

***Self care* for PARENTS**

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Basic Physical Health

Keep your blood sugar stable with a 'breakfast like a king (queen)'; use protein.

Get medical exams appropriate to age and stage of life.

Use 'universal' supplements: omega 3, cod liver oil with vit d, sunshine.

Minimize chemicals GMOs in life: organic food as much as possible.

Drink healthy liquids.

Consider remedies specific for hereditary problems.

Etheric Health and Liver Support

Rhythm.

Lactic acid foods.

Liver tea (from Uriel or Weleda, or organic yarrow tea) 2 cups per day in the afternoon or evening.

Hot water bottle on right rib cage at bedtime.

Hepatodoron (also called *Fragaria Vitis*, from Uriel or Weleda) 2 tabs after each meal and three at bedtime. Do a six week cycle to keep good health, or to make up for a toxic exposure (like lots of meds, or anesthesia), or longer cycle if you are dealing with a chronic illness.

Good lifestyle habits can include some of these suggestions, eg, liver tea 2 cups most days of the week; the habit of the hot water bottle at bedtime; an abbreviated use of the Hepatodoron, such as 3 tabs at bedtime for at least 6 wk.

Prunus spinosa is a specific herb for increased vitality that works through liver support -- 10 drops 3-4x/day throughout demanding times.

Art and religion.

Health of the astral body -- the soul, or emotional make-up

Diminish stress: exercise, fresh air, friends, laughter, sleep, dancing, self-expression.

Soothing physical experiences like massage, bath, fragrance (Uriel's or Weleda's Aurum Lavender Rose), affection, and loving sex.

If the soul life is very flat, it needs comfort to trust itself and begin to open up. If it is on a roller coaster, it needs steadying.

Identity: The Ego Your judgment, insight, wisdom, and enlightened will.

It grows through challenges; struggle can grow spiritual muscle

We each have chosen our path and take responsibility (uprightness) for each act in life, knowing that we are all planting seeds for our futures by today's deeds;

In order to be free ourselves, we must give others freedom to be who they are; this usually leads to requiring respect -- of ourselves and others -- as a basic part of human interchange.

You overwork, overgive. Parents and teachers have a lot in common. The primary virtue you can have is balance, and self-trust.