



# NATURAL SOLUTIONS

*Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare*

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## Wellness

We all strive to keep ourselves healthy and free of disease.

Holistic health care is a natural means to that end.

To understand Holistic health, we need to consider the whole person. It takes into account the BODY, MIND, EMOTION, SPIRIT, and ENVIRONMENT. Good health is the result of harmonious interaction of these five areas. You, the client/patient are an active participant in your health plan because you have the ultimate responsibility for your health and happiness.

Good health means much more than being free of disease.

There are twelve factors in recognizing good health. These are:

1. Energy for all activities and a surplus for recreation
2. Good appetite and digestion
3. Good elimination
4. Healthy skin and eyes
5. Flexibility both in body and mind
6. Good memory/clear thinking
7. Freedom from anxiety and worry
8. Ability to enjoy activities and recreation and ability to relax
9. Good communication skills
10. Spontaneous humor and laughter
11. High personal self-esteem and esteem for others
12. Freedom from disease

A basic approach to wellness is having a sound nutritional philosophy, which is based on the sense that food is a natural medicine. Our bodies intuitively know they need high-quality foods to maintain a steady, strong rhythm with life. When we speak of these kinds of foods, we mean the fresh, whole, and alive quality of them. In addition, it is essential to balance our bodies with clear water, fresh air, some regular form of exercise, relaxation or meditation, and a positive attitude about ourselves.

Life is ours to live fully each day at a time. When we dedicate ourselves to a holistic style of living, our choices for the good life become easier and we can make a positive difference in the wellness of our families and ultimately the wellness of our world.