

Naturopathic Doctor: Whose Body Is It, Anyway?

When we think of our physical body, do we ever consider whom is the true owner? This is a big point of contention in the world today as evidenced by many movements that insinuate “this is your body.

Do with it what you will. It is your right.” With that said, be prepared to be challenged with the contents of this blog.

The questions we pose today are this: is it your body, and is it your right?

Let’s begin with this Scripture:

“What? Do you not know that your body is the temple of the Holy Spirit, who is in you, whom you have received from God, and that you are not your own? You were bought with a price. Therefore glorify God in your body and in your spirit, which are God’s” (1 Cor. 6:19-20).

So here we find our answer. As believers, we are no longer owners of the physical body but instead, caretakers. If we truly believe this, we must go one step further and acknowledge what this understood responsibility really requires. There are three tenets:

1. As caretakers, we must have due respect for the owner, who is God.
2. We do not have the right to destroy someone else’s property.
3. If we willingly decide to take control of someone else’s property and in turn bring destruction, we have resorted to being thieves.

As we examine the previously mentioned tenets, there would probably be a little disagreement in their principles.

However, by our actions, there may indeed be disagreement or even rebellion. Are we willingly destroying these bodies who house Holy Spirit?

The willful destruction seems unheard of on the outset. But let's examine a few of our cultural trends:

1. Culturally, there is a sense of worship of food. Unfortunately, this food is not food at all, but rather, disease causing. What are these foods, you ask? Here is a list: sugars, processed foods, fried foods, soda, MSG, bread and grains.
2. Culturally, there is a belief that we need to "eat better." If we know what to do, and don't do it, is that willing abuse of God's temple? Indeed it is.
3. Culturally, we celebrate, give as rewards and use as tools to bring crowds the above-mentioned inflammatory and disease-causing foods.

This writing requires a ton of introspection as stated at the beginning. Introspection is the purest sense of self-examination. Self-examination, when allowing God to illuminate and bring vision, is the greatest avenue toward repentance. Repentance, then, is to walk with a heart of God. {eoa}

Mark Sherwood, *naturopathic doctor (ND)*, is on a mission to help you achieve wellness in every area of your life. Dr. Mark and his wife, Michele L. Neil-Sherwood, DO, have a successful medical practice, the Functional Medical Institute; have a television and radio program; and provide resources, including their Amazon bestseller, *The Quest for Wellness*; nutrition plans; fitness instructional videos and helpful mental and emotional steps to provide relief from stress and to help people form better habits so they can live well.