

EDITORIAL-FROM THE EDITOR'S DESK

When you get motivated, you can accomplish almost anything. You can get motivated to lose weight, get motivated to exercise, get motivated to study, get motivated to write a book, or motivate yourself to do almost anything else that is truly important to you. It is imperative to know the life's purpose. Until one has a clear idea of one's life purpose, there is no way to know whether a task is important or not. Those questions can only be answered within the context of one's life purpose.

If a task isn't really important to you, you probably can't motivate yourself to work on it consistently and energetically. It is best if the task itself, as well as the project of which the task is a part, is inherently important to you. An example of such a task would be parenting your child. Each day you spend with your child is important to you, and it is important to you that your child grow up to be a responsible and happy adult. Often however, the day-to-day activities (tasks) of your project don't seem rewarding, and only the final result (project completion) drives you. You should give an emphasize in choosing your priorities. At every instant of every day, you are making a choice of how you spend your time. You have a very limited amount of time, so time is a highly valuable currency. You certainly can't do everything that you consider doing or that others ask you to do. You establish your real priorities in life by your choices of how you allocate your time. Whenever you spend time on some mindless activity or allocate time to meeting someone else's demands (that don't further your own life purpose) you have chosen your priorities -- but have you chosen well? Don't confuse leisure time recreation with mindless activities. Activities such as resting, reading, or going to the beach or a picnic or a party create balance in your life and further your life purpose by relieving stress, relaxing you, making you happier, and strengthening your connection with family and friends.

Choose to undertake only projects that are compatible with your life purpose, and choose to allocate a majority of your time to tasks that further those projects. At the beginning of each project, visualize what success will look like. If your project is to lose weight, visualize your new shape. If your project is writing a book, visualize your title listed as number one on the best-seller list. Make it a practice to recall this image of success every day. You should make a habit of writing down your thoughts, plans and observations. Projects that exist only in your mind are unlikely ever to be completed. Begin by writing down your life purpose. While there are likely several distinct aspects to your life purpose, an overly complex or disjointed statement of life purpose is more confusing than helpful. For each main thread of your life purpose, write down the projects that support the intent of that thread. Practice being a beginner always, never be a quitter. Half of finishing a project is beginning -- and most of the rest is never quitting. Very little in life is complex. Begin and keep going. Affirm the value of your life purpose and your chosen projects. Affirm your commitment to seeing your chosen projects through to completion. Utilize your support network to build your self-confidence. Surround yourself with people who believe in you and your values.

Health Articles

PHOBIA ETIOLOGY

The simple definition of a phobia is basically just an irrational fear of something. In today's society it is easy to find at least one phobia for every person you encounter. More common phobias include claustrophobia and agoraphobia. What causes phobias though is still an often pondered question. Studies on the causes of phobias have shown us some information, but not nearly enough to figure it all out. At this point we do know that genetics, chemicals in the brain and traumatic experiences all possible play a role. Beyond that, quite a lot of the information still falls into the "more research needed" category. It also appears that there is a connection between a person's fears and those of their parents and other close relatives. Children often times learn phobias from family members as they grow up watching the person's reaction to situations repeatedly. Studies have noted some risk factors that can be considered in order to possibly predict phobias in people in the future. You may be surprised at what they are. Age seems to play a major role in the manifestation of phobias. Social disorders occur most often during childhood and almost never after the age of 25. Situational phobias like a fear of bridges, elevators or flying tend to show themselves in a person's mid-20's. Being male or female also plays a role in all of this. Women appear to suffer from social disorders more often than men do, but it is also true that men have the ability to mask their anxiety better especially by using alcohol. Whatever the cause for your phobia, you should never turn to drugs or alcohol to cope with the problem. Becoming depressed is not a solution and can only make things worse. There is help out there in many forms if you only go in search of it. Professionals have a variety of phobia treatments available to suit every person's needs if they are only willing.

It has been well documented that learning meditation techniques can reduce the pain associated with chronic and acute conditions. The body has a naturally inclined method of response to pain, as does the mind. With the strong connection to the mind, the body, and the spirit that pain can interrupt, learning meditation is a viable practice for effective pain management.

