



Foundation for Health Creation

June 2024 Newsletter

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Opening Letter

Hello friends,

As we begin to bask in the warmth of summer, we are thrilled to share new information and insights with our FHC community.

In this edition, you'll find an enlightening article by Dr. Carmen Hering, reflections on the recent solar eclipse, and a video from Dr. Steven Johnson about the medicinal qualities of the yarrow plant. We also spotlight Mark Hancock's innovative clinic, Humanizing Medicine, which exemplifies our mission to bring anthroposophic and holistic therapies for optimal health.

Thank you for joining us on this journey towards a more human-centered approach to healthcare.

With Warm Regards,
The FHC team

Calendar of the Soul

Week 11
June 16-23

In this the sun's high hour it rests
With you to understand these words of
wisdom:
Surrendered to the beauty of the world,
Be stirred with new-enlivened feeling;
The human I can lose itself
And find itself within the cosmic I..

- RUDOLF STEINER





Individuating Through the 7 Life Processes

Dr. Carmen Hering

Life is a continual series of encounters between ourselves and the world. The extent to which we can learn from and be nourished by them, and then also give back or keep out what is not needed, determines our overall health and longevity. These processes of encounter lead to inner transformation and creative development as individuals. They can be described as seven discrete activities: The first three involve ways in which we take in the world around us and make it our own. They primarily include processes of breakdown and transformation. The last three relate to our inner creative activities - how we renew and regenerate ourselves. And the middle process integrates and harmonizes between these two polarities.



Our first act as a separate individual in the world is breathing. Before this, we are nurtured and suspended in a world of connection and oneness- everything needed is brought to us and then washed away in an ebb and flow of fluid exchange within the enveloping womb. When we take our first breath, we experience the separateness of our being- something from outside is brought in across the boundary of our physical form. Out of this separateness emerges the possibility for observation. We can now experience a distinction between "outside" and "inside". We no longer feel ourselves at one with our surroundings- we breathe in, taking in the outside world with its substance and sensations, and we breathe out, releasing what we no longer need or cannot utilize. With this crucial act of breathing, we develop the capacity to observe the world and study it. This experience of separateness leads to capacities for contemplation and memory. It is a first step in becoming an individual.



At the moment the first breath takes place, something else magical happens. Our breath sparks fire. Imagine the wonder of this moment! Before this, all nourishment and dissolved gases, especially oxygen, were prepared and carried to us through the maternal placenta. We had never felt the rawness and intensity of ignition in our blood, and never before created it for ourselves. With each breath we fan the flame of our inner warmth, spreading it throughout our body and igniting the inner workings of our physiology. It is as if the lights are suddenly turned on and our inner being is awakened from slumber. With this step of warming, we create an inner unity and cohesion within our separateness. This warmth organization guides and coordinates our internal processes with wisdom.

The stirring of our metabolism immediately brings us to a new activity, one of transformation and nourishment. Metabolism is the process of transforming substance into energy and also into new substance through the power provided by breathing and warming. This involves incredible work and activity, both for breaking down and for building up. We call these two processes catabolism and anabolism, respectively. This third step of encounter with the world is primarily destructive; foreign substance has to be met and overcome. This is a vital function for nutrition and immune function, distinguishing self from non-self. Foreign substance has to be broken down and stripped of its former nature in order to be freely utilized by the individual. This metabolic and digestive activity utilizes energy but also releases energy back that can be used and harnessed for body processes. It also creates waste products that can either be transformed into new substance or excreted as waste. Through the process of nourishing, the body transforms itself.

Now the individual must move all this energy, transformed substance, and waste products to be properly utilized or excreted! How does it do this? This involves an intricate process of sorting and secreting. Secretion is the transport of material from one part of the body to another. This process involves incredible precision and cohesion, harmonizing all the body systems as an integrated whole. We can think about the intricacies of our glandular system, for example. The endocrine glands regulate hormone production in the brain and other organs throughout the body in order to modulate metabolism, energy level, mood, reproduction, growth and development, and responses to injury and stress. What an amazing symphony! This activity of secreting is central to our physiology and is coordinated by the heart and circulatory system. Like a sun radiating out in all directions, it supports all other life processes through rhythms of expansion and contraction, building up and breaking down, taking in and letting go, and through alternating rest with activity.



With the process of secreting, we enter a turning point. The first 3 stages of breathing, warming, and nourishing all involve substances and activities that exist outside us and which we bring into our interior. Here, in our interior, we meet, transform and integrate these external forces into our inner being.

These initial steps lead us to the next stages of encounter, where we actually build up our substance and consciousness through our own inner activity. The destruction necessary for transformation and nourishment has a countermovement which is constructive. In nature, these processes cannot be truly separated- every process of buildup involves a corresponding process of break down; they are mutually dependent and interactive. Let's give an example. We breathe in air and light and various sensations through our lungs, eyes, skin and other sensory organs. This input makes an impression on us- like pressing a stamp into sealing wax, the outer world impresses itself upon us and changes us by setting off a cascade of reactions that ripple throughout our body. These reactions involve oxygenation, metabolism, nerve impulses and neurotransmitter production, among other things, all of which actually break down our cells and tissues. Sensing and breathing consume and degrade vital substances in our body that then need to be regenerated.

