

What is Health?

Basic Concepts

Many people answer this question, "good health is feeling good." This is nice, but it has very little to do with having good health. There is so much more to being healthy than how you feel. The World Health Organization defines health as: **a state of optimal physical, mental, and social well being and not merely the absence of disease or infirmity.** Webster's defines health as: **a state of wholeness in which all organs are functioning 100%, 100% of the time.** Health is not just how you feel, it's how you are functioning.



Why can't I use symptoms as a barometer of my health?



Thousands of Americans die of heart attacks each and every year and the heart attack is their first sign of disease. Statistically, in cases of fatal heart attacks, the fatal heart attack was the very first symptom in over 40% of the male population. Think about it... Have you ever had a friend who was feeling great, had a PAP smear, a mammogram or a chest x-ray and was given bad news several days later? Cancer doesn't develop in just a few days and yet they were feeling good. Do you know someone who has diabetes? You know that as long as they are taking a proper quantity of insulin they have no symptoms and feel great. Meanwhile the

disease continues to ravage their body over time producing circulatory problems, nerve system disorders, kidney damage, and eventually blindness. You can't wait until symptoms develop before you decide to maintain or regain health... it might be too late!

Where Does Health Come From?

Health comes from within. You were born to be healthy. Your nervous system controls the function of every cell, tissue, organ, and gland in the body. The catch is, in order to be 100% healthy, your body must be free from nervous system interference. The number one cause of interference to the nervous system known by science today is the subluxation.

Which can you improve, your health history or future?



When you entered our office we asked you to complete a health history form. The fact is that the health decisions you made last year or five (5) years ago contributed to your health or the lack of it today. We can't go back and change your decisions of years gone by. Honestly ask yourself, are you as healthy today as you were five (5) years ago? Will you be healthier five (5) years from now than you are today? Creating **health is not an event, it is a process.** The lifestyle changes you make today will contribute to your health in

the future. Even though we can't change the health decisions you made five (5) years ago, with your commitment, we can assist you in being healthier years from now. The continual process of lifestyle behavior change that leads to optimal health is known as **Wellness**. It is possible for you to create better health consistently year after year, it's your choice. My wish is for you to live your life to its fullest and improve the quality of your life by creating **Wellness** naturally.

Have you heard that health problems often run in families? It would be interesting to see if your children show similar patterns of nervous system stress on their scans. Doesn't it make sense to have your spouse and children checked for hidden health problems now to make sure they are as healthy as they can be now and for the rest of their lives?

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