Arizona Summit Law School

From the SelectedWorks of Jalae Ulicki

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“A Message from your Body: How to Remove Toxicity in Yourself and in the Practice of Law”

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Available at: https://works.bepress.com/jalae_ulicki/4/
Message from your Body: Reducing the Toxicity in Yourself and in the Practice of Law

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REDUCING THE TOXICITY IN YOUR BODY
A Message From your Body: Helping Others by Helping Yourself First
What is optimal Health?
Optimal Health

Death | Disease | Functioning | Wellness | Optimal Health
Steps to optimal health

Nourish

Balance

Cleanse
Optimal Health

• Vibrant, Alive, Abundant, Radiant, Peaceful

• Balanced mentally, physically, emotionally, spiritually
Wants vs. Needs

What we want and what we need are two different things

“We as a nation are digging our grave with our fork”
A Message from Your Body - February 2013
NEED
Variety and True Whole Food & Exercise!
How do we become optimally healthy?

• Take responsibility
  - no quick fixes, no miracle cure with a pill, etc.
• Education = Power
• No excuses – We sabotage ourselves
  – It's not our busy lives, our spouses, friends, etc...
• Patience
• Commitment
What % of Americans do you think are obese and overweight?

1. 28%
2. 48%
3. 68%

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In the U.S.:

- 68.8% of adults are overweight or obese; 35.7% are obese.
- 31.8% of children and adolescents are overweight or obese; 16.9% are obese.
- 30.5% of low-income preschoolers are overweight or obese.
- Disparities exist based on race-ethnicity, gender, age, geographic region, and socioeconomic status.
Which state do you think has the lowest obesity rate?

1. Colorado
2. West Virginia
3. Mississippi
For the second year in a row, Colorado has the lowest obesity rate nationwide, clocking in at 18.5 percent -- the only state below 20 percent. West Virginia has the highest obesity rate seen since 2008, at 35.3 percent.
How much $ do you think is spent on gym memberships annually?

1. $5 billion
2. $12 billion
3. $19 billion

A Message from Your Body - February 2013
How much $ do you think is spent on diet programs yearly?

1. $25 billion
2. $50 billion
3. $75 billion
Why then with these types of expenditures do they predict that by 2030 more than half the population of almost 40 states will be obese?
Why Do We Get Sick?

• Toxemia: blood poisoning

• Two types:
  – External: various chemical found in our air, water, food
  – Internal: Parasites, Bacteria, Viruses, Yeast, Fungus, Stress
Toxemia

• **Contributes To:**
  - Fibromyalgia
  - Weight Gain
  - Mood Disorders
  - Allergies
  - Diabetes
  - Heart Disease
  - Muscle Joint Problems

• **Other Diseases:**
  - Digestive Disorders
  - Skin Disorders
  - Chronic Fatigue
  - Hormone Disruption
  - Cancer
  - And many other diseases
External Toxins

- Air
- Water
- Food
- Heavy Metals
- Other Chemical
Internal Toxins

- Mental State
- Undigested Food
- Parasites and other invaders
Toxins In the Food

• Pesticides, herbicides, insecticides, hormones
• Genetically Modified Foods (GMO’s)
• Irradiation
• Chemical additives and preservatives
• The 3 whites: Flour, Sugar, Milk
• Processed, Packaged, Preserved
Toxins In The Water

Processing of drinking Water
Toxins In The Air

• **Man made agents**
  – Household products
  – Cigarette smoke
  – Other chemical

• **Naturally occurring agents**
  – Molds, fungi
Toxins Caused By Heavy Metals

- Dental work
- Fish
- Environmental
  - drinking-water contamination (e.g. lead pipes)
  - high ambient air concentrations near emission sources
Other Chemical Toxins

• Work place
• Body-Care Products
• Home-cleaning products
Commitments to Self

what three commitments can you make today to reduce toxicity in yourself?
Nourish

Nourish our deficiencies
-via Enzymes, Whole foods, High Grade Supplements
Nourish

• Whole Foods
• Enzymes
  - Digest food, build bones/tissues, aid in detoxification, anti-inflammatory
• Omega Fatty Acids
• Probiotics
Balance

• We are created to be powerful, efficient, effective, vibrant, balanced beings.

  – Recognize we are one body, mind, soul
  – Become aware of damaging behaviors/attitudes/patterns
  – Negativity creates toxicity
  – Develop positive intention
  – Stress = fear
Balance

• Food Portions
• Variety of Foods
• Take time to breathe
• Balance body’s various systems
Cleanse- Rid Body of Damaging Toxins

- Whole Foods
- Enzyme Therapy
- Breath
- Exercise
- Sunshine
- Sleep
- Body-work

- Hydrotherapy
- Juicing
- High quality supplements
So what about Weight loss, Anti-aging, Detox?

- Shift our lifestyle to a nourished, balanced, and cleaner body, mind, spirit.
  - Natural weight loss
  - Firmer, tighter, brighter skin
  - Efficient body systems
  - Vibrant and Optimal Health = Younger, Energetic, Fit
REDUCING THE TOXICITY IN THE PRACTICE OF LAW
In 2010, the ABA Journal reported that the National Opinion Research Center at the University of Chicago in 2007 surveyed workers in 198 occupations, asking whether they were “very satisfied” with their careers.
The good news is that lawyers, although slightly below doctors, rank in the top half of the 198 occupations surveyed in terms of job satisfaction.
• More good news – law school graduates of fourth-tier law schools were the happiest of all the law school tier rankings!
• Only 27 percent of grads from top-10 law schools call themselves very satisfied with their career choice, compared with 43 percent of grads of fourth-tier schools.
Why are African-American lawyers who have been in practice for over three years happiest with their decisions to become lawyers?

1. Better balance between work and home
2. Their practice setting
3. Better opportunities
Helping Others

Because they chose to work for the government or a non-profit organizations because it afforded them the “ability to contribute to the public good” as much as they expected when they entered the profession.
Happiness

- Happiness, or subjective well-being, is also defined as the presence of positive experiences and feelings, and/or the absence of negative experiences and feeling.
What % of people report having more positive than negative experiences daily?

1. 26%
2. 56%
3. 76%
Which of the following positive experiences do you feel most often?

1. Feeling of rest  
2. Pride in accomplishment  
3. Enjoyment
Which of the following negative experiences do you feel most often?

1. Pain
2. Worry
3. Sadness
Perpetual Search

Our perpetual search for “happiness” or for that condition or experience that is better than what we have...

Keeps us trapped in a cycle of disappointment...

Unhappy
Is Happiness The Answer?

NO

What is?
The power to lead a fulfilled and meaningful life is within what you already know and already have
Know Your Limitations

What we cannot control, we need to surrender or release control of.

Ultimately we become healthier, lighter, happier, and are more capable of contributing to our communities.

Stress becomes less.
You as the “WHOLE”

W-whole
H-Happier
O-Others [able to contribute to others and self]
L-Lighter physically, mentally, emotionally, and spiritually
E-Energy [more energy and more productivity]
Reducing Toxicity

• Commit to helping others by pro-bono service in your practice
• Give your time to non-profit organizations
• Take pride in empowering others to help themselves
• Commit to give time to yourself
• Choose your thoughts
• Eat whole foods
• Hydrate
• Move your body
• Let go
• Pray
• Take time to rejuvenate
• Sleep well and enough
• Balance, balance, balance
• Build relationships/ community
• Give and receive help
• Give yourself grace and do your best with what you have in each
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