

CHOOSING INTEGRATIVE HEALTH

Are you waiting to get sick or to feel unwell before you decide to take action in order to secure good health?

Do you have chronic ailments and conditions that are just going unresolved owing to failed medical approaches or limited information?

If your answer to any of the above is a resounding yes, then why not explore the path of an Integrative, Holistic, and Health Approach. Become a person who wants to jump out of bed at 05:00 in the morning and get going. Don't be that person who is constantly concerned about what is wrong with you, wondering why you are feeling like that, not knowing what is wrong with you and questioning why the Doctors can't help you.



Previously, we spoke about good health and what it means to be healthy. But the sad reality is that most people don't understand the difference between health and wellness, and this, is something that needs to be grasped.

How often do you go to the Doctor and he says "I can't find anything wrong with you" He tells you that you are healthy? But, this is strange, because you went to the Doctor for a specific reason, you were not feeling well, you were not feeling healthy. Is it not at this point that you need to start looking at an alternative?

Many people do not understand the difference between health and wellness. As mentioned in a previous article, Health is just an absence of illness. The feeling of wellbeing is an overall feeling. It is an integrative feeling, a holistic feeling and has got to do with your mind, your body, your soul, your environment and everything else around you. That there is what integrative health is. It is not just about your medical condition, and giving you a symptomatic chemical fix to sort out your symptoms, it is about finding out exactly what is causing this discomfort. 99% of the time, your feeling of not being well has got to do with your lifestyle and your nutrition. And with Integrative, holistic health you can receive the right strategies to change all of that.

So why not choose now. Make the right choice for complete wellness.

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Yours in Health

Dr A