

## JEROME PLOTNICK - TFH & THE WHOLE CHILD

### Summary

The holistic approach is to view that person on all levels of existence. These are mind-body-spirit. Humans are a psychological, structural, and chemical being and the balance of these constitutes a balance of all body systems and a state of health exists when these are balanced. Holistic health focuses not only on the interrelationship between mind and body but also on the emotions and creative impulses.

It has been known for decades that your health can affect your mental states, and that your mental state can affect your health, through so-called "psychosomatic illnesses," mentally induced, but nonetheless physically "real." What was not known, and here holistic health owes a lot to advances in biofeedback and hypnotic techniques, is that voluntary mental control of involuntary body processes are possible.

People can regulate body functions like pulse and brain waves through sheer force of will. The way people learn to do this is by having these functions monitored by a machine, and then "fed back" to them by special biofeedback devices.

If the mind can really control these biological functions, then it follows that it can "learn" to relax, to be more creative, to feel better. A person's physical appearance can reflect both his health and mental state. To some extent, a person can be analyzed by the way the person holds himself, his posture, by the way he moves and walks, even by the way he breathes. Shallow breathers are suffocating. They are literally choking themselves. A psychological problem of misdirected energy, depression is

capable of becoming a major health problem. But with biofeedback diagnostic test which measures GSR (galvanic skin response - an indicator of muscle tension) or with applied kinesiology muscle testing techniques, minor imbalances can be detected. A program of nutrition, relaxation, hypnotics, acupuncture, and pressure massage manipulation and exercise can be devised to help the person rebalance and focus on their hidden conflicts and deal with them.

Growth techniques can be learned as easily as brushing your teeth. Focusing on personal problems can be accomplished in a relaxed state (hypnotic) then changes can be implemented. The brain has two sides, or hemispheres. The left side controls your cognitive functions, your linear thoughts, like balancing a checkbook. The right side is the artistic center of the brain, the intuitive side, the side of imagination and imagery. In a healthy person, both sides of the brain, analytical and the creative, are functioning well. In our culture, the creative side is often ignored or misdirected to the individual's detriment. This is especially true of children. In the school system, educators are so involved in teaching "left hemisphere skills" like reading and writing that they can neglect the child with highly creative right hemisphere ability. Children who fantasize or draw rather than do their addition are labeled incorrectly as being intellectually deficient when actually they need to develop "cerebral symmetry." Teachers have no way of dealing with these children. By forcing left-handed children, whose verbal skills are in the right rather than the left side of the

brain, to be right-handed, the teachers are creating "cognitive dissonance" and this can create severe emotional problems. People can solve their problems holistically, and by relaxing and letting the "wisdom of the body" take over, by allowing their intuitive, creative mind to function. Many children have serious addictions or "habituations," from everything from heroin to coca cola to television. Alcohol is the most widespread and dangerous at this time. Children show a high rate of usage. They are trying to block out negative feelings and experiences with which they cannot cope or they want to belong or associate with their peers. Their peers, many of whom have psychological blocks and problems. Half the people driving are on valium, alcohol, etc. Well, we don't need the drugs; what we need is re-education in the holistic approach to a balanced life. We have to integrate what we think and what we feel. We have to accept our bodies and their limits; to say, "This is my body, and I love it." We have to relax long enough to take in the whole of our life.

The goals of health care in America have been and still are to treat the whole person, not the symptom, maintain health, not treat disease. The ultimate responsibility for one's well-being must reside in the individual. Each person must be given the ability to recognize the need for help, and our society must change so that seeking help of another is admired and not looked upon as a sign of inferiority. Health in humankind is an inter-dependent phenomenon in which the well being of each one of us is dependent upon the well-being of each other. Health is an individual as well as a group matter.

It is generally agreed that a great deal of pathology "illness" of later life is dependent on early life experiences. It is the ultimate objective of our lives to establish and maintain healthy growth toward being well-balanced people capable of self-sufficiency and interdependent relationships. Health is not merely a passive state of freedom from disease, but an active condition of being, in growth, development and evolution.

Postural balance is a grossly neglected area in American health care. The cries for help from our educators have fallen upon deaf ears. Since postural balance is not being taught, we see gross postural faults. Children have certain faults passed on by their parents. Poor posture and inferior use of our bodies spreads from generation to generation and is a contagious process. A good, natural posture and improvement of the structural health of people is the foundation of health. The body structure is the basic foundation that supports the mind and body. A pre-requisite for health is a strong foundation: "body structure and posture."

The place to begin health enhancement is in the home and in communication skills with family members. Individuals must take responsibility for their own health and become aware of their bodies. Through this to strengthen the forces of health in the body, mind, and spirit, and in the constructive and creative parts also.

"The Doctor of the future will give no medicine, but rather teach his patients on correct thoughts, nutrition, and care of the human frame." Thomas Edison. Treating people wholistically

because of the diminishing quality of our environment, air, food, soil and stress pollution, we frequently discover a tip in balance or in lack of ease or disease in a person who loses balance. When the body loses balance, there will not be one cause, one remedy, or one solution; consequently, all aspects of the disease must be discovered and eliminated for proper treatment. In essence, the person must take the responsibility for changing their lifestyle. Americans must become more aware, more educated, and more willing to take charge of their lives and make the changes necessary to assume survival and to provide a satisfactory life for themselves. One must stop, look, and listen. It is all basically what you think, what you do, and what you breathe, drink, and eat, with more people becoming aware and taking the responsibility of helping themselves. The wholistic movement is an answer to this demand for participation in our own health care, which will serve the purpose of generating a healthier population.

It is the hope and philosophy of Whole Child Homes to view each child according to these principles. You are what you think. Thinking makes that so. You are what you eat, digest and assimilate, and you are what your foundation supports - a structure. It is the balance of the mind-body-spirit and the life force Chi that flows uninterrupted that allows the universal energy to flow through us and give the person ease or health. Change is inevitable and our resisting it will cause our own destruction. The attuned and aware person will understand change in order to live in peace, health, happiness, and harmony. That person flows with that change and does not oppose it in any way.

Are human beings living within the change? Or will the present human beings be so inflexible and attached to outdated material values that they will become extinct? As part of our cosmos moves towards a cycle change, within the old civilization a new one is being born, with hesitation, unfamiliar concepts and ideas. But ultimately, new economic, social, and human structures will emerge. Along with this trend to truer values, a return to the Laws of Nature is apparent. These ancient practices were used by the enlightened people through the ages. The dominant characteristic of this new age of humankind is an overwhelming urge for individual self awareness. This begins with the realization that: "ILLNESS IS THE RESULT OF ALIENATION FROM THE NATURAL ORDER OF THE UNIVERSE."

Whole Child Homes is organized, dedicated and operated for the care, rehabilitation, re-education, treatment, resocialization of and for children. The "Homes" program centers on holistic and humanistic methods and philosophy to discover the causes of each child's imbalances from the Natural Order of the Universe. Upon discovery, he then implements the necessary action to eliminate them. The child is made aware of the problems and then learns how to change them. The child is encouraged to reach their optimum potential in relationship to their level of competence. Our goal is to increase each child's learning experience and prepare the child to become independent and lead a normal, healthy, happy and harmonious life. From this perspective, the child can be viewed on all levels of Mind-Body-Spirit. The change of the child will allow him to be in harmony with Nature and to become a Whole Child.