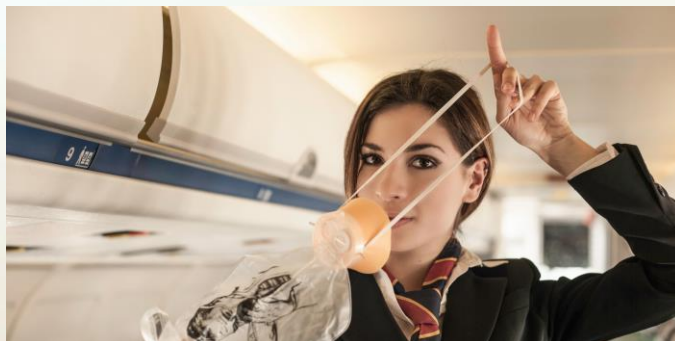


The A,B,C's of Self-Care

Put your own oxygen mask on
first



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OPTIONS TO HEALTH

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Introduction

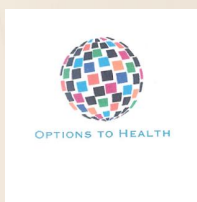
I admit that I teach and write what I most need to learn myself. This eBook is no different. Self-Care is an ongoing experience with so many layers: physical, mental, emotional and spiritual. The challenge is to remember how to take care of oneself when life is overwhelming, challenging and time is limited.

As with my other A, B, C eBooks, this is simply an overview of suggestions and ideas about self-care and hopefully offers a place to start if you need motivation or inspiration.

May 30, 2020 began my 32nd year as a holistic nurse specializing in kinesiology, flower essences and face reading. I feel so fortunate that my life veered in this direction. I get to support people daily with so many tools and I get to learn something new each day.

If you have any questions about anything in this book, contact me at: Ginger@optionstohealth.com

Ginger



A is for Awareness

Awareness is the first step in healing.

~Dean Ornish

“Awareness is the greatest
agent for **change**.”

-Eckhart Tolle

- And, I truly believe that AWARENESS is 99% of the solution to any problem.
- I love that muscle testing is a biofeedback tool for identifying the missing pieces of YOUR puzzle. It supports discovering the awareness needed to move forward on all body levels – physical, mental, emotional and spiritual.

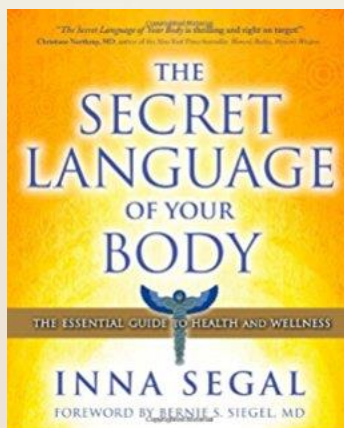
B is for Breathing

One way to break up any kind of tension is good deep breathing.

~Byron Nelson

In the book *The Secret Language of Your Body* by Inna Segal, she offers a relaxation process, accompanied with breathing, to release unhealthy emotions:

- “Say, ‘Divine Healing Intelligence, please embrace me with your gentle, soothing emerald light. Allow it to flow through every muscle, bone, and tissue in my body, softening, relaxing and calming me. Help me find peace in the chaos that surrounds me. Inspire me to take time out for myself to commune with nature, and to revive by becoming aware of what is truly important. Allow me to find pleasure in simple things and to remember to appreciate what is valuable in my life. Thank you.’”
- Repeat the word CLEAR several times until you feel lighter.
- Become aware of how your body feels. Focus on breathing slowly and deeply, allowing every part of you that is holding stress to soften, relax and let go. Give yourself permission to take time out, to relax and to rest.”



C is for Crystals

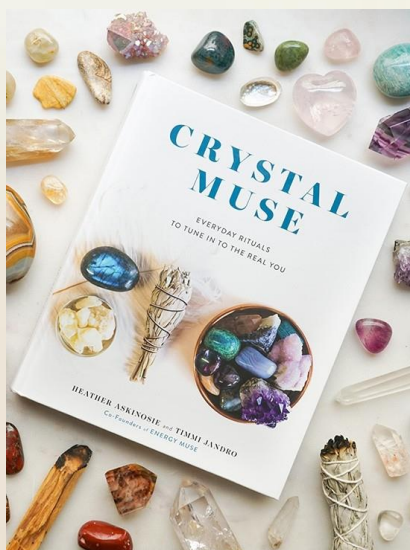
The crystals we are drawn to are more times than not the crystals that we need for healing

~ Jenna

Crystals have been part of the earth since the beginning of time. Each one has a unique blueprint, vibration and healing property, much like flowers and flower essences.