Our body has interesting reactions to pain, the fear of pain, and the fear of loss that can come with pain. Pain can manifest itself any time, any place, sometimes without warning. Illness is one of the most frightening aspects of life we can deal with and learning meditation can help ease the emotional responses that trigger other physical responses. On a smaller scale you body can react to all kind of pain with this same visceral reaction. Meditation can help you tune into those reactions, calm them, and help the muscles surrounding the pain loosen and relax some sufferers. This will automatically help your pain relax a bit. Knowing how to listen in on your body's signals through meditation can help you make much better decisions about your health and lead you to a pain free life that is filled with spunk, health, and a flair for life that will keep you going amidst all odds.



JOINT PAIN

Many conditions can affect the joints either singly or in combination causing joint pain. Fractures of the bones or dislocation problems can also be a cause of joint pain if these have not healed properly. What happens is that sometimes the bones do not set properly. This leads to a misalignment around the joints leading to joint pain. If you are a person who prefers an active lifestyle, take only moderate amounts of exercise that involves impact, twisting and turning which affects the hip joint and the other joints in the lower part of our body.

While we cannot change our profession to suit our bones, what we can definitely do is to take some measures to make life easy for our bones. One of the easiest ways by which you can protect the bones of the feet and leg from joint pain is by selecting the right kind of shoes and footwear. Overly padded footwear is not very good as it does not give good balance and stability when we wear them. Choose footwear that is well fitting and has a good grip to prevent the onset of joint pain.

Tackling Obesity: An Inclusive Approach

Managing a patient with bariatric issues requires high level of dedication and team-spirit approach. A person who has tried for achieving optimum body weight and has not been successful requires motivation, disease education and an inclusive approach by the team of attending clinicians. Every case has its own merit, while sometimes it may be possible to achieve the results quite fast the same may not be true for everyone. An in-depth analysis regarding dietary schedules, physical regimen, family history is important as many vital links can be obtained regarding future approach. Though Psychoanalysis remains a separate specialized stream of medical sciences, the chief attending clinician should be able to make out the emotional and psychological factors associated with the disease. Patient's can provide unmatched compliance if the rapport is established well with the attending team. Obesity in patients poses a challenge to clinicians, especially if the person is unreceptive, but sometimes it is unexpectedly easy to break through hostility and gain patient trust. If I recall, most of the rapport establishing sessions have been a blend of bitter-sweet experience, then. But there was consolation in knowing I had learnt something useful and brought a little light into my patient's life. I couldn't ask for more than that as the road to health begins when mutual faith is born between doctor and patient.

The disease burden was known to be high in developed countries, however in past few years; it has silhouetted even developing nations in a big way. Escalating prevalence of obesity in children will lead to higher obesity rates in the adult population, resulting in a greater health burden caused by obesity-related metabolic and cardiovascular complications. In fact, obese children may already exhibit early signs of disorders such as hypertension, elevated cholesterol levels, and insulin resistance. A patient should always be made comfortable, giving attention to his / her small needs, and after establishing the rapport, treatment options should be narrated along with their merits and limitations. It is highly recommended if the patient could be shown animated videos of the bariatric surgery (if the person is required to undergo surgical intervention) with highlighting step by step approach in a nice way. It helps the patient to be mentally prepared and to be equipped with a lot of questions which in turn will help the outcomes, as the expectations turn to be more real. Clinician should always tend to involve the patient's family support in the applicable capacities as post surgery the outcomes can radically differ if the optimum mental and physician care has been imparted and patient's emotional solace is a very important factor.

Importance of keeping up sessions with obesity support group has been highlighted every now and then and I believe this is one of the best methods for the patient to understand the best postoperative measures which can help in achieving adequate weight loss. Acquiring bariatric surgery support is essential to letting the patient effectively navigating his / her own struggles after weight loss surgery. In order to get a decent jump start on exactly what to expect after weight loss treatment, the patient should join a support group meeting prior to having the procedure. Mentors, found usually in obesity support groups, can be a concrete rock in moments when the patient doesn't seem to really want to move further on his / her quest to weight loss. There's a wealth of answers that individuals will provide in a group environment and ground realities can be explored which mostly encourage the patient to undergo the procedure and follow the schedules thereafter.

"Ill-health of body or of mind, is defeat. Health alone is victory. Let all men, if they can manage it, contrive to be healthy!" Thomas Carlyle

**"Where does one go from a world of insanity?
Somewhere on the other side of despair." T. S. Elliot**

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