

Wellness is a State of Total Well-Being

Our mission is to provide the accurate information you need to make well informed diet, nutrition and lifestyle choices; to offer plans of action that produce positive and lasting results; and to provide quality information that help you reach your goals.

Wellness is not merely the absence of infirmity, symptoms or disease. In wellness one feels energized and feels good to be alive! If you feel less than perfect health you have the power to improve your wellness.

There are many influences on your health such as diet, exercise and stress that are under your direct control. When a person gets a serious illness it may have been developing in the body for years before being manifested. Although the symptoms may appear suddenly, the disease was probably been progressing for a long time. For example, Cancer and Heart Disease usually develop for 10 to 15 years before showing symptoms. During those years you could be doing things to prevent these illnesses. Why wait for the symptoms of disease to show up?

Build a strong body now.

Old concepts on health and medicine are changing rapidly. The focus is moving to wellness and away from illness.

Living in Harmony with Nature means keeping all aspects of life into balance; a balance that is deeply satisfying and promotes a healthy experience of being fully human and fully engaged with life.

Wellness and Preventative Health Care

Most people wait until they experience symptoms of disease before they do anything about it. Think about some of the major fatal illnesses today. Cardio-Vascular Disease and Cancer usually take about 10 to 15 years to develop before obvious symptoms show. All of a sudden a stroke or heart attack occurs or cancer is discovered, but the illness didn't just occur. It took time to develop. All of that time the person is gradually losing his/her health even though they may not have noticed any signs or symptoms.

Illness can occur whether or not your symptoms tell you that you are ill. Actually the symptoms that you experience are not the real illness. Symptoms are signals that your body sends to you to tell you that you are sick and that you should do something about it.

We can improve our level of health through preventative health care. Prevention is more than just check-ups. Regular exams by your doctor are important but we must do more. During an exam the doctor can detect signs and symptoms of disease in your body before you notice the symptoms. For the doctor to detect these signs the disease must already be present. But by practicing Active Prevention it is possible to stop some diseases before they begin.

Active Prevention

Active prevention means building your body and immune system so that it is strong enough to combat the onslaught of disease processes. New diseases are found every day as bacteria, viruses and other microbes mutate and supergerms are created. It is impossible to keep up with all of these diseases and to look for cures. We must strengthen our bodies to protect us from these diseases. The best healer and preventer of disease is the doctor within.

The Doctor Within

Your body has an Innate Intelligence "a Life Force" that forms it, controls it and keeps it alive. When you are ill it is this life force that renews your health again. Medical intervention may diminish the symptoms or even

prolong your life, giving it enough time for the body to heal itself. It is your body that does all the actual healing.

Many diseases can actually be stopped long before a lab test is positive or a symptom shows up. We all have damaged cells in our bodies. Strong immune systems are usually able to destroy them, but if our bodies are weakened it's more likely that disease could develop.

Through Active Prevention we can strengthen our bodies and possibly prevent a serious illness. Active Prevention works because of Cellular Regeneration.

Cellular Regeneration

Every minute of every day your body is renewing itself. Humans bodies have about 100 trillion cells. Each day, millions of cells in our bodies die and new ones replace them. The quality of the new cells determines our health in the future. Your cells are affected by the foods you eat, the water you drink, the air you breathe, sunshine and anything that gets into your body through the skin. Exercise, rest, your environment and stress can also affect the quality of these cells and the health and strength of your body.

The frequency at which these cells are replaced differs in various types of bodily tissues. Some tissues regenerate very quickly and some take years. Except for our brain and certain parts of the nervous system, we actually regenerate a new body every seven years. Most of our cells are replaced within that time.

When you were seven years old, you had a very different body from when you were first born. When you were fourteen, you were in another new body. Hormones influenced you and helped you to grow taller and more like a young adult than a child. By the time you were 21 you were in an adult body. This body was totally different from the one you were born with or the one you will have when you are 70 years old.

Just as hormones influence the changes in your body, so does everything else that you do. Foods that you eat are the materials that form the body's building blocks. When you eat an unhealthy food you are affecting more than your waistline. You are having an effect on the health of the new body that you will have seven years from now. Every time you exercise you are increasing your potential for a stronger body in the future. Each time you smoke a cigarette, drink a glass of alcohol or take a harmful drug you are poisoning your body and increasing your chances of developing diseased cells. Excess stress can prevent the cells from forming perfectly. The life force is continually regenerating you and you can directly influence your health and the body that you have in the future. By incorporating certain wellness practices you can get your body to build stronger, healthier cells as it replaces the old ones.

When your body regenerates new cells do you want them to be healthy cells or diseased cells? Your actions can make the difference! You have the power to create illness or health in your own body. With active prevention you take action to encourage your body to be healthy. There are many techniques for this such as proper nutrition, regular exercise, fresh air and sunshine and abstaining from poisons such as alcohol, cigarettes and drugs. Anti-stress techniques such as deep breathing and meditation can also create wellness in your body and can help you to ward off disease.

Develop a Plan of Action

1st line of defense: Active Wellness through proper nutrition, pure water, fresh air, sunshine in moderation, a healthy environment, exercise, rest and relaxation, stress reduction and a positive mental attitude.

2nd line of defense: Regular physical exams by your health care provider.