You may find that connecting to a specific crystal will offer you the peace, simplicity and assistance that you are looking for. The discovery process of finding the right store to buy it in or talking to the person who can guide you is part of the self-care experience.

Recently I heard a wonderful interview on a Sirius radio show with Heather Askinosie and Timmi Jandro, the authors of the book, *Crystal Muse, Everyday Rituals To Tune In To The Real You*. I immediately bought the book and have found it to be beautifully written with simple rituals, meditations and inspiration. The pictures throughout the book are gorgeous, as well.



D is for Daily Routine

Look for Magic in the daily routine.

~ Lou Barlow

THINK POSITIVELY
EXERCISE DAILY
EAT HEALTHY
WORK HARD
STAY STRONG
WORRY LESS
DANCE MORE
LOVE OFTEN
BE HAPPY

E is for Exercise

Exercise is therapy.

- Exercise:

- Reduces body fat
- Boosts mood
- Strengthens the heart
- Boost immune system
- Lowers Blood Pressure
- Detoxifies the body
- Manages pain
- Improves memory
- Decreases stress
- Strengthens muscles
- Improves coordination
- And, so much more!



F is for Flower Essences

- Richard Gerber MD, in his book *Vibrational Medicine* gives a scientific and physiological explanation of how flower essences work:
 - When an essence is ingested or absorbed through the skin, it initially goes directly to the blood stream;
 - Then it settles between the circulatory and nervous system;
 - The essence then moves to the meridians (energy pathways);
 - Then to the chakras and various subtle bodies;
 - And then back to the physical body.
- Ian White who created the Australian Bush Flower Essences says that flower essences work on the mind, body and spirit as a result of the healing vibrational quality that is derived from the most evolved part of the plant. Studying with him was a highlight for me. He is an amazing human being who has such reverence for all life.



G is for Grounding

aka "Earthing"

According to [Dr. Mercola](#), walking with your feet directly touching the soil allows your body to absorb negative electrons through the Earth, which helps to stabilize daily cortisol rhythm and create a balanced internal bioelectrical environment. Consider the following benefits of walking barefoot:

1. Walking barefoot can reduce pain & inflammation.
2. It can improve your sleep.
3. Walking barefoot strengthens your immune system.
4. Coming in contact with soil may reduce anxiety and stress.
5. Walking barefoot can help loosen tight muscles and reduce headaches.
6. Earthing can boost energy levels.
7. Walking barefoot is a free reflexology session.
8. Don't want to walk barefoot, get your hands in the dirt with an outside garden or bring plants and flowers into your home.



H is for Hook-Ups

Do this when your energy feels off.

- Donna Eden – Eden Energy Medicine – describes this energy exercise as an opportunity to strengthen your aura, zip up your midline energy pathways (Central and Governing Meridian) and increase coordination.
1. Place the middle finger of one hand on your third eye (between your eyebrows above the bridge of your nose).
 2. Place the middle finger of the other hand in your navel.
 3. Gently press each finger into your skin, pull it upward, and hold for 15-20 seconds. Often a spontaneous sigh or deep breath signals that the energies have hooked up.



I is for Isopogon

"I now learn from my mistakes."

- Isopogon is an Australian Bush Flower essence that helps you retrieve memories from the past.
- It is for people who live in their heads and are dominated by intellect.
- Isopogon connects head and heart.
- It also helps when you feel that you have not been able to learn from the mistakes of the past.
- Ian White writes in his book, ***Bush Flower Essences***, *"this remedy has also helped those suffering from senility, Alzheimer's disease and poor memory, but may need to be taken on and off for a few months."*
- Contact me for any of the Australian Bush Essences that you want.



J is for a Joy Journal

Find joy in the ordinary

What is a Joy Journal?

- A Joy Journal is a way of discovering what makes your heart sing. It is a document of the who, what, why, where of life that inspires you, makes you laugh or cry, causes you to pause, makes you happy, fascinates you, reduces your stress, tickles you, creates awe and opens your heart.

Examples:

- “I stopped everything when the hummingbirds came to the feeder. I am fascinated with everything about this special bird.”
- “I love coming home and being greeted by my golden retriever. What would life be like without her? She is all about unconditional love.”
- “The best part of my day is waking up at dawn, making a pot of coffee and enjoying the silence.”
- “I am so in love with my grand baby! Is there anything more precious?”
- “I got to walk the beach today and collect sea glass. I love all of the shapes and colors.”
- “I had so much pleasure digging in the dirt and planting bulbs. I can't wait to see what they look like when they come up in the spring.”

