

Wellness Profile

Introduction

There are certain things various government agencies (FTC, FDA, etc.) prohibit making claims about. This program does not claim anything. It is only providing information that various studies show and the results of various clinical studies. No one is prescribing anything. Information is provided so a person can make an informed choice about his/her health.

This program analyzes how a person feels. It is only, in a small way, based on what a person does in his/her daily life. It is more based on the **results** of what a person does and how a person lives. Two people with the same lifestyle and eating habits may get different health results. If tests show a person to be “normal” in any particular area, yet they don’t feel well or they show signs of not being well, doesn’t it make sense that the tests may not be adequate? Again, this is why this program measures results.

Many factors go into an optimally healthy individual. Here is an overview of many of the factors that go into a complete wellness program:

- a) Nutritious meals, i.e., appropriate amounts of nutritious foods and minimum amounts of “junk” foods. Nutritious foods include: Fresh, whole, raw or slightly cooked fruits and vegetables; whole grains; pure water; soy protein and healthy animal protein. Healthy animal protein is animal protein that is low in fat and has not been fed steroids, antibiotics, and other growth enhancing drugs.
- b) Moderate exercise, both aerobic and muscle-strengthening.
- c) Adequate sleep with no sleep disorders such as sleep apnea.
- d) Medications and nutritional supplements. The medications may be needed to combat disease or pain. Medications are usually temporary and are to ease symptoms while the body uses nutrients to repair and rebuild itself. Supplements are needed to build healthy cells to replace the diseased cells. The supplements are intended to **supplement** a healthy diet, not to take the place of it!
- e) Elimination of special problems: being overweight (borderline overweight or obese), smoker, diabetes, etc.
- f) Genetic factors may be subdued or reversed with an overall approach to health.

All these factors influence a person’s wellness and quality of life. No one factor will provide optimum wellness to the exclusion of the others.

If a person already has medical problems and is being treated by a conventional medicine physician who has prescribed specific drugs to alleviate a problem, these drugs should be continued until it can be shown that supplements will provide the same or better results as a specific drug, hopefully without the side effects associated with the drug. It is **very important** not to abruptly discontinue taking any drug without the doctor’s permission.

Often the question arises as to whether the supplements listed in the Wellness Profile are to be added to any supplements already being taken or is the individual supposed to bring the total up to the quantities listed. The answer depends. First, nutrition is not an exact science. In some cases the supplements may be added to an existing program. In others the total might be brought up to the listed amount. The dividing line is not precise. 1) If an individual has recently started a nutrition program (within the last few weeks), then bring the total to the listed amount. REASON: The supplement program he or she is on has not had time to take full effect. 2) On the other had, if the individual has been on a nutrition program for quite some time, add the supplements listed in the Wellness Profile to what the person is already taking. REASON: According to the responses on the questionnaire, the program the individual is on is not working or is inadequate.