

Many people claim to be experts on the human body. However, there is only one expert. That expert is none other than the human body itself. The Tyber Lustig Foundation hopes to use this portion of our content to demonstrate how amazing the human body is while exposing the dangers of ignoring what your body is routinely trying to communicate to you.

We highlight some of what makes the human body the most amazing operating system ever created. From the minute we are conceived the human body starts doing its thing. It grows and matures unlike anything else on earth. At birth, it is already messaging us. Even at infant stages it tells us what to do. If uncomfortable, we cry. Upset stomach, we burp. Bright lights cause us to squint. Breathing in bad air makes us cough or sneeze. Full bladder, we urinate. The list goes on as if it begins teaching us what we need to know from day one.

Our foundation intends to shed as much light on the importance of listening to what your own body is trying to communicate to us and that ignoring a conversation your body is trying to have can be highly detrimental to one's well-being.

Early on, the body teaches us when we are ready to roll over or sit up. Other things get modified based upon our surroundings like understanding and speaking a certain language. As we age, a forever battle between what we should be doing versus what we choose to do begins. When we walk or run too fast and fall, maybe that injury is the body's way of telling us to pay attention and the remnants of that injury may result in a scar that memorializes a lesson our body was trying to teach us.

As we get older, our body expands its lesson plan. It tells us if we did something wrong. If we consume too much, or we consume the wrong kind of food we should not have, the body induces us to throw it up. If we consume too much alcohol the body conveys this message to us by giving us a hangover. If we overexert ourselves the body responds by having us experience soreness the next day. If we twist an ankle, the body immediately immobilizes it by creating swelling to remind us to stay off of it until it heals.

While this may come across as anecdotal, it sets a tone for how we choose to deal with what our body is trying so emphatically to tell us. Instead of listening, we often choose to ignore the warnings. For stomach aches we take meds. For our hangover we take meds. For our sprained ankle we often wrap it up and continue putting ill-advised pressure on it.

As time goes by, the teachings from our body get more advanced. Instead of focusing solely on physical pains, those lessons now begin to include how we choose to deal with emotional issues. Regardless of the type of emotional pain a person is experiencing, they often choose to seek a quick fix to numb whatever pain it is that they are trying to manage in an unhealthy manner. Invariably, this type of temporary pain management incorporates using toxic substances such as alcohol or drugs. Despite knowing full well that this could lead to longer-term problems, the pain is so great that it overwhelms a person's sense of logic and common sense.



Unfortunately, it does not take long to form an addiction to this type of self-medicating that is incredibly hard to break. Life is challenging enough without addictions. Knowing full well how difficult it is to break free of an addiction, The Tyber Lustig Foundation will be putting maximum effort into what we refer to as DRUG PREHAB by trying to prevent self-destructive behavior from starting in the first place. Secondly, but of no less importance, we will do everything we can to help people break free of incredibly unhealthy and/or dangerous addictions.

This initial piece of content on this important matter is to put emphasis on listening to your own body. Sadly, we live in a world where outside influences are constantly trying to mute conversations with our own body. Think about it! While hopefully their intentions are good, everything the pharmaceutical industry develops is designed to mute conversations between you and your body. From headaches to stomach aches, to anxiety, to depression, to aging, we are all being sold on the idea that all the right answers come in pill form. This is the main reason our foundation puts forth a major emphasis on common sense and logic.

It is hard to pinpoint how and when as a society so many have become so incredibly gullible. It is because of this current state that we implore all people to incorporate the phrase, "Says who?" into their mindset. Most often the answer is, "Well, the experts." This highly rhetorical answer should prompt other questions like, "What makes them an expert?" "When did they become an expert?" "What was their ah ha moment that allowed them to be labeled an expert?" "Are they THE expert?" "Is there any monetary motivation for their EXPERT opinion?"

We feel strongly that becoming less gullible will serve everyone in their pursuit of living a happy life. As for THE expert on the human body, hopefully everyone will come to realize and understand that the human body is the highest authority on itself.

Please use this content as a foundation to explore how we as an organization hope to help people cope with life's inevitable challenges on the road to happiness.