K is for K-27

A Kidney Meridian Point

- Gently massaging the Kidney Meridian Point 27 is a wonderful way to bring energy to your eyes and improve your vision.
- If these points are tender to the touch, they need your attention.
- Massaging K-27 may:
 - Increase your energy
 - Create clearer thinking
 - Help you feel more connected
 - Increase your awareness



L is for Laughter

"Laughter is an instant vacation."

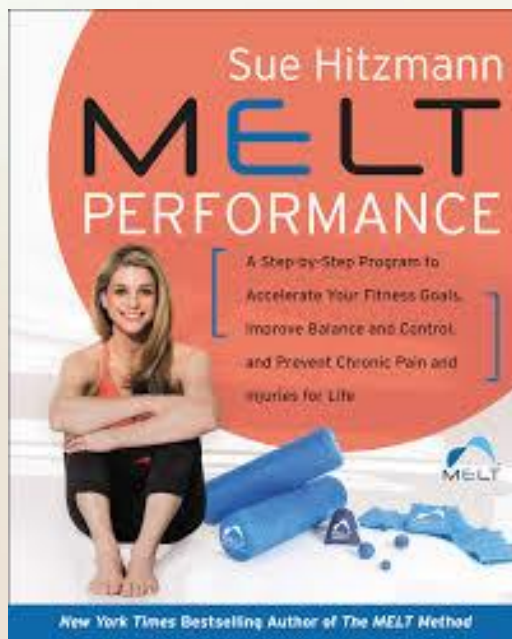
~ Milton Berle



M is for Melt Method

A Breakthrough Self-Treatment System

- Thank you Sue Hitzmann for creating the Melt Method®. She is an incredible teacher and has designed a simple, step-by-step self-treatment programs to reduce pain and stay active and healthy by focusing on the hydration of the connective tissue in the body.
- Thank goodness for over-achieving people like Sue who keep studying and learning and want to share that knowledge with all of us.
- Check out her website: www.meltmethod.com as well as Facebook and Instagram.



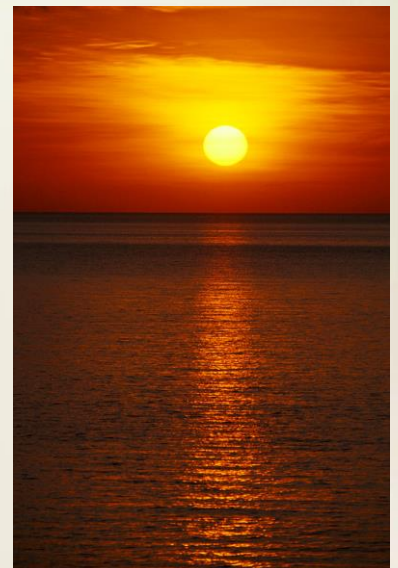
N is for Nature

"Colors are the smiles of nature."

~ Leigh Hunt

2020 has taught us to find pleasure in the simple things in life, like getting outside and enjoying nature – whatever that looks like to you.

Breathe, relax, energize, enjoy!



O is for OMG Points

Emotional Stress Release Points

- What do you do when you can't find your phone, your keys, the document you need? You instinctively put your palm on your forehead while expressing, "OMG, where did I put it?"
- Lightly touching the forehead with your fingertips or your palm helps to bring blood flow and intention to the frontal lobe of your brain where rational thinking occurs.
- While holding those points, take deep cleansing breaths and allow yourself to visualize the stressful situation and imagine alternative outcomes.
- The points on your forehead are also balance points for Stomach Meridian, an energy pathway in your body. Since you often hold stress in the stomach area, holding these points will help to balance and calm a nervous stomach.



P is for Passion

"Passion is energy. Feel the power that comes from focusing on what excites you."

~ Oprah

- When life is throwing challenges at you, it is often hard to be aware of who or what makes your heart sing. And that is probably the most important time to have or discover what will power you through the tough times.
- Passions change as you do. What made your heart sing at 20 may not do the same for you at 50. So what?
- Get a notebook or journal and start jotting down people, experiences or thoughts that ignited something within. Perhaps you found yourself caught up in watching birds at the birdfeeder, maybe watching women laughing over coffee at the local café made you want to get together with your girlfriends, seeing an ad on TV for a local gym sparked a desire to feel your muscles again, maybe watching the Olympics has you wanting to learn how to skate.
- Whatever moves you emotionally is something you may want to pursue.



