

THE INNER HEROINE: YOU ARE ENOUGH ALREADY by Elizabeth Trinkhaus



My inner heroine. What? Who? Do I have one of those? By definition, the heroine is noted for her courageous acts and her personal, unique qualities. Is that me? Well, maybe, yes. But sometimes, I can't find my courage, and my qualities don't feel especially special. What then?

By nature, as women, we tend to over-give by putting family and friends before ourselves, always. Is this because of some subconscious need to prove our inner heroine? Or is it because we feel we are lacking something? If we just do more we will be loved, recognized, possibly revered. We want that approval. But, we are compensating for an illusion. The "not enough" illusion.

This unconscious belief of "not enough" has been passed down to us for generations. We don't even realize that this is the message we are taking on—the message that is taking us out. The first step is to be open to the possibility of owning the very definition of heroine. Not only is she courageous, but her personal qualities are unique and all her own. Perfectly imperfect, messy and kind.

The next step is the willingness to be human. To shift from the pressures to behave like machines, and own our humanness. What does this mean? It means taking moments to slow down, ask yourself, "What am I telling myself?"—and ultimately shifting to positive self-talk.

I began hosting wellness retreats and offering tools to help combat these limiting beliefs. I helped people learn to be present, to recognize when they were telling themselves, "I am not enough." And most importantly, together we learned how to shift to self-talk that's positive. We would examine old stories, dive deep, and return to the surface feeling lighter.

My clients loved it. They kept coming back. They reported their success stories of how they moved through the debilitating thoughts of feeling not enough to being able to pursue their dreams. This process of uncovering old stories and committing to self-love and positive self-talk inspired their souls. One reported she was getting married in a month, another client was starting her own business, and still another was getting off of antidepressants. The stories of success were flooding in.

My clients would tell me, "You have to put these tools in a book and share them with others!" Less stress, more joy in the simplest of things, less worrying about what others think, and more overall satisfaction in life—these clients were

feeling better. They were feeling enough. They were experiencing miracles and wanted to share their good news with others. And so did I.

I committed to finishing my book and creating space for miracles to happen in the form of "reminders." We all need reminders. Reminders that our best is enough, that we get to be perfectly imperfect, that it's important to take time for ourselves, and that we get to write our "new story" each day.

In chapter 2 of my book, "ENOUGH ALREADY! Yes, You Are," I gave the critic and the encourager names: meet the common critic (Doubting Dotty) and the compassionate encourager (Believing Betty).

The critic is so familiar and has been passed down for generations. The encourager, however, is now creating quite a name for herself. Believing Betty has become a star as people all over the world embrace her encouraging words: "You've got this. You have what you need—within you." Listening to Believing Betty will give you the audacity to believe that you are, indeed, enough—today—even with all your perfect imperfections and unmet goals. The ripple effect of such a belief creates positive changes in every corner of our lives. And these changes will reach generations to come.

And thanks to all of you, the "Enough Already Movement" is happening! It is my mission to share it with audiences around the globe. The Movement is creating deeper breaths, more joy in the present moment, permission to be you today, and a lightness in your step that you've longed for. Here are some more quick reminders: SNL — Stop, Notice, Love. Stop. Notice your self-talk. Shift to Love/compassion. Speak to yourself like you would to your BFF! The new heroine in you gets to have boundaries. She listens to what she needs; she speaks up, and turns the voice of the critic down. She is perfectly imperfect. She's learning to be more loving and patient. So take a deep breath. Embrace the heroine within, and walk with certainty that you are enough already, every day!

Here is a free gift for you—The Backpack Exercise. It's a way to create a healing space for yourself, a time out from stress. I'll take your hand and walk you through it in a free recorded exercise: <https://pinnacleview.net/free-gift/>

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SUPPLEMENT SUPPORT FOR LYME DISEASE by JULIA GREENSPAN, ND



Lyme disease is often misdiagnosed as an autoimmune disease because there are so many parallels in symptoms as well as the rise in common markers found in routine blood work (Antinuclear Antibodies, SED rate, C-reactive Protein, Rheumatoid Factor). There can be swollen joints, and muscle pain. While trying to resolve the chronic infections, toxins and other triggers, the body can actually cause self-attack in the process of trying to help itself. Many patients are mis-diagnosed with Rheumatoid Arthritis, Sjogren's Syndrome, Lupus, Fibromyalgia, Multiple Sclerosis, or Hashimoto's thyroiditis as the primary cause of symptoms. Lyme spirochetes are so good at hiding in the body and testing is not always clear cut because there are more than 50 different strains in the United States. The typical Lyme disease Western Blot is only able to test 1-2 strains.

Spirochetes, which are corkscrew shaped bacteria, similar to syphilis, cause Lyme disease and are hard to kill because they can outrun our own immune cells. They can move into joints, muscle, neurological tissue, and connective tissues. They can reside within spaces in the body where infections don't normally venture, where there is reduced blood flow and low oxygen. Their mere presence is really confusing to the immune system and causes a release of chemicals which can light a cellular fire storm. Due to this wandering behavior spirochetes have, we want anti-inflammatory nutrients that can go where the Lyme disease is hiding.

The good news is these pro-inflammatory pathways can be conquered with lifestyle changes of removing triggers and with natural medications which are much more preferable with less side effects than prescription anti-inflammatories. Nutrients highlighted in this article have the up-to-date research supporting their capabilities. These are Sulforaphane and Black Cumin Seed Oil.

SULFORAPHANE

Sulforaphane is found naturally occurring compound found in foods which are easy to prepare and are a common part of an average meal. These

are broccoli, cauliflower, brussel sprouts, kale, bok choy, and kale. Sulforaphanes can be found in the fully mature plant or the microgreens as well. This is also available in nutritional supplement form with doses ranging from

50 mg to 300 mg. It is best to have a blend of both food sources and supplements for maximum benefit. The health benefits of the Sulforaphane can also be enhanced with the simultaneous use with N-acetyl-cysteine (NAC), a common nutrient for proper detoxification, with doses of 300-600 mg one to three times per day. They bond together synergistically to supercharge the sulforaphane.

Sulforaphane is a natural anti-inflammatory has been found to have an impact on positive epigenetic processes turning healthy genes on and helping to suppress processes that cause aging due to chronic inflammation and improper detoxification. This supports healthy life span of the cells in our body by decreasing inflammation. It does this by decreeing the expression of Th17 which is an immune pathway promoting neuroinflammation and arthritis. It also increases NrF2 which is a protein that protects cells from the negative effects of oxidation and inflammation. It also has anticancer properties and liver protective capabilities.

BLACK CUMIN SEED OIL

Black Cumin Seed Oil (Nigella sativa) is a remedy dating back 2000 years used mainly in India historically. It's a been used traditionally to treat

allergies, infectious disease, autoimmune disease, heart disease and digestive complaints. The active ingredient with the most potent medicine properties are Thymoquinone. Testing has shown minimal to no known side effects with proper dosing. It has also been shown to decrease the impact of seizure like episodes thought to be due to decreasing inflammation on the brain, but is not a replacement for seizure medications if needed for safety. Improved memory and cognition were found in a study where Black Cumin Seed Oil was used 500 mg used twice per day for four weeks. It has also shown to improve muscle pain associated with autoimmune conditions such as Rheumatoid Arthritis. Regulation of the immune system is one of its most potent plant properties and as it does this it can shift the body into an anti-inflammatory state. It appears this oil can do it all.

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