

Body systems

Immune - the immune system is the body's protection against illness. When you see the immune system, consider that something may be challenging the immune system, such as a food sensitivity. There also could be an underlying infection. These include possible bacteria, viruses, parasites and others.

Respiratory - The respiratory system includes the lungs, bronchi, bronchioles, alveoli and more. This system keeps the body oxygenated and also helps to eliminate carbon dioxide. When you see the respiratory system showing reactivity, think of proper breathing exercises and ask them or even watch how they breathe. Is it shallow? Deep? They may have lung issues, a lung infection or postural issues that are causing their respiratory system to be out of balance. Also, ask them if they use an air filter at home. Do they have pets? Do they change their mattress and pillow somewhat regularly or do they have dust covers for these items to prevent and products.

Lymphatic - The lymphatic system is part of the immune system. It circulates fluid around the body but has no pump. This fluid includes metabolic waste from the cells. It is presented to various lymph nodes along the way as well as lymphatic tissue in order to clear any viruses or bacteria from the system. When you see reactivity in the lymphatic system, consider that an underlying infection or stress on the immune system may be present. Also, remember that walking, stretching, skin brushing and rebound all help to greatly improve the healthy movement in the lymphatic system. Drinking plenty of water and even colonic hydrotherapy are also powerful ways of moving the lymphatic system.

Integumentary - The integumentary system generally refers to the skin. If you see the integumentary system showing reactivity, ask about any particular skin conditions. Also, encourage them to skin brush and do some form of sweating to clear the skin. Hydrating is also very important.

Digestive - The digestive system is a core consideration for healing any condition! The digestive system assists in the breakdown and assimilation of food. Any stress on the digestive system can lead to stress in many other parts of the body. When the digestive system show reactivity, consider it to be one of the most important frequencies to balance. Ask the client, do they relax before eating, do they avoid their food allergens and processed food? Remind them to chew their food properly and drink only sips with your meals. Get hydrated 1 hour after meals or 30 minutes before meals. It is important to chew your food about 21 times before swallowing for good digestion. The digestive system includes the mouth, esophagus, stomach, small intestine, large intestine and accessory organs including the liver and pancreas.

Circulatory - the circulatory system brings the blood to the cells of the body. It includes the heart, the arteries, veins and all other vessels along with the capillaries. Small capillaries bring the blood to the cells and pick up the waste products in order to return the carbon dioxide to the heart and eventually the lungs. If you see reactivity in the circulatory system, it is important to balance it. Circulation is one of the most important functions of the body and it is crucial for it to stay healthy. Use the circulatory system if someone has a heart condition, high blood pressure or high cholesterol. You can often see signs of a poor circulatory system. These include sores that do not heal, slow healing of wounds or even the presence of hemangiomas.

Nervous - the nervous system is the system that helps impulses to flow from your brain to muscles, organs and glands. When someone is running, or they are afraid, our sympathetic nervous system goes into high gear. During these times, the blood pressure may go up along with the blood sugar. With a balanced life, when the stressful event is over, the person will switch back to parasympathetic mode. In this phase of the nervous system, we begin to become calm, blood pressure goes down and digestive juices can flow. Hormonal production can happen in parasympathetic mode. When you see reactivity in the nervous system area, it may mean that there is an imbalance in the sympathetic nervous system. There could also be compression of nerves or an imbalance in the firing of the nerves to the organs, muscles or glands. Examples of problems with the nervous system include Parkinson's and Multiple Sclerosis.

Endocrine - The endocrine system regulates hormones in the body. These hormones include reproductive hormones, adrenal and thyroid hormones. It also includes the regulation of insulin in the body. When you see reactivity in the endocrine system, think of possible hormonal imbalances. Do they have any weight issues? Blood sugar issues? Are they going through menopause or having hormonal issues? It is very important and helpful to balance the endocrine system.

Skeletal - The skeletal system includes the bones of the body. The bones provide structure. Bones need mineralization. Stress, a high protein diet or a high acidity diet can lead to depletion of the bones. It is also possible that bones could be out of alignment, such as the bones that make up the vertebrae of the body. When you see the skeletal system showing reactivity, think about issues of bone density and whether the person is taking in enough minerals to support the bones.

Reproductive - The reproductive frequency covers the reproductive organs in both men and women. In women, think of the ovaries, uterus, fallopian tubes etc. In men, think of the prostate along with men's hormones and hormonal conditions. When you see reactivity in the reproductive system, consider that the hormones may be out of balance or there may be a hormonal condition such as enlarged prostate, uterine fibroids, ovarian cysts, fibrocystic breasts and others.

Muscular - The muscular system includes the muscles of the body and likely also is related to ligaments and connective tissue. Reactivity in this area indicates that the person may have slowed in muscle growth (as happens with aging) or the muscular system could be dealing with toxins (as happens with fibromyalgia). If someone has done a lot of physical exertion, this could also cause the muscular system to experience reactivity.

Urinary - The urinary system includes the kidneys, the bladder and the ureters. Issues here include kidney stones, bladder leakage or incontinence, or underlying infections in the kidney and bladder.