

## What Does Holistic Mean?

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It is derived from the Greek word “holos” meaning all, entire and total. Holistic is the idea that all the components of a given system (human beings, for example) cannot be determined or defined solely by one system (physical). This means that if we want to help ourselves or our clients attain their goals, we have to look into their emotional, mental and spiritual stressors, not just the physical stressors.

Here’s a great example. Imagine a friend that typically has good posture. One day that friend has a slumped posture and look on their face. You naturally ask them what is wrong with them. This is because you noticed that friend’s body language is telling you something. Yet most people are so oblivious to make this connection with our emotional, mental and spiritual status. What I’m saying is that you never see a person, who is having the best day of their life, with their head down and walking like a zombie. By the same token, you don’t usually see someone who is having a bad day with their head up, chest out, and walking with a swagger.

An individual’s physical attributes manifests their emotional, mental and spiritual health. Have you ever had or have a client who is tight, constricted with limited range of motion? Don’t you notice these people are typically quiet, timid, and introverted? Have you noticed that after a few months of helping them increase their range of motion, they become more open to you? I have experienced this every single time with these types of clients. When I started learning about Holistic Lifestyle Coaching, it all made sense. Their physical limitations (limited range of motion) manifested their mental and emotional status (introversion).

Therefore, when we look into reaching our goals, we have to invest the same amount of time with the emotional, mental and spiritual stressors as much as the physical. This can be done through questioning. You can reduce your bad stressors which are:

physical – over/under exercising

chemical – pesticides, herbicides, etc. from chemical fertilizers

electromagnetic – over-exposure to sunlight, medical X-rays, extremely low frequency from cell phones, computers, television, microwave ovens, and even an electric blanket

psychic – verbal abuse from others, negative thinking, taking on more responsibilities

nutrition – eating too much, too little, food preservatives, colorings, thickeners, emulsifiers, and the like

thermal – burns, body temperature too low for an extended period of time

Another component which is underrated is addressing an individual’s sleep and rest patterns. This is especially true when designing a customized exercise program. It actually matters what time you go to bed and get up. Despite popular belief, it’s not just about getting 8 hours of sleep. A good guideline is to try to sleep and wake with the

sun. I promise you will feel a lot better. The quality of sleep is just as important as the quantity of sleep. Generally, you want to sleep in complete darkness and silence just like a caveman in a cave.

These are just some of the major steps which are the highly neglected aspects for most people when following an exercise program aimed at achieving their health and fitness goals. Try these out for a month yourself and see and feel if it works. I am my first client so I can honestly say by experience that this works.