

## **ARE YOU TRULY HEALTHY**

**By Doctor Ramona Warren**

Have you ever known someone who was considered “healthy” and they suddenly had a heart attack or they were diagnosed with cancer? How can a person be “healthy” one day and the next day have a disease? The answer lies in the definition of health and wellness.

As we begin to explore the paths to health and wellness we must first ask ourselves the question, “What is true health and wellness?” People often consider themselves healthy as long as they haven’t been diagnosed with a serious illness. However, true health is much more than being free of disease. A state of true health is when all of the systems of our body – the cardiovascular, digestive, emotional, hormonal, mental, muscular, skeletal, nervous and all other systems, are balanced and functioning optimally. Wellness is a healthy balance in body, mind and spirit and comes from our choice to take responsibility for our life and our health.

Unfortunately, there are many people that are considered the “walking wounded.” This term is used to describe a person who gradually fades from an active and productive lifestyle because they no longer have the energy to do much of anything beyond what is absolutely necessary. No longer do they participate in the activities or hobbies that bring them pleasure. They often suffer from symptoms such as digestive complaints, fatigue, insomnia, headaches, weight gain and back pain. Most of the time they feel that they are “just getting older” and that what they are experiencing is due to the aging process; however, what is really happening is that their bodies are giving them signals letting them know that their health is declining and they are headed toward a disease of some sort if they don’t make some changes. We don’t go from a state of health to disease overnight. It is a progression that evolves over time, usually decades.

One study showed that autopsies done on accident victims in their teens and early twenties revealed that nearly 80 percent had early stages of heart disease and 15 percent had arteries that were more than half blocked. This is frightening. What is the future of health of our children going to be if we continue in this direction? We must stop this trend and the only way to do that is to make the choice to be healthy by improving our diet and lifestyle. We must take responsibility for our health and make the effort to reverse these trends in our own lives and in the lives of our children. Health does not happen by chance, but by *choice*. Our bodies give us signs and symptoms so we know what is happening within us. These symptoms are like road signs and we need to learn how to read them so that we can go in the right direction. We need to see the symptoms we experience as an opportunity to get back on track and make choices that will lead us back to a state-of-health.

These choices include eating real foods rather than processed foods, getting real vitamins and other nutrients from our foods rather than taking synthetic supplements, getting regular chiropractic and medical checkups, exercising and effectively managing our stress. We can continue to be part of the “walking wounded” headed toward disease or we can listen to our bodies and choose health.

Ultimately, our health is our responsibility and we will be exploring ways we can make positive changes in our lives in order to attain true health and wellness.