

WELLNESS

Wellness requires you to be a proactive agent for your body. You need to treat it well and not wait until you hurt before you decide to take care of it. As we've said before health is not merely the absence of disease any more than wealth is an absence of poverty. Let's remember health is not simply "feeling fine," for we know that problems may progress for years without causing any symptoms whatsoever. As you know by now, heart disease for example, often develops unnoticed for many years before it strikes: in fact, the first symptom of heart disease that many people experience is a heart attack or death.

Now let us be clear that we are not under the illusion that everyone who creates a wellness lifestyle will be immune from pain, sickness, and disease. There are many people who do everything right and still get sick and die. Some will argue that there are many people who do everything wrong and live long, seemingly healthy lives. However, since we have no way to predict who is who, we have to do our very best to reduce our risk and promote our health.

Over the years in private practice, we have seen how neglecting their health has drained people of thousands of dollars, sometimes to the point of bankruptcy. We have seen people who have saved up and waited their entire lives to take a dream trip or to send their kids to college, whose savings and dreams were siphoned away to pay for health care expenses. We have seen people with work injuries like carpal tunnel syndrome or neck/back pain who have been unable to work, unable to drive, and even unable to sleep without pain. We have seen family members whose entire lives become dominated by the necessity to care for another family member who is sick or in pain. The effects of long-term illness or disability on a family can be devastating; in many cases, it happens to families who are already over-stressed, under-loved, and emotionally maxed out.

On the other hand, We have seen people who have been unemployed due to their pain or health condition choose to adopt new healthy habits: within a short period of time they are back at work making money, taking care of themselves and their families again, and are able to put away savings for their retirement.

We have heard every excuse you can imagine as to why people believe they can't afford the time or money to invest in their health. But the truth is that you must invest in your health today, or disease may bankrupt you in every way later. If you don't have the time and money to improve your health while you feel good, what makes you think you will have the time and money to improve your health once you have lost it? As Anthony Robbins once said, "you can make time for wellness now or you can make time for sickness later." The choice is yours.

With regards to your wellness, the three main ideas that we really want to drive home . . .

1. Health is not merely the absence of disease.
2. The body has an innate intelligence that runs a series of complex systems that rely on proper balance and coordination in order to function correctly.
3. By living a wellness lifestyle you can enrich your life with vibrant health.