

Love is Healing

Kelly Pomeroy, M.H.

I recently learned of a study done back in the 1970's on the effects of diet regarding the health of your heart. They used rabbits as their study group and fed them a high fat diet over several months, while monitoring their blood pressure, heart rate, and cholesterol. All the rabbits experienced an increase in fatty deposits on the insides of their arteries, all but one group. One group had up to sixty percent less fatty deposits. The scientists were confused. Their rabbits were all from the same gene pool, all received the same foods, and followed the same procedures, all but this one group. In this particular group, the researcher would talk to the rabbits, cuddle, pet, and love them. One of the scientists said, "she was an unusually kind and caring individual".¹ They repeated the study, changing nothing, and the same results came. The rabbits who were talked to, cuddled, petted, and loved had greater health and less fatty deposits than those who were not. This study is found in a well-known medical journal called *Science*.²

As I read this article, and especially because May is the month of Mother's Day, I thought of women and the good that they give to the world. They have a natural tendency to nurture and care for others. This nurturing is healing, as we can see illustrated in the research of the rabbits. You women, who tend to be quite harsh with yourselves, feeling not enough, or all alone in your life, please know that all those times you have let the dishes go or let laundry wait to take time to help a child, spouse, or neighbor, you are doing more good than you realize. Love is healing to our emotions and protective against disease.

My hope with this article is to first, remind women both young and old of the incredible good you are doing and have done in your life. And to remind us all to say thank you to the women in our lives, more than just on Mother's Day.

Second is to reinforce the need for self-care. Self-care may sound selfish, but it makes it possible for you to be there for others. Women's greatest health struggles often stem from lack of self-care: lack of sleep, exercise, water, wholesome meals, strained and stressful relationships at work or home, exhaustion, or unhealed trauma. How do we begin to heal and create balance in our lives? Some may feel this is an impossible task, but if we can do a little more self-care, prioritize the needful things, and let go of the insatiable idea of perfection, we can start to have more internal peace, be more present with others, and enjoy life more fully.

Here are some self-care recommendations, both herbal and natural in their approach.

1. **Take some quiet time for yourself.** This could look like a walk, sitting by your plants, or a moment on the couch before everyone wakes up. Challenge yourself to just be, not plan or worry, just some time to think and be still. This will allow your mind to declutter and bring rest to your nervous system.
2. **Take nervine herbs/herbal blends to support your nervous system.** These herbs help heal frayed nerve sheath, and calm and balance neurotransmission. Some nerve herbs are: **Chamomile, Lady's Slipper, Lemon Balm, Skullcap, and Valerian** ³

3. **Deep Breathe.** If we are always in a state of stress, then our sympathetic nervous system, our “fight or flight”, is always running and makes it very difficult to relax. As we deep breathe, it activates the parasympathetic system, our “rest and digest”, through our vagus nerve. For more information, click on the link to our archives: [Deep Breathing](#) 4

4. **Eat nutrient dense foods, plenty of good water, and Red Raspberry leaf tea.**
Take the time to prepare wholesome foods for yourself and drink plenty of good water. Add Red Raspberry leaf tea to your daily routine, whether as a tea or capsule. This herb is specific to feeding the reproductive organs, rich in iron, magnesium, calcium, potassium, phosphorus, riboflavin, selenium, silicon, thiamin, zinc and more!

Thank you to all you mothers and women for the great example and gift of love you have given to those around you! May we all take the time to do some self-care, some time for reflection, and then go out and spread love and healing to those around us.

Kelly Pomeroy is a Master Herbalist and Student Adviser for The School of Natural Healing. She also is a Foot Zone Instructor and Practitioner. She enjoys loving and helping others. She lives in Utah with her four wonderful children.

References

1. (2021). In *Elder Gary E. Stevenson*. The Church of Jesus Christ of Latter-Day Saints; Salt Lake City, Utah. Retrieved from <https://www.churchofjesuschrist.org/study/general-conference/2021/04/15stevenson?lang=eng>
2. Robert M. Nerem, Murina J. Levesque, and J. Frederick Cornhill, “Social Environment as a Factor in Diet-Induced Atherosclerosis,” *Science*, vol. 208, no. 4451 (June 27, 1980), 1475–76.
3. Christopher, J. (2009). *The School of Natural Healing* (14th ed., pgs. 371-408). Springville, Utah: Christopher Publications.
4. Pomeroy, K. (2021). 04-08-2020 - Breath of Life. Retrieved 22 April 2021, from https://archive.aweber.com/herbal-legacy/8RNSZ/h/Breath_of_Life.htm