent place. They treat you like animals here," she added. "They herd you in and herd you out."

About 30,000 Oregon households will see a decrease in their April food stamp benefits due to lower allowances for utility costs during the summer months. The average decrease in monthly benefits will be \$15 per household.

Boosters meet

The guest speaker at the general meeting of the North-Northeast Business Boosters will be Representative Margaret Carter, District 18.

The meeting is scheduled for Tuesday, April 9, 1985, at 12 noon, at the Viscount Hotel, 1441 N.E. 2nd and Weidler. Lunch will be available, cost \$6.00. Make reservations by calling 240-5323.

particularly unique symptoms. It is common to think that a pain is a pain, and that all headaches are basically the same, but they're not. Every patient has symptoms which are a little different from those of another person. And why not? They are different people.

When asked questions like: what is the quality of the pain (does it ache, or burn, or dig in?) or asked the time of day when it is better or worse, everyone begins to realize that there is a distinct aspect to their complaints. Not all pains are alike, and no two headaches are alike. But very few people realize how important their symptoms are.

One of the keys to a healthy life is to be able to learn the language of your own body. If you can listen to your aches and pains, and watch your body, and observe changes, you will see how dynamic and unique the symptoms can be. You will be learning the language of your body. It is the way your body expresses itself in its attempt to stay well. For all symptoms are related to the reactive and healthy response of your system to a disease process.

Historically there have been two main opposing viewpoints about what pain and symptoms mean. The conventional concept says that symptoms are the disease itself. There is no need to individualize symptoms because patients are seen as "cases" of a "disease." Conventional doctors have no interest in the aspects that make you different from all other cases of the same "disease." You are

labeled in our modern disease-care system, for example, as an "ulcer," and given the same ulcer medicine as other ulcer patients.

A wholistic concept includes a little bit more. Your symptoms tell us a lot about you. They are your way of expressing a deeper disturbance in your whole system. All of your sensations are important to your wholistic doctor, because your entire personality is involved, and your inherited constitution, your nutritional status, and many other factors. As many mental, emotional, and physical factors are considered as possible.

Consider, for example, two people with arthritis. To the conventional doctor, arthritis is arthritis, and each person would receive essentially the same treatment. A wholistic doctor, however, treats the person and not the diagnosis, although a diagnosis is made in every case. The following descriptions illustrate the type of information that is important to a doctor who uses homeopathic medicines (a wholistic medicine).

The first patient is a laborer who has worked hard all his life physically. His hip and knee joints are stiff and painful, especially upon first moving in the morning. He finds that once he is "limbered up" everything is not so stiff, and so he likes to stay active. He feels better with warm applications as well. He is a person in good humor most of the time, and he has a strong desire for milk.

The second patient has the same diagnosis (but different symptoms). She, too, is stiff and achy, but is made

worse by movement of any kind. She does not get more limber with continued movement. Her joints are improved by rest, and interestingly, she feels better if her knees have pressure on them. She is thirsty although not for milk and has an irritable nature.

Is this the same disease? Both these patients have different physical symptoms and a different personality. The diagnosis of arthritis is the same for both, but each manifests his or her sickness in a unique way. What we have in each patient is an individualized manifestation of imbalance. They are both sick but in different ways. And accordingly, our homeopathic medicine is different for each of them.

For personalized and wholistic health-care, both you and your doctor must pay close attention to everything that is being expressed by your body and mind and emotions. Your fatigue and your fears, your appetites and your energy level: this is the language that your body speaks. The unique and peculiar symptoms help fill in the broad picture that includes your whole life. It is your capacity to individualize your symptoms that can lead you to greater health and freedom.

This is the wholistic approach to health-care. At its root is the central idea that is as old as the art of healing itself: that each person, each organism, has at a deep level the will and wisdom to be healthy. It is the aim of the true healer to enlist that wisdom in effecting a cure.

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