

# We don't heal on our time...

Nowadays, with the hussle-bussle of the world today, we want everything NOW! The greatest marketing tool is the boasting of speed. Copiers are printing out 60 pages per minute, our food can be made in 3 min. or less, our clothes are clean and dry in an hour. We even blow dry our hair. And if we are late for work, we can make up the time by speeding in our car. It seems that the only thing that cannot keep up with the fast paced life of today is the human body!

It is no surprise that when we are sick or have an injury that we seek ways to help or make our bodies heal faster.

Unfortunately, regardless of the sometimes extreme measures that we take, our bodies really just heal on their own time lines. Many times taking a drug, going to work or working out to soon can make the dis-ease of the body worse. Really, the best thing to do is to be patient and trust in the body's ability to heal itself.

We were created by an intelligence that we cannot possibly fathom. Each of our bodies has the intelligence that allows us to grow, heal and reproduce without even needing to think about it. This all

happens without "help" from outside the body. All we have to do is trust the power within and remember that we heal on God's time, not our own.

Our body is a wonderful creation but even with all its wonder, sometimes it just needs a little time.

Below are descriptions of the average amount of healing time required for each of the following dis-eases.

Inflammation ~ 3-4 days

Tissue Repair ~ 2-6 weeks

Tissue Remodeling ~ 3 wks to 1 yr

Angiogenesis (blood vessel growth) ~ months to complete

Ligaments ~ 50% in 6 months  
80% in 1 year - 100% in 1-3 yrs

Muscle Tension ~ 10 days-10 wks

Proprioceptive adaptation ~  
8-10 weeks

Nerve Regeneration ~ 1mm per day  
(in a healthy body)

Bone regrowth ~ 6 wks to 10 yrs

Be patient, and allow your body time to heal completely!

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