

Surround the Dragon

Recovery from illness and injury isn't about taking your medicine and waiting for your health to reappear. Just like being proactive to get good health – you can also be proactive about getting yourself better. The concept of “surround the dragon” was taught to me by one of my mentors, Paul Chek. The idea is to improve your life in all areas to “surround” your injury/illness in a great healing environment.

Here are some practical steps that will boost your health and recovery.

1. Sleep

- Be in bed by 10 pm at the latest. The first half of your sleep cycle (10pm-2am) is the crucial time for physical repair.
- Reduce/avoid stimulants after 3pm – this includes tea, coffee, sugar, alcohol.

2. Diet

- Reduce/avoid sugar, alcohol, poor quality fats (eg vegetable oils, fried foods, potato chips). These foods can cause inflammation.
- Ensure that you have adequate good quality animal protein in your diet

3. Movement

- Adjust your exercise to a suitable level. Hard exercise during injury or illness adds more stress to your body
- Consider doing forms of exercise that promote healing eg – gentle yoga, chi kung, tai chi.

