HOLISTIC HEALTH versus TRADITIONAL MEDICINE

- Traditional medicine focuses on identifying symptoms of illness and curing disease
- Holistic health focuses on all facets of human functioning
- The holistic approach assumes the unity of body and mind

Wellness consists of all aspects of functioning: physical, psychological, social, intellectual, and spiritual

- Wellness involves the integration of body, mind, and spirit
- Wellness deals with positive health, not the absence of sickness
- Wellness is a lifestyle choice rather than a one-time decision
REDS — A Formula For Wellness

- Developing sound habits pertaining to sleeping, eating, exercising, and cultivating our spirituality are basic to any wellness program
- R = Rest allows our physical body to regenerate itself
- E = Exercise can prolong and enhance life
- D = Diet is a major factor that affects our long-term health
- S = Spirituality is a pathway to developing meaning in life

Suggestions for Getting Better Sleep

- Establish a regular sleep routine
- Don’t take your worries with you to bed
- Exercise regularly
- Engage in meditation or relaxation methods prior to retiring
- Avoid eating heavy meals close to bedtime
- Maintain realistic self-talk about sleep

Some Benefits of Exercise

- Increasing respiratory capacity
- Releasing pent-up emotions
- Increasing feelings of well-being and self-esteem
- Reducing the risk of illness
- Reducing body weight
- Increasing physical strength and endurance
- Providing a source of enjoyment / satisfaction
Dr. Andrew Weil’s Thoughts on Eating Well for Optimum Health

Dr. Weil, who teaches physicians at the University of Arizona’s Program in Integrative Medicine, believes that:
- Eating for health and eating for pleasure are not incompatible
- What and how we eat is key to how we feel and how we age
- We can make choices about what to eat and what not to eat

Your Body Image

- A healthy body and a positive body image allows you to do what you want physically
- Your view of your body has much to do with choices in other areas of your life
- Early decisions you have made about your body will likely affect you now
- Weight is related to body image for many people