

# Iyar is for Filling Yourself with Life Energy!

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***This Iyar, fill your body and your life with life energy! Only you can do this for yourself. Choose life, ignore the negative distractions and get shining!***

Chodesh Tov ladies! We are in Iyar, the official month of healing. I am excited!

The Sefer Ta'amei HaMinhagim discusses Iyar as a time of healing and brings the Bnei Yissaschar's teaching that most weaknesses and illnesses come from foods which do not comport with a person's nature or composition. Since the Mann began to fall during this month (on the 15th day of Iyar 2448) – and it

was a perfect food that resulted in no sickness, pain or even waste matter and even cured those who were ill – Hashem left the curative nature of the month in effect even through today. Accordingly, Iyar is a time of healing.

How do we heal and get back our birthright of radiant health?

Hashem has already put forth the Divine Design for healing. We have within us all the wisdom we will ever need to be and stay healthy and healed. We only need to follow this wisdom. In order to follow it, we must remove spiritual, emotional, and physical blockages since they impair our ability to see and receive Divine guidance.

For true health, healing, and connection to Hashem, we must be spiritually, emotionally, mentally, and physically healthy. That being said, vastly improving in any one of these areas, will improve your health in the other three as well. That is how it works because all things are tied together, as ultimately, all is One.

Since physical health is my area of expertise, I'll focus on the physical aspect of health and healing.

If our body is constipated and therefore blocked up, our energy falls, clarity of mind is impaired, immunity is down, and our natural connection to Hashem weakens.

*In order to follow it, we must remove spiritual, emotional, and physical blockages since they impair our ability to see and receive Divine guidance!*

“Since maintaining a healthy and sound body is among the ways of God – for one cannot understand or have any knowledge of the Creator if he is ill – therefore, he must avoid that which harms the body and accustom himself to that which is healthful and helps the body become stronger.” – Rambam, Sefer Deyos, Chapter 4, Halacha 1.

The blessing of good health as well as all other blessings, come through a purified body, blood system, and of course mind. It's all there, gifted to you and showered upon you. You just need not to block it. Imagine how you can feel and what you can do with the unblocked energy of a strong, clean body. Imagine the receiving and intuitive capabilities of your mind when it is truly clear and pure. Imagine the power of your heart when it is overflowing with compassion, love, and kindness.

Wow – that is BIG!

In last week's article, I gave you the quick lowdown on how to clean your internal system and feel fantastic. Read that article [here](#) and begin taking action now.



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come through a purified body!*

I've said it before, but it bears repeating. Cleaning the body from within, starting with the organs of elimination – colon, kidneys, liver, and lymphatic system is the key to true health, regeneration, anti-aging, and high energy. When the body is clean you are more in tune, in harmony, aligned with

God.

“If the body experiences any kind of problem, it will affect the person’s mind accordingly. Therefore, the Torah distanced us from anything that might cause harm... because since the body is a tool of the soul...a person must try to keep his body healthy and strong... therefore it is a kindness from G-d to distance ourselves from any food that is harmful to the body and that creates in the body harmful mucus.” – Sefer Hachinuch, Mitzvah 73.

You can turn this around right here, right now. You can fill your life with health and blessings and as an added bonus be a shining example to your family, friends, and community. I admit – it’s not easy. But it is simple. You CAN do it.

Turn away from the processed, chemicalized, sugary, denatured foods and come back to the simple foods from Hashem’s kitchen: fruits, vegetables, nuts, seeds, sprouts, leafy greens. Clear away the heaviness and make way for your inner light to shine.

In my last article I gave a smoothie recipe. Use that smoothie, or any smoothie of your choice to get super nutrients into your body on a daily basis. Here is my list of the best stuff to incorporate into your smoothie for highest vibrations, a clean GI tract, life energy:

Bee pollen

Royal jelly

Wheatgrass powder

Barley grass powder

Gel from a fresh aloe leaf

Soaked flax seeds

Lemon peel

Dandelion leaf

Cinnamon bark

Tiny bit of ginger root

This Iyar, fill your body and your life with life energy! Only you can do this for yourself. Choose life, ignore the negative distractions and temptations, and get shining!