

Are you *Running* your life or *Ruining* it?

Let's get out of the victim neighborhood and regain control over our lives. That's right there's no need to blame your finances on why you can't afford to exercise, you have two legs right? It's time to stop putting all the blame on your metabolism...the Hostess Twinkie's Bandit didn't break into your home. You not only gave him the key but you left the door open for him. Am I making myself clear? The bottom line is YOU are in charge of your life. The good news is you don't have to do it alone, there's Dr. Ross.

Let's start with your mental and emotional health. Granted we all faces challenges, some greater than others depending on our particular circumstances at the time. We have choice as how we handle those crises. During these times, our central nervous systems as well as our adrenal glands are pushed into overdrive, which generates a fight, or flight response.

We all need to have a back up plan in our arsenals to help alleviate the stresses. With a plan, we can prevent the attacker from an ambush. Here are just a few suggestions to carry around in the backpack of your mind, so they'll be readily available when needed. We can always stop wherever we are and take a few moments to breathe deeply. Yes, that's something you can do in a conference meeting, riding the subway, and balancing your checkbook. The coupe de coupe in today's society to practice your deep breathing is while you're on hold with customer service. Wouldn't that be a lot better than becoming frustrated and throwing the phone across the room?

Trying to be Mr. Mom or Ms. CEO also puts a lot of stress on the sympathetic nervous system. I would suggest setting up a routine for you, maybe having the kids fix their lunch the night before. Have some breakfast items prepared for yourself so you're not running down the street like a crazed psycho-path trying to catch the bus with hot coffee spilling all over you new business suit.

As previously mentioned YOU do have control over your life. Take some time to write out a health goals list, see yourself becoming healthy, and be pro-active. Take that first step and give Dr. Ross a call for your initial consultation to get a grip on the areas of your life that need attention before your life takes a death grip on you and you find yourself in a plot next to Andre the Giant.