

## WHOLISTIC HEALTH: Your Complete Guide to All-Natural Holistic Wellness

What is wellness?

- Total state of well-being
- Not just physical or mental
- EVERYTHING about you!

Traditional medicine's attitude toward wellness

- Body / Mind are separate
- Spirit is hardly mentioned at all
- Attitude / Emotional Configuration / Lifestyle choices are not considered at all

Very Negative Implications of Traditional Western Medical "Wellness"

Implication #1: People are SICK in a low level way – they aren't suffering from disease but something definitely feels missing

Implication #2: Doctors tend to throw chemicals (drugs) at the 'problems' their patients suffer from

Implication #3: Wellness is plugged into a physical-centered / institution-centered / doctor-focused health matrix

There are serious PRACTICAL problems with corporate institutional medicine

- longer lives, yes... but quality of life?
- over-medication, over dependence on chemicals
- inadequate focus on what people can do for themselves
- explosion in lifestyle diseases: example = DIABETES has become a bonanza for pharma companies

Toward a new conception of Wellness

- holistic
- WHOLISTIC: not just part of you but ALL of you!
- Individualized
- Self-sustaining
- Cohesive
- Comprehensive

Unitary Humans versus LAYER paradigm to human identity

- Western view: Humans are unitary
- different layers make up the complete man
- financial / intellectual / social / physical / nature exposure / etc
- These layers are not FREE FLOATING or disconnected from each other
- \* They flow into each other / influence / shape / mold / amplify or dampen
- \* Humans are like balloons: push on one corner and don't be surprised if it swells in another place – the problem? You don't know exactly which part will swell

## Chapter 1

Rediscovering the importance of lifestyle

- Your lifestyle provides INPUT on many different levels
- \* Nutritional input
- \* Social inputs

- \* Work conditions
- \* Stress inputs (work / relationships)
- \* Mental focus (stress / what do you dwell on?)
- \* Financial input
- \* Spiritual aspirations

Test Case: Weight Loss

- How it's impacted by the bases above

## Chapter 2

Lifestyle is always a choice

Genetic basis for wellness

- \* Genetic predispositions – example: BRCA gene test

Epigenetic basis for wellness

- \* Gene silencing due to early trauma / prenatal chemical exposure

But you can always CHOOSE your lifestyle

- \* Can dampen effects of factors you can't choose
- \* More consistent
- \* More constant
- \* Impacts more parts of your life besides physical/medical

## Chapter 3

The 8 Key Benefits of a Holistic Focus on Wellness: The Power of WHOLENESS

- Benefit #1 Deep impact on your complete being
- Benefit #2 Integrated approach to well-being
- Benefit #3 Organic-centered
- Benefit #4 Nature-centered
- Benefit #5 Centered on personal choice and autonomy
- Benefit #6 Addresses often ignored areas of personhood
- Benefit #7 Involves total human consciousness
- Benefit #8 Can be passed on from person to person

## Chapter 4

Overcoming 5 Common Myths that lead to disease and dysfunction

- Myth #1: All your different aspects are distinct from each other
- Myth #2: Most effective solutions have to come from outside of you
- Myth #3: You are completely a product of your external circumstances and other people
- Myth #4: Spirituality only has a psychosomatic or placebo effect
- Myth #5: Disease can only come from physical or biochemical sources

## Chapter 5

Begin with your most powerful bio-organic complex: Your Mind

Psychological Wellness

- \* Limiting beliefs
- \* Corrosive thought patterns and mental habits

- Emotional Wellness

- \* Emotional clutter

- Spiritual Wellness

- \* Spiritual Pollutants

- Understanding the impact of mental habits

Mental Emotional and Spiritual Dysfunctions

- Depression
- Anxiety
- Existential Loneliness
- Persistent lack of fulfillment

## Chapter 6

Understand the importance of RELATIONAL wellness

- Social relationships and Wellness

- \* The ROSETO EXCEPTION – small town in the US where inhabitants come from Roseto Italy are very healthy and have longer lives DESPITE having the same habits as other US demographic groups. The difference? High degree of social connection

- Career and Wellness

- The impact of the Concept of ENOUGH

- \* social status
- \* income
- \* wealth
- \* understanding the corrosive effect of constant WANT

- Big difference between NEEDS and WANTS

#### Relational dysfunction

- “Quarter / Mid-life crisis”
- Antisocial behavior
- Lack of contentment
- Interpersonal conflict
- Self-blame /emotional self-abuse

#### Chapter 7

##### Explore Physical Wellness

- Medical Wellness : Resistance to Disease
- Medical Wellness: Resistance to auto-immune diseases
- Understand Environmental Wellness and Health
  - \* Air
  - \* Light
  - \* Other Pollutants
- The Rise of Lifestyle Diseases
  - \* Type 2 Diabetes
  - \* Heart Disease
  - \* Colon Cancer and other common types of Cancer related to DIET and lifestyle

#### Chapter 8

##### Traditional Wellness is NOT up to the job

- Too late
- Too Little
- Incomplete
- Completely misses the point
- Not sustainable

##### Planning Your Personal WHOLENESS PROGRAM

- Personalized
- Customized to your environment and circumstances
- Lifestyle-based

- Sustainable

- All natural

## The Power of Balance

### Chapter 9

#### Preventive Medical Wholeness

- Proper Nutrition

  - \* Plant-based

  - \* Whole foods

  - \* High Fiber / Low Salt / Low Fat / Starch-based

Learning to say no

- Drugs

- Tobacco

- Alcohol

- Caffeine

- Sugar replacers

- Synthetics

- Proper Exercise

  - \* No need to be a hero

  - \* Slow and Low is okay as long as it is consistent

- Get enough Rest

  - \* Day of rest

  - \* Mental relaxation – soothing music / quiet time / me time

## The Power of Balance

### Chapter 10

#### Claiming Environmental Wholeness

- Clean up physical clutter

  - \* cleans up mental clutter as well

- Recreate Nature in your areas of control

- Proper Environmental inputs

  - \* AIR

  - \* LIGHT

  - \* WATER

- Get in touch with Mother Nature... a lot

  - \* Second home in the woods

The Power of Balance

Chapter 11

Establish Mental Wholeness

Learn the concept of ENOUGH

Stop Comparing yourself to Others

Do a MENTAL AUDIT

- assumptions
- expectations
- social role

Be Clear on Your Values

Adopt Mindfulness

- Meditation
- Mindfulness

Adopt the RIGHT ROLE MODELS

Practice MENTAL hygiene

Practice EMOTIONAL hygiene

Don't be afraid of your spiritual side

The Power of Balance

Chapter 12

Practicing Social Wholeness

Understanding the BLACK HOLE of SELF

The Answer? SELFLESSNESS

Seek to UNDERSTAND OTHERS FIRST

- instead of always insisting to be understood first

Practice Compassion

Practice Empathy

Stop constantly comparing yourself to others

Practice social relational hygiene

- No more facebook
- Read news and tease out the GOOD

Practical Workarounds

- Volunteering
- Taking side jobs where you care for others
- Donating to charity
- Donating time

The Power of Balance

Chapter 13

Turn it all into a HABIT

What is a habit?

- Trigger
- Action
- Reward

The Bad News

- You can't make these 2 go away
- The solution? Change your habitual action to get the same rewards

21 days or 60 days?

- Just how long does it take to establish a habit
- No matter how long it takes- get started!