

American Lasagna?

By Dave Markowitz

“Good Italian cooking is an art form that takes years to master” she said, “the typical diner cook can do many things well, but some things should be left to the experts. Never order Italian food in a diner!” Indeed, I recall both grandparents spending an entire week preparing lasagna for my family’s eager stomachs come holiday season. He cooked the noodles, she the sauce. The result? Edible love.

We all have gifts; some can do many things well, others can do a few things exceptionally well, and another can do one thing beyond all expectation yet can’t tie his shoes. But for extraordinary results, like grandma and grandpa, teamwork is necessary. Sadly, we forget that in what matters most—our health. Not because we’re bad or non-intelligent, it’s solely because that’s what we’ve been taught.

For example, a client told me that she’d been doing all the right things to lose weight—working with a nutritionist and a personal trainer at the gym. I replied, “That’s great, but it’s just 2/3rds of what’s needed.” Addressing the physical causes solely is why most of us don’t lose weight. Diet and exercise are important for sure, but they’re parts of an incomplete puzzle. If those parts were the only pieces to the puzzle, then everyone who ate well and exercised regularly would lose weight, and this is obviously not the case. When we addressed the emotional causes of her obesity, she began seeing a difference. In fact, she later said that in one year she’d lost 40 pounds “almost effortlessly” and now looks and feels great, even several years later.

And so it is with many of our pains, illnesses, and alike. We go to a well-meaning doctor who is often a specialist in a field, but he or she isn’t an expert in other areas and modalities. We often expect miracles while there, but most pains and illness have several layers of causality. So without addressing all of the causal factors, minimal, if any, results are achieved.

Western medicine is great. It does many things well. If you broke a bone, I’d recommend you go to a hospital before visiting an energy healer, psychologist, etc.. There are many practitioners with good hearts, intentions, and practices, but like most people, they aren’t experts in everything. Typical training sees conditions relegated to an area, an organ, tissue, etc., but we are multifaceted beings. So when we have any problem, pain, illness, an un-diagnosable condition, or something that medications aren’t helping, it’s important to recognize that all things have limits, including western medicine, and that for healing to continue, we need to look outside those limits.

While convention says that time heals all, I persist that time only buries things—the causes—further into the body. And one day they erupt in what we’ve been taught to believe is something gone wrong. When noses run, it’s grief coming to the surface, but we’re conditioned to take a decongestant. We feel better but the grief gets buried. When muscles feel tight, it’s anger being stored, but we take a pain killer or a muscle relaxant. Years later, because the anger hasn’t been purged, more muscles are tight in a never-ending succession of compensatory protection. Inflexibility and achy joints follow, and years after that, we may get diagnosed with fibromyalgia, or high blood pressure, or worse. The causes are the same, only time has disguised them as separate issues.

Medication, like all things, has its place, but it’s only part of the puzzle. We must seek help from experts in multiple areas. I’ve found that emotional and energetic purging is a necessary component to healing all pains and illness. Sure, it can be expensive, but so are hospital stays and dying. You will pay one way or the other.

Or we can keep going to the diner and ordering lasagna, wondering why it doesn’t taste like Grandma’s, complaining about it, and then the next time there, ordering it again hoping it’s different.

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