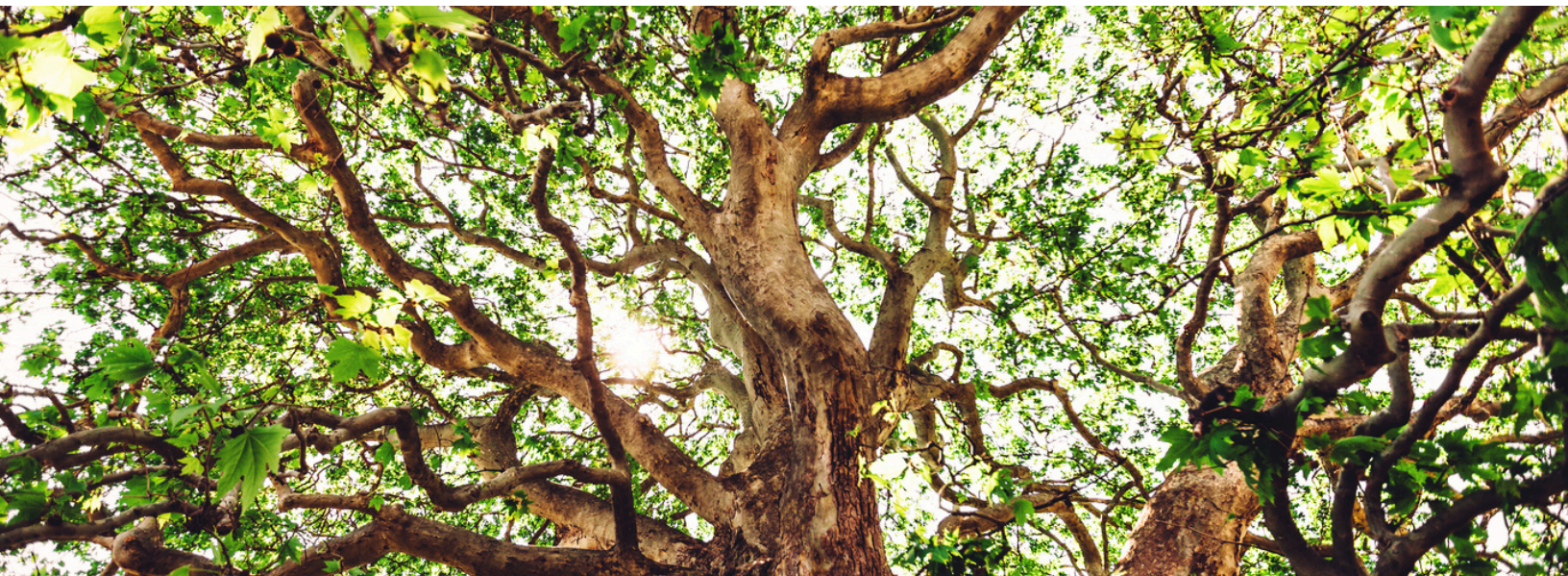
So this next stage of activity can be called maintaining. Here, we rebuild what has been destroyed. We decide what substances need to be resorbed or regenerated and what can be let go. The activity of maintaining has both qualities of receiving and releasing. Some of what has been destroyed can be reused as building blocks, while the rest may need to be released and excreted. An example of this can be found in the kidney, where the blood is carefully analyzed and filtered, and then most of it is resorbed back into circulation. Only a small portion is excreted as urine. This is an extraordinary process of discernment- what can be brought back in as a new source of nourishment and support, and what really needs to be let go? This delicate process involves not only our bodily health but also our mental and emotional well-being. How well do we maintain ourselves? What life experiences nourish us and serve our development? What is stagnant or toxic that needs to be let go? This is an ongoing activity of continual refinement.

The Sycamore by Wendell Berry

In the place that is my own place, whose earth
I am shaped in and must bear, there is an old tree growing,
a great sycamore that is a wondrous healer of itself.

Fences have been tied to it, nails driven into it,
hacks and whittles cut in it, the lightning has burned it.

There is no year it has flourished in
that has not harmed it. There is a hollow in it
that is its death, though its living brims whitely
at the lip of the darkness and flows outward.
Over all its scars has come the seamless white
of the bark. It bears the gnarls of its history
healed over. It has risen to a strange perfection
in the warp and bending of its long growth.
It has gathered all accidents into its purpose.
It has become the intention and radiance of its dark fate.
It is a fact, sublime, mystical and unassailable.
In all the country there is no other like it.
I recognize in it a principle, an indwelling
the same as itself, and greater, that I would be ruled by.
I see that it stands in its place and feeds upon it,
and is fed upon, and is native, and maker.



