

A NEW TYPE OF RESOLUTION

Every year up to 80% of Americans will make a New Year's Resolution and every year the majority fails, usually fairly quickly. Rather than simply repeating last year's mistakes a growing number of people are starting to take advantage of complementary and alternative therapies (CAM) to improve their chances for success in 2011.

The most popular resolution is usually about health and fitness. Goals are set to eat less (or at least better) and to exercise more. Up to 30% of these resolutions won't survive the first month and the fitness industry projects that 60% of new exercise programs fail before the year is half over. For 2011 many people will be taking advantage of CAM therapies to help them find greater health success.

One way would be use CAM to prepare the body for a new exercise regime. In some cases the body simply isn't ready to exercise which is why we experience so many aches and pains when we start to exercise. As we age our bodies compensate for weight gain and loss, injuries and other problems resulting in less-than-perfect functioning of our muscles and joints. Therapies like Rolf Structural Integration or the more gentle Feldenkrais Method can help correct the body's alignment and movement. This makes it easier to exercise correctly and helps to prevent injury. Entertainers and athletes like the Alexander Technique because it teaches them to use their bodies for maximum effect but with minimum stress and wear. This kind of training would benefit anyone beginning a serious exercise program.

For some people the body is willing but the reason their resolutions fail is their mental or emotional preparation. Let's say there is a past trauma preventing someone from exercising, like a serious injury, then a therapy like EMDR (Eye Movement Desensitization and Reprogramming) can remove the problem emotions from the experience so you can exercise again. Perhaps your parents told you that you were lazy when you were just a child, today those subconscious beliefs can throw a wrench into your plans to exercise. PSYCH-K, originally called psychological kinesiology, uses muscle testing to discover and change subconscious beliefs to support your efforts for better health.

If you start out with an overly vigorous 2011 exercise regime there are even CAM therapies to help heal injuries. Today the same cold laser technology being used by many professional sports teams is available for the weekend (or New Year's) athlete. Based on principles from 2,000-year-old gem therapy using light energy to stimulate healing, today's cold lasers are state-of-the-art technology. SKENAR, a medical technology from the Russian space program, is also available in America now to improve the healing process. American ingenuity has even upgraded the technology with the new Biomodulator device.

Do you know how many complementary and alternative therapies are available to help you enjoy a healthier new year? According to the second edition of *How To UnBreak Your Health* there are more than 300! So find the right therapy you need and this year's New Year's resolutions will be successful, for a change.