Q is for Questioning

"Questioning is the door of knowledge"

~ Irish Saying

- It's important to ask questions of yourself and others and then listen to your gut, your little voice, your intuition.
- If you have had a session with me, you know that I use scales a lot to determine where you are starting from, whether it be physical pain, anxiety, panic, food options, etc.

For example:

- On a scale of 1 – 10, where 10 is the most pain, where are you?
- On a scale of 1 – 10, where 10 is an anxiety attack, where are you?
- When muscle testing a food choice where a 10 is the best option, where does this food fall on the scale?

"He who asks a question is a fool for five minutes: he who does not ask a question is a fool for forever."

Chinese Proverb

R is for Retreat and Renew

I often have an “Oprah day”, when the entire day is just for me. I figure if Oprah can do it, so can I. She says:

“I always give myself Sundays as a spiritual base of renewal—a day when I do absolutely nothing. I sit in my jammies or take a walk, and I allow myself time to BE—capital B-E—with myself. When I don't, I absolutely become stressed, irritable, anxiety-prone, and not the person I want to be in the world.”

- What is your Oprah day going to look like?
- How do you want to nurture and nourish yourself?
- Can you give yourself permission to take the time for yourself?



S is for Singing

"The only thing better than singing, is more singing."

~ Ella Fitzgerald

Potential health benefits of singing:

- Relieves stress;
- Improves your immune system;
- Releases endorphins which may change your perception of pain;
- May improve snoring (!);
- May be beneficial for improving lung function and breathing;
- Allows Alzheimer's patients to remember something. My mom couldn't put words together to form a sentence but she could remember and sing every word to a song!
- May help with the grief process;
- Improves mood.



T is for Temporal Tap

- Temporal tapping is an ancient technique originally used for pain control in the Orient.
- Dr. George Goodheart, the founder of applied kinesiology, discovered that tapping along the temporal area can *“temporarily shift the mechanisms that filter sensory input.”*
- If you introduce an affirmation while tapping, the mind is very receptive to it.
- However, because the left brain hemisphere is the control center and highly critical, statements made with a negative wording are more easily assimilated.
- The right brain hemisphere receives positive statements more easily.
- Tapping begins at the temple, then around the ear and down towards the throat. From the side it looks as if you are tapping a big question mark! Tap from the front to the back about 5 times while making the statement. Start with the left and then repeat on the right.

Example:

- Temporal Tap Left: “I no longer feel pain.” or “I am releasing the resentment I have with my father.” or “I am learning to be productive with anger.” Temporal Tap Right: “My body feels relaxed.” Or “I choose to enjoy the relationship with my father.” or “I am willing to focus on joy”

U is for Unleash Your Inner Sparkle!

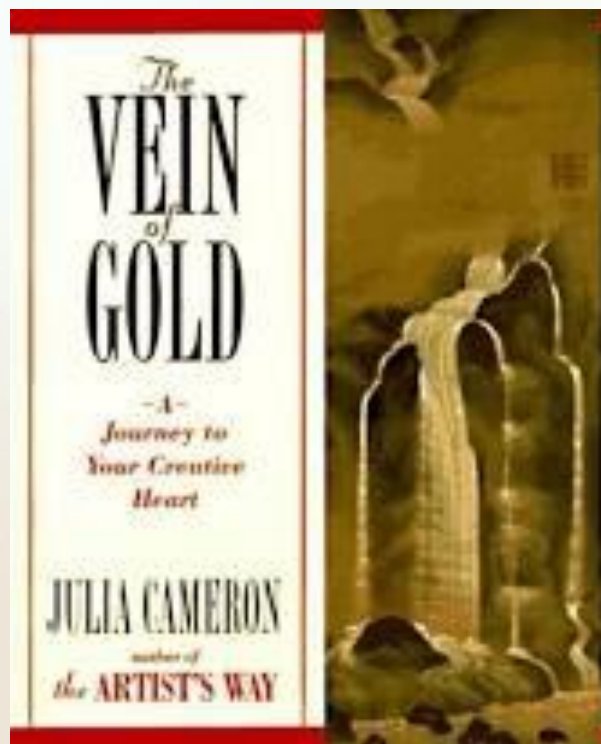


**NOTHING CAN
DIM THE LIGHT
THAT SHINES
FROM WITHIN.**

- Maya Angelou

V is for *The Vein of Gold*

- Julia Cameron, the author of *The Artist's Way*, has also written *The Vein of Gold – A Journey to the Creative Heart*.
- The book is arranged as “a journey to the heart of creativity.”
- This book is a learning through doing concept and Julia includes more than 100 imaginative tasks towards creativity, healing and renewal.