SOLAR ECLIPSE and PLANETARY ALIGNMENTS

Part 1 and Part 2

written by Jonathan Hilton

We would like to thank Johnathan Hilton for allowing us to share these two articles about the April 8th eclipse that took place this year. Mr. Hilton is an astrophysicist working out of anthroposophy. These cosmic events have meaning far beyond the date itself. We often forget about such things after the spectacle has occurred. We thought for those interested in the happenings of the celestial landscape, a reminder at this time would be helpful. Please enjoy these insightful articles, which spark our spiritual imagination and remind us that the small microcosm we live in is deeply connected to the macrocosm, which is in constant movement and change. A change we can strive to be increasingly aware of within ourselves.

[Part 1](#)

[Part 2](#)



Love for a Song

Written and read by J. Drew Lanham

Love is barter—bits of affection traded for pieces of adoration. It is desire doled out on the whippoorwill's summer wanting. It is our craving for the meadowlark's ringing song—our longing for spring's greening from our sun-starved spirits down to our bare-toed roots. We seek the winding path and wander until we find the sweet spots—blackwater cypress swamp, tallgrass prairie sweep—the place where moonlight glancing off of tide-slicked stones makes us weep.

We want the wild soul and a shadow-dwelling wood thrush heaps it on us in self-harmonizing sonata—We revel in wild-flower bloom—marvel in the migratory sojourns of birds dodging falling stars. Sink yourself deep in the dizzying dance of pollen-drunk bees. Find hope in the re-leaved canopies of the tallest trees. Wind and water—storm and surf—they can move us to other ends. Therein is the turn on. It's the honey sweet seduction. Nature asks only that we notice—a sunrise here—a sunset there. The surge, that overwhelming inexplicable thing in a swallow's joyous flight or the dawning of new light that melds heart and head into sensual soul in that moment of truly seeing—that is love.

Recommended Reading

The Anxious Generation

by Jonathan Haidt

In the book, *The Anxious Generation* (available on Amazon), social psychologist Jonathan Haidt lays out the facts about the epidemic of teen mental illness that hit many countries at the same time. He then investigates the nature of childhood, including why children need play and independent exploration to mature into competent, thriving adults. Haidt shows how the "play-based childhood" began to decline in the 1980s and how it was finally wiped out by the arrival of the "phone-based childhood" in the early 2010s. He presents more than a dozen mechanisms by which this "great rewiring of childhood" has interfered with children's social and neurological development, covering everything from sleep deprivation to attention fragmentation, addiction, loneliness, social contagion, social comparison, and perfectionism. He explains why social media damages girls more than boys and why boys have been withdrawing from the real world into the virtual world, with disastrous consequences for themselves, their families, and their societies.

Most important, Haidt issues a clear call to action. He diagnoses the "collective action problems" that trap us and proposes four simple rules that might set us free. He describes steps that parents, teachers, schools, tech companies, and governments can take to end the epidemic of mental illness and restore a more humane childhood.

[Find Here](#)

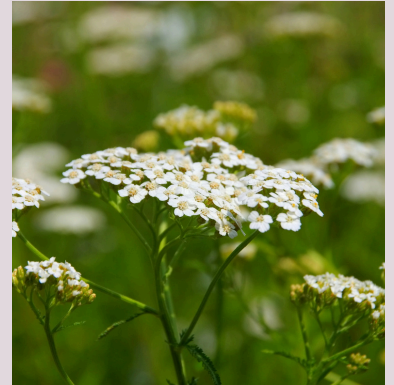


Health at Home

Please enjoy the video below of Dr. Steven Johnson walking us through how and when to use the Yarrow plant medicinally.

The flowers of this plant can be used as a tea or compress to aid in detoxing and cleansing after illness and in treating many ailments.

[Watch Here](#)





In this newsletter, we are highlighting Dr. Mark Hancock and his integrative care clinic, Humanizing Medicine in Decatur, Georgia.

Health in Action

Dr. Hancock is a devoted doctor and a wonderful human being. Many of you may have experienced his authentic and warm nature during our May webinar, “Building Our Natural Resilience to Chronic Diseases and Cancer”. Dr. Hancock is dedicated to healing and the [Humanizing Medicine website](#) reflects this dedication. There you will find a number of links to helpful information and resources, [like this blog](#). If you were unable to register for the May webinar, it is available for \$10 [here](#). Proceeds support the ongoing work of the Foundation for Health Creation and the [Martin Clinic](#).



Foundation for Health Creation

We hope you enjoyed this newsletter; if you're interested in receiving more information from us or receiving information about upcoming webinars first, use the links below, and please share with a friend.

FHC has not done any fundraising; it is mostly volunteer work. We want to express our gratitude to our community for your donations and participation in our webinars.

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