

“You don’t get in life what you want. You get what you are.” – Les Brown

Embracing a Wellness Lifestyle, The Only New Year’s Resolution

By Marie Elmore

Why embrace a Wellness Lifestyle for your 2019 Resolution? Many think the answer is simply to rid the body of disease. A wellness lifestyle is much more. A wellness lifestyle is feeling physically, mentally, and emotionally healthy, happy, and enjoying the life you live. Overall good health in these areas is one of life’s greatest assets. It affects how you feel, think, move, interact and prosper through out life.

A lifestyle that lacks wellness or good health puts one at high risk for many of the common diseases such as heart attack, mental health breakdown and many other diseases that affect many of our population today. Research shows that sometimes major life events such as divorce, loss of a love one or even our finances affect the state of our health. Our culture depends almost solely on doctors, drugs and health care systems to fix our health concerns.

It is widely known by health care professions that our lifestyle choices and/or learned behaviors impact our emotional and physical health on a daily bases through poor nutrition, poor stress management, lack of sleep, lack of physical activity, excessive alcohol or drug use, and smoking. Each of these unquestionably results in poor health and ultimately contributes to a diminished quality of life.

Today modern medicine fixates on diagnoses and treatment, where a wellness lifestyle focuses on self-awareness, education, and prevention instead of just treating diseases when they occur. A wellness lifestyle addresses the causes—its symptoms, and what changes need to



occur. One’s thoughts, feelings, beliefs, habits and the choices they make usually promote that inflammation, pain, and toxicity resulting in illness. A wellness lifestyle addresses the root causes of the occurring illness rather than just treating the symptoms. You can assist the body in healing itself with a wellness lifestyle.

Trending today is Integrative Medicine which combines treatments with alternative, non-traditional practices by treating the whole person and all phases of their lifestyle. Our bodies are then capable of healing themselves naturally most of the time, not requiring synthetic medications to do the job. Our bodies heal naturally with the correct natural/plant support tools to allow the body do what it has been engineered to do.

Plant remedies, known as essential oils, have been used throughout the world,

documented from biblical times to the present as one of the world’s most supportive tools for the body; in fact most synthetic drugs are a copy of what nature has provided us. The overall quality of the essential oil is extremely important and should have a therapeutic value before use. Next, add more plant life to your diet by eating a diet heavy in Alkaline Foods.

Visit my website to view the Alkaline Food Chart which can bring your body into pH Balance to aid all of the body’s organs with working properly and a healthy balance. An e-book on basic use of essential oils is also available. Now join the revolution in the resolution to a wellness lifestyle for the rest of your life. ■

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