

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Health vs. Wellness

by Yvonne Salcido, M.H.

Most of us have grown up with the idea that we all want to have good health. Health is usually defined by absence of disease or injury, but it can also be classified as the general condition of the body and mind. A newer concept is that of "Wellness." This classification is referring to optimal health and vitality. A life with optimal health and vitality actually allows a person to have the quality of life they desire. This is a possibility if one is willing to take responsibility for their own health instead of placing that responsibility on others.

There are several areas that individuals need to focus on to take responsibility in creating a life of wellness. These are the most common referred to: Spiritual, Mental, Emotional, Physical, Interpersonal, and Environmental; additional areas not as popular are Financial Wellness and Occupational Wellness. All of these areas are contributing factors in our health.

- **Spiritual Wellness** gives you principles to govern yourself, giving joy and purpose in life. This leads to the ability to love and forgive which is very healing.
- **Mental Wellness** gives you opportunities to challenge your mind through continuing education through life, seeking new experiences and mastering new skills.
- **Emotional Wellness** is being able to identify your thoughts and feelings and make conscious choices toward a positive emotional outlook. Very important to emotional wellness is the releasing of negative emotions. Negative emotions left unchecked cause physical imbalance leading to disease.
- **Physical Wellness** includes good nutritional practices following the "Mucusless Diet", exercise, and using natural means to heal the body such as herbs when sick.
- **Interpersonal Wellness** is acquiring and upholding relationships this adds to a happy home, and community. Interpersonal wellness is a big factor in your physical and emotional health. Think of when you've been extremely upset with someone did you even feel like eating?
- **Environmental Wellness** allows one to have a healthy environment free of toxins with clean natural resources available such as water.
- **Financial Wellness** exercise of self-discipline in managing your money wisely, meeting financial obligations, budgeting, setting goals, and becoming and staying debt free. This eliminates your life of much stress.
- **Occupational Wellness** looks at your levels of happiness and fulfillment in the work you do for a living. Planning and moving towards goals to bring enjoyment in this area is important.

Setting goals to address all the areas of "Wellness" in our life will lead us to a balanced and happy life. I know I want to live a long life that is full of vitality and optimal Health!

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