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## Getting Out of Your Body's Way

By John Cali

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Chief Joseph

How do you get out of your body's way? An excellent question!

Your body is always with you. Wherever you go, there it is. You cannot escape it! It's a fact of your life.

So, friends, we seem to have a dilemma, don't we?

But, really, this is not a dilemma at all.

others around you are experiencing.

The only thing -- the only -- thing keeping your body from its natural state is you!

Keep your focus and your thoughts on health, on having a healthy body.

And if you find that too daunting, simply take your thoughts off your body entirely.

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**Your Body Works To Keep You Well!**

**By Lawrence Stepanowicz, ND**

**Your Body Works To Keep You Well! by Lawrence Stepanowicz, ND**

You are a remarkable organism!

Your body will work to repair itself and stay well.

Take colds and fevers.

Why?

Because breathing through your nose keeps your nasal passages cooler and the virus alive.

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