

GERMS

From the book, COMPLETE HEALING by Mary Anne, ©Annie Press

“You’ve been criticizing yourself for years and it hasn’t worked. Try approving of yourself and see what happens.” – Louise Hay

People are quite ridiculous on this topic, so I’ve got to ask you to do your own thinking on this. To me, it’s all common sense, but as always, the herd follows the herd quite often when we talk about something unseen. But you can see germs under a microscope and see the little creatures moving around with all the other nasty deposits they bring with them quite clearly, and at a very young age, we are all taught about them. Still, people usually fall to one extreme or the other!

Not to freak anybody out, but to be real, just remember that anything you touch can have fecal matter on it. Yes, POOP! Now most of the stuff in it won’t hurt you, but I realize that in any poop, there can be parasites. Have you seen what a nasty parasite can do to your body? Both short- and long-term major health issues come from the destructive ones. I see plenty of people not wash their hands well, and sometimes, not at all. So door handles, chairs, surfaces, keyboards, phones, anything can store all kinds of stuff until you touch them and take them in!

Bathroom stuff is probably the least of our worries, with all the super viruses that are evolving. Why invite them in? Just a little common sense will keep you and yours healthy, even when everybody else is getting sick! Obviously, you can take care of yourself in mind, body, and soul so that your energy vibration and immunity is healthy enough to take care of whatever comes along, but why let laziness cause you to pick up some nasty bug or worse?

Just remember that everything you touch could be poop, or worse. Use a sleeve or another part of your clothing or a paper towel or napkin to touch things like handles, chairs, faucets, and anything that a lot of people may touch in a day. If you can’t avoid direct skin contact, just wash your hands before you touch anything else on your body or someone else’s body, or before touching food or something you are putting on or in your body. This includes itching your eyes and picking or “scratching” the inside of your nose! What’s with the nose pickers these days, anyway? I feel like we would be a much healthier society if we just went back to the basics, starting with what I’ve listed here:

1. Wash with clean water whenever possible and appropriate. Wipe off what you can, in between. I do not use public soaps or sanitizers, as I feel they do more harm than good.

I scrub my hands under plain running water and that has kept me quite healthy for years! (At home, I have safe, natural, antibacterial soap that I use sometimes.)

2. Avoid touching your face and any other entrances to the body unless you have just washed your hands! Keep your mitts off other people's hands and faces too, especially kids!
3. Wash your hands right when you walk into a home, before you start spreading the outside world germs all over your space! Also good to do after you've been out and about anywhere!
4. Wash your hands before handling food! I often order my food at a restaurant and then go wash my hands after the dirty menus have been picked up by the waitress, and only then touch my silverware and glass. I try to use my napkin to move my chair, since many others have touched it already that day.
5. If I can't wash my hands, I wipe my hands off on my clothes where germs can't survive long. At least some of them are knocked off that way.
6. I keep a bottle or jug of water in the car, for washing hands or anything else I might want it for.
7. I use elbows or a foot to open a door or hold it open, or again, a sleeve or something. Even the side of your hand works, so can keep fingers or the parts of the hand you eat with clean.
8. If I have to scratch my face or move my hair off my face, I try to use the back of my hand or a fingernail or something that I'm not picking up food or other things with.
9. Just don't touch things so much, especially in public places. Avoid handrails and handles, if you don't need to use them. Don't wipe your hands across a table top or chair, if you don't need to, etc.
10. If it's going in or on your body, wash your hands before handling it! This includes things you're putting food on, like the end of a spoon or fork, the rim of a glass, and ice cubes, as well as body lotion and makeup.
11. Tissues and napkins of all kinds are usually available for that drippy nose or sneeze or urge to itch the inside of your nose. Use them and throw them in the garbage, and yes, it's a good idea to wash your hands after if you touch anything slimy. We thank you for that!
12. Wrapped food can be handled by the wrapper, keeping most of your hands off the part going in your body.
13. Keep your focus on being healthy and safe and not on fearing everything! Focus draws it to you, so be very careful to keep the topic what you WANT!

