



Dynamism is a State of Health

Have you ever noticed how you can step on grass but it always bounces back? or how water can fill a vessel, no matter what the shape or size? There are so many examples of dynamism in nature. Dynamism is receptivity and adaptability; the ability to sense, perceive and act in a way that is life-promoting. Since we are also a part of nature, dynamism is also our natural state. Our bodies maintain harmony and homeostasis through dynamic action. Hormones, neurotransmitters and fluctuations of electrolytes are just a few examples of these mechanisms in the body.

Every single day, we are exposed to the polluted air, water and elements in our environment. Some days we don't eat as nourishing food as we would like, or even as regularly as we would like. Yet, somehow the body manages to sustain itself, regardless. It's this ability to maintain homeostasis which is so fundamental to life and it's this dynamism, or vitality which is a sign of health.

The body operates many different functions including the fundamental tasks of digestion, absorption and excretion. It has no choice but to work with whatever we put into it. If we drink less than 2 litres of water per day, our liver and kidneys have to work harder to filter and eliminate toxins. If we don't consume enough nutrients during the day, the body may have to rely on back-up stores, make its own nutrients, or hold out for those nutrients to be delivered later on.

Every aspect of the body is interconnected. For example, staying up really late at night on a regular basis affects digestion. Eating junk food too often can contribute to a quick temper. A dynamic system must rely upon the interconnectedness of different parts which work together to keep the whole in a state of balance. The body stops being dynamic when there is too strong a force in any one direction and the body is unable to rebalance it. When this is the case, more diligent efforts are needed to assist the body to balance and often this is when we seek some type of therapeutic intervention or treatment.

Our bodies are dynamic systems so we need to act in a dynamic way as well. One thing we can do is to listen more carefully to our minds and bodies, being receptive to our needs and show some versatility in our actions. When our bodies have to work extra hard, it requires more energy and that can result in less than optimal function which could translate into fatigue, mood changes, digestive disturbances, headaches or other symptoms. When a symptom arises, it's the body's way of bringing it to your attention that something is not quite right. So ask yourself, is there anything that I could do differently that might make a difference? Watch your actions and observe the results like a scientist. You can learn so much about yourself in this way and the more aware you are of your own needs, the more you are able to take the proper actions to maintain a state of optimal health.

--Larissa Popov, ND