

TREAT THE CAUSE, THE SYMPTOMS WILL HEAL THEMSELVES

What is the first reaction one has when they feel slightly sick? Call the doctor. Very quick are people to assume the symptom to be the main cause and jump to find the tablet that will cure it all. Many a times, the root cause is not remotely related to the symptom and hence, is quite often overlooked. We all want a quick solution where things or the tablet automatically cures us while we don't have to do anything. Fixing symptoms is easy. It doesn't require that much effort on our part and we feel relief very soon afterward. Unfortunately, this kind of "fixing" is like cheating yourself. It may work, for a while, but the root cause may persist and cause another symptom to show up. To avoid issues in the long run and to find a permanent solution to problems that arise in life or otherwise, the best thing to do is to find the root cause and heal it.

When the proper cause is not investigated, one may end up wasting time on the wrong diagnosis and stressing themselves out about what may really be causing their health issues. In case, the medication does work to curb the symptoms, one may end up being recommended to continue the medication for life. And generally, people consider that as the final word. But what if we focus on the root cause so that one day we may eradicate the issue altogether and can eventually get off the medication?

BUT WHY DO WE LIKE TO “CHEAT” OURSELVES THIS WAY?

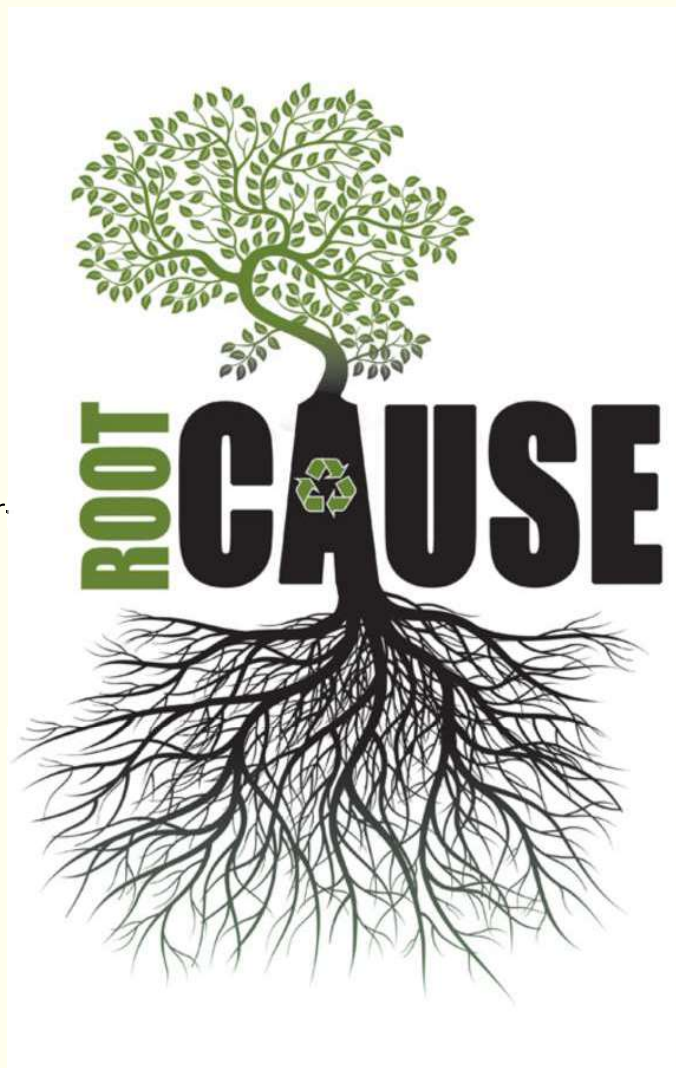
1. First, we may not be fully aware of the real situation at all. We think that the symptom is nothing serious and in many cases this is the case. But since your attitude is like this, you feel no additional action is required
2. Then, even if we think that there is something bigger going on in the background, we are still reluctant to take action. This could be because the symptoms are not so serious and you think that your situation is not a big deal – you can handle it.
3. You may also be procrastinating on finding out the true cause; this could be a sign of fear. In fact, fear is often the biggest reason we are held back. If it's health issues you are facing, you are afraid to face the unpleasant truth (which could be the discovery of something serious going on if you dig too deep).

Still, the problem remains — as do the symptoms — as long as you are not taking any initiative to find out the true root cause.

TREAT THE ROOT CAUSE!

If you face a recurring problem, take these steps to take care of them:

1. Awareness- It all starts by acknowledging and being of the situation. Most often, we are too busy to even acknowledge something is happening or pay any heed to it.
2. Go deep within - When you realize that you have a recurring problem, go deep within yourself to understand what is happening within or around you that is causing it and what is the root cause for it.
3. Have patience- Don't give up. Explore the possibilities and take the time to truly understand yourself and what works for you
4. Step on the peddle and take action - If you finally know what is the issue, take the right necessary actions to make the change and finally tackle the issue once and for all! Just take action! Problems cannot be solved without activity on your part and the sooner that you take action, the better.



Never give up on yourself and never ever give up on your health.

So, if someone has blood sugar issues, instead of making the first reaction as “Okay, take this medication,” we must raise the rather important question which is ‘Why do you have blood sugar issues? How is your diet? What's your family history? What can we do to help fix that root issue so that your blood sugar stabilizes, and you don't have to take any medication?’”

When someone has acidity, instead of prescribing an antacid, as them if they facing any stressful situation in their life, if they have been skipping their meals too much or they are plagued by too many negative thoughts. More often than not, acidity is not because of something you ate but something else entirely. In such cases, meditation along with Ashwagandha to calm the mind and healthy snacks like protein bars or peanut butter to eat between meals may help more than an antacid ever will.

Ask. Ask yourself. Ask others. Ask the right questions and it may end leading you the right answers. If you take care of your health, it will take care of you in return and that is, ultimately the best reward, one can ever ask for.



Sandeep Gupta

“This International Nutraceutical Day, adopt 3 healthy habits and show up for them everyday”

sandeep.gupta@nutraworks.in

Sandeep personally has Mastered the Expertise in Nutraceuticals, Authenticity, Due Diligence & His Opinion holds the highest regards in Wellness Sector, across the Industry, Academics, Government and Consumer Forums.

Sandeep is high on Passion & is driven by Purpose which makes him Unparalleled Nutraceutical Man of India. He is the Pioneer Of Nutraceuticals for close to two and a half Decades

Promoters and Investors bank on his leadership, Vision, Credibility, Wisdom, Experience, Expertise, Intellectual, Approach and Network