It's all just a matter of respecting living things enough to overcome the laziness, sometimes. People use the excuse that the harmful germs or substances are not there, or tell themselves

that it's good for them, somehow. Sure, there are the helpful microscopic things in and on our body, and that's why I prefer to use just plain water to wash, or add a mineral-rich or helpful soap (like with natural oils) whenever possible. I don't want to wash all the good things off my skin. Trust me, you're still taking in plenty of harmful things, no matter how careful you are, but why not be respectful enough to minimize it?

Take the time to wash off fruits and vegetables too before you eat them. You have NO IDEA where it's been, organic or not! Why couldn't mice poop all over them in storage? Just a little common sense can save you a lot of pain later! And what about any harmful chemicals it may have come in contact with at some point, even in the containers they used to transport it? Why not just give it a quick wash with plain water?

Am I saying that if I'm going into Intensive Care at the hospital to visit someone that I refuse the scrub they ask me to do because it's likely full of chemicals? Certainly not! If I want to be in certain areas, I have to follow their protocols, which are set up with the best intentions. I can make the decision to visit or to not visit. Then, after I leave, I can go to the nearest faucet or bubbler and wash my hands with plain water to remove whatever chemicals that didn't soak into my skin. I keep a bottle of water in my car just for washing. It's not too difficult.

There will still be people that go around barely doing any form of washing all day long. They touch everything, including their face and food and very gross places in bathrooms. So everything you touch, including them, brings you all the goodies they found in between showers. It's downright disgusting, but it's where a lot our contagious sicknesses come from. Sometimes you have to shake hands or hold hands with them, so you can't avoid it, but again, you can wash or wipe off as soon as possible, to minimize what they are passing along to you. So again, just realize that phones, door handles, chairs, food and all kinds of things that lots of people touch, have a huge population of nasty things that could possibly make you sick, but only if it has the chance to get into your body.

It's very easy to avoid the majority of it, using the simple things you were taught as a child. Wash your hands (again, I prefer with plain water) and rub the water over all parts of your hands, knowing your skin is all pores (holes, and the biggest entrance to your body), so you want to get things out of those tiny holes. It could be nothing of harm at all. It could be something that grows a sore or pimple or gives you a cold, but it could also threaten your life. One of my kids picked up a skin-eating virus on his arm when he was little. That's some pretty scary stuff, being told that if it reached his bloodstream, he would die! We have no idea where it came from, but something touched his arm at some point! The thing is, you don't know, so why take the risk? Wash your hands!

Now let's swing over to the other extreme of being paranoid about germs. Remember that whatever you focus on with passion, you get. So think about germs, and you will have an overabundance of germs, even if you're saying, "I don't want germs" because you're still focused on germs. Instead, say, "I am healthy" so that the focus is on health. Some people go a little too far, using disgusting chemicals to clean everything. These people buy all the trends that state they kill 99% of this, that, and the other thing. If it's organic, natural, or proven not to harm people, I'm all for it, as in the case of many high-quality essential oils or things derived from plants that are there for that very purpose. But if it's chemically-produced, watch out! Do your own thinking on this! Low-frequency vibes here, in all these things, which make it harmful to the body.

If it's proven to kill a living thing and you're a living thing, why would you think it doesn't impact you in some way? I don't care if it's just a germ-killer for the floor or counter or laundry, give it some thought before you use it! There is successful lawsuit after lawsuit on everything from household cleaners and weed killers and beauty products, to medicines and food and drink products, etc., because they have proven they have brought great harm to people. Why do some of us continue to ignore the warnings and continue to use them, instead of switching to something safer and just as effective? Is it pure laziness, ignorance, or the fear of doing something different than what everybody else is doing? If this is the case, we need to admit to ourselves that we're willing to risk our lives and the lives of our families, just because others are willing to take that risk. I, for one, can't accept that.

Whatever you choose to do, please educate your children and other people, when appropriate, or at least observe their habits so you can wash more often around them, or whatever. Always have the mindset that you keep your body and environment healthy. Don't fear the germs because there are more helpful ones than harmful ones, but you don't want to be silly and bring home the life-threatening ones that we have today, either. Common sense. Respect for yourself. Respect for others. That's all it takes.