

## **Why Good People Do Bad Things**

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The typical actions that cause pain and illness on the physical levels are well known and well documented. For example, we all know that to maintain a healthy weight, we need to eat well and exercise. We all know that to avoid lung cancer, we shouldn't smoke cigarettes with their known 4,000 chemicals including rat poison! Most are aware that much of the animal products we consume are laced with pesticides, antibiotics and more. And most of us know that ingesting sugar and caffeine for that temporary buzz or alcohol for a temporary forgetting (weapons of mass distraction) only leads us to a more permanent lethargy (there are more reasons we get sick, but we'll get into those in future articles). So why do good people do bad things?

There are two reasons: 1) Either we don't know the above mentioned (or other) causes and effects of our actions, or 2) We do know, but don't have the ability to make a lasting change toward better health. Much of my work over the last few years has been centered around raising awareness of the underlying causes of pain and illness, yet even after those are illuminated, some clients continue their ways that brought them to me in the first place. Why is this so, and what can be done about it?

It has become very clear that to make any kind of change, you need to have some kind of support system. This is why people hire personal trainers; how many of us have joined a gym only to become bored with the routine and either dreaded going or just stopped going altogether? A personal trainer will motivate you through these stumbling blocks. What I am proposing is that we form small "accountability groups" in any setting.

How many of you would love to discuss deeper issues like spirituality and alternative health at the water cooler but don't? At the next yoga class or visit to the gym, make friends with someone and form a buddy system. Or visit [www.MeetUp.com](http://www.MeetUp.com) to find others with similar interests. Community is what makes long-term lasting changes. Depending on what motivates you, the bigger the community, the better!

I am a member of several holistic communities in NYC. Many of us dance without alcohol; we get high on movement—one of the major factors that promote health and healing. Others are based around music and other types of performance and the arts. We all support each other and get inspired rather than jealous when someone gets to the next level. We also support each other when things don't go well with an open compassionate heart and/or empowerment tools. Dare to form accountability groups, support others and receive it too, and watch what happens!