

How Would You Define Good Health?

There is a greater dimension to health than just feeling good

Many people answer this questions by saying, "good health is feeling good." This is nice, but it has very little to do with having good health.

What is 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. Thousands of Americans die of heart attacks each and every year and the heart attack is the first sign of disease.

You can't wait until symptoms show up before you decide to act. Symptoms are a poor barometer of health and usually show up late in the disease process. Would you rather choose a lifestyle of wellness so your body functions at an optimal level, or live the typical American lifestyle and unknowingly allow various diseases progress to a level of crisis before you seek action?

Where does health come from? Health comes from within. Your body has the inborn ability to heal itself naturally. You were born to be healthy. The catch is, in order for your body to be able to heal itself it must be free from interference in the nervous system. The nervous system controls the function of every cell, tissue, organ, and system in your body. **The number one cause of interference to the nerve system in science today is the vertebral subluxation.**

Creating Wellness! Wellness is the process of attaining health, happiness, and vitality, allowing you to live your life to its fullest potential. My wish to you is to live your life to its fullest and improve the quality of your life by creating wellness naturally.