

Positive Thought, Happiness and Health

People are comprised of different elements: Body, Mind, Spirit and Soul. These elements maintain a constant relationship and there is a constant interaction of each on the others.

The renowned author Louise L. Hay wrote much about the Body-Soul connection. Sickness can follow negative thinking patterns such as anger, fear, holding a grudge, sadness, guilt, insecurity and a lack of love – especially love of oneself. In many cases guilt brings about self-punishment through physical pain in the body. Stronger negative thoughts can lead to more serious illnesses such as tumors and cancer.

When disease occurs it is important to find out if there is a psychological cause in order to overcome the illness without fear of it returning. If the problem is not solved at its source, it will return again. If the underlying cause is not treated at the root, the problem will reoccur, just as weeds will grow back if not removed at the root.

But it is not enough to just eliminate the source of the problem – the void that is created by its removal must be filled with positive patterns of thought like love, happiness, acceptance, security, harmony and peace. Achieving this high goal requires a lot of effort, commitment to making a change and willingness to release the negative patterns. Naturopathic Medicine has a multitude of different methods to help release negative thought patterns and replace them with the positive patterns that enable us to live a happier – and healthier – life.

Dr. Milena Safran was born in Moscow, Russia and immigrated to Israel in 1991 at the age of 22. Milena enrolled first in the Reidman International College for Complementary Medicine and then transferred to the Tsabar College of Natural Medicine, both in Jerusalem, Israel. Completing her course of study Suma Cum Laude and her residency, she was granted her degree as a Doctor of Naturopathy. Milena's doctoral thesis, entitled Interactions between Vitamins, Minerals, Amino Acids and Prescription Medications, is now being used as a textbook for future Naturopaths.

Milena immigrated three years ago for the second time in her life to Lancaster with her husband and then 4 year old daughter. They now reside in Willow Street, five miles south of Lancaster, where Milena has her clinic.