W is for Wishy Washy

- Dr. Bradley Nelson, creator of **The Emotion Code**, defines Wishy Washy as: *"weak, spiritless, undecided, irresolute, without strength of character. To lack conviction, without a backbone."*
- Yikes! That's hard to hear if it is a trapped emotion that comes up to be released. There's nothing worse than feeling wishy washy and indecisive. It can create and prolong stress. Below are some Australian Bush flower essences to help:
- **Paw Paw** – for overwhelm and when you are unable to resolve problems;
- **Sundew** – for feeling indecisive, disconnected, vague and wanting to be grounded, focused and living in the present;
- **Jacaranda** – as Ian White says, for "dithering" and being scattered. Helps to be centered, decisive and quick thinking;
- **Red Lily** – Ian White says – *"is for spirituality and connection to God in a grounded and centered way, allowing a person to have a wholeness to their spirituality by also realizing the need to develop and maintain a balanced physical and emotional life."*



X is for X-Patterning

- I include Cross-Patterning in every A,B,C eBook because it is one of the best exercises you can do for balancing your brain and body.
- Lillian Poston, my original kinesiology practitioner who I saw for help with a brain injury 30+ years ago, gave me cross-patterning as homework to do twice a day for 8 weeks. It really was the beginning of healing for me and little by little the 24/7 head pain that I'd been experiencing for 13 years started to diminish!
- Step 1 – Bring your opposite hand to your opposite knee, right and left, 3 or 4 times.
- Step 2 – Bring your same hand to your same knee, right and left, 3 or 4 times.
- Step 3 – Repeat steps 1 and 2 several times, **ending with STEP 1.**



Y is for Yarrow

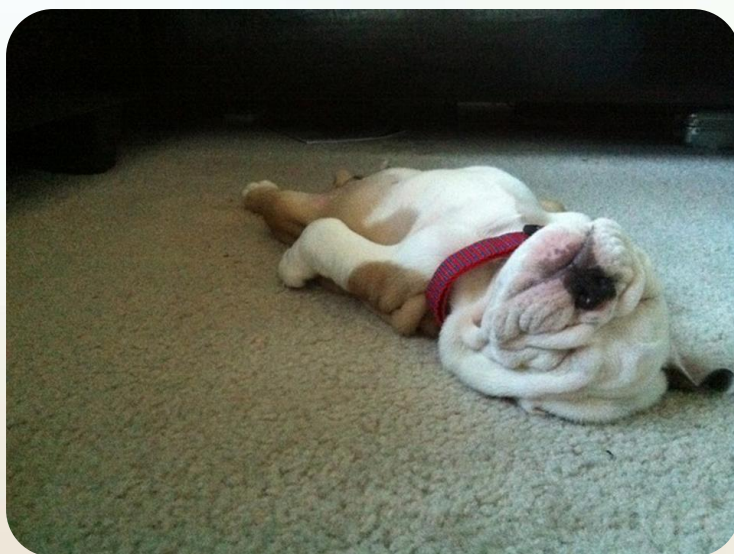
- Yarrow flower essences – Pink Yarrow, White Yarrow and Yellow/Golden Yarrow and the Yarrow Blend – are important for those who are highly sensitive and vulnerable to absorbing energy from people, places and things.
- *Pink Yarrow* is for those who get overly involved in other people's lives.
- *Yellow/Golden Yarrow* is for strong personal protection.
- *White Yarrow* is for clearing psychic toxicity, and for general protection when you are depleted.

The Flower Essence Society has a Yarrow Blend that I highly recommend.





"Sleep is the best medicine."
~Dalai Lama



Ginger Bisplinghoff

My passion is helping people solve their problems, change their lives and reach their full potential. For over 40 years I've used my expertise in both the medical and holistic nursing field. I've owned my business *Options to Health* for over 32 years and I've worked with children, adults and animals around the world.

With my ongoing study of Eastern and Western medicine, kinesiology, flower essences and face reading, as well as my network of practitioners I insure that your individual needs are met.

I am fortunate that my students see my passion, enthusiasm and sense of humor when teaching. It's been a pleasure to share my expertise on TV and radio, consult with businesses, hospitals and school systems and speak in a variety of venues.

Taking a complicated subject and breaking it down into easily understandable components is something I love to do. You will see that illustrated in my book on face reading, *It's In Your Face – The True You Revealed*.

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