

Want life to flow?

Pay attention to the ebb...

Feeling little stressed?
Got some health problems?
Other people in your life being difficult?

All of the above?

Stop for a minute and take a breath. Now look around you. It's no surprise to discover the world is a busy place.

Now let's look at you...

Pick which of the following are feeling familiar right now:

- Being constantly pushed at work to increase profit margins and fund someone else's holiday 'shack' in Tuscany.
- Facing rapid technological advancements (with cute branding) that are impossible to keep up with - but are important to embrace if you want to eat and stuff like that.
- Attending constant social engagements on 'school nights' when you would rather be home lying anywhere horizontal, and staying there for the next two months.
- Spending large amounts of your wage on stimulants to keep wide-eyed and alert...despite being constantly mistaken for a meerkat.

What about time out?

Everyone needs time to reflect, rejuvenate and renew focus. If we are constantly buried in activity, how do we know where we are going? Or even if we are heading in the right direction?

Look at the cycles of nature

There is a time for growth and a time for hibernation. Chinese Medical theory suggests acknowledgement and adherence to this natural ebb and flow. If we are constantly focused on growth we have no ability to rejuvenate for the next cycle.

How Traditional Chinese Medicine sees it

Traditional Chinese Medicine identifies most illness as a lack of natural flow resulting in undesirable symptoms.

For example:

- **Depression** is a lack of flow due to a lack of energy or feeling 'stuck'.
- **Anxiety and hypertension** are seen as energy rising when it should fall, this can create a blockage leading to heart attack or stroke.
- **PMT** indicates the menstrual cycle is not flowing and creates pain, congestion and emotional distress.
- **Headaches** in many cases can be due to neck and shoulder tension affecting the blood and nerve supply to the brain.

These are just some simple examples of how changing the natural course of human physiology can cause short-term problems. Left unchecked, these problems can become more serious and longer-term.

We live in a world now that flouts the laws of nature. We have become so far removed that reverting to our natural state seems impossible.

But it's not impossible.

You *can* live in harmony with your environment and yourself. Just listen to the messages.

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2 Evolve article (continued)

Symptoms are an indication of something that is not quite right. Take notice of them and act.

[Contact us](#) for more information about how Chinese Medicine can help you to get into a flow - so you feel better and better.

Yours in health,

[Jeff Shearer](#)

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