**Wellness and Alternative Options for Better Health**

**Why should you care?**

1. **Save $! Every $1 spent of wellness can save you $3 - $8 in sick care.**
2. **Feel better and have more energy.**
3. **Look younger than you are – and feel younger than you are.**
4. **Stay competitive and reduce your risk of injury.**
5. **Remain active and healthy.**
6. **Recover quickly from an accident or illness.**
7. **Prevent illness.**
8. **Age well physically and mentally. Do you want to be the frail old lady or a strong one?**
9. **Have your body function as well as it can.**
10. **Know that your health is everything.**
11. **Realize the body can do amazing things with the right tools.**
12. **Environmental toxins make it more difficult to stay healthy.**

**My personal quest for wellness started several years ago. I had a swollen thumb joint and a slightly elevated rheumatoid factor lab result (one point out of normal range). My doctor wrote a prescription for a life-long rheumatoid arthritis medication that had so many negative side effects. More importantly, I did not have rheumatoid arthritis at all. I still had many food allergies – including some new ones. I wonder where my health would be today if I would have blindly taken the medication and did not begin my journey to better health and wellness. I am not advising turning a blind eye on Western medicine, but only suggesting you become a researcher and advocate for your own health.**

**I’ve been extensively researching environmental toxins and their impact on our health. I’ve been writing a series of healthier living articles to educate others too (**[www.chatchewandchocolate.com](http://www.chatchewandchocolate.com) **under Lifestyle Experts – Healthier Living and** [www.livinghealthiernow.com](http://www.livinghealthiernow.com)**). During the past few years I’ve found amazing wellness technologies and products. In 2 ½ years, I’ve helped both people and animals and have seen over 150 incredible and sometimes life changing results.**

**Over the years, I’ve met a variety of wellness practitioners. The majority of people in the healing arts were once people who struggled with health challenges themselves. Many of these modalities are perfect for pets too. We all know massage is very beneficial, but here are some others you might not know about….**

**Colon Hydro Therapy**

**Great health as well as disease often originates in the digestive system. Addressing the function and buildup of your system is key for helping detoxify your body too. Colonics (not that bad), fiber, prebiotics and probiotics can all add up to better gut health, regularity and overall health.**

**Nutrition**

**With the depletion of minerals and nutritients in our soils, herbicides, pesticides, fertilizers and our fast food lifestyles, it is very difficult to get the nutrition your body needs. Naturally, eating a well balanced diet of organic foods is important. However, supplementation is a way to ensure your body has what it needs to repair itself. Look for pharmaceutical grade organic whole food products. I used to buy the cheapest vitamins possible until I learned they were just passing through me without breaking down. This is one area in which you do not want to skimp. Poor quality supplements can do more damage than no supplements at all.**

**Acupressure/Acupuncture**

**The energy flow of the body has existed in Chinese medicine for thousands of years. Acupressure/acupuncture works by applying pressure or needles to specific points in the body along various meridians to release blocked energy flow.**

**Kinesiology/Muscle/Allergy Testing**

**When something is good for the body, the body will immediately muscle-test strong. When something is not good for the body, the body will immediately muscle-test weak. These techniques can be used to identify allergens, to see what supplements are beneficial, to determine what acupressure points to work and more.**

**Emotion Code**

**Your body is energy. When an emotion becomes trapped in the body, it impacts energy flow in that area. By releasing trapped emotions, improvements may be seen in decreased or eliminated pain, and better emotional functioning.**

**Quantum Biofeedback**

**Got stress? Who doesn’t! A Quantum Biofeedback machine checks your reactivity to a variety of factors and then helps optimize the quality and quantity of the stress reduction results.**

**Reiki**

Reiki is a Japanese technique for stress reduction, relaxation and the promotion of healing by balancing your energy and removing blockages. Just lay there and the Reiki master will use the energy in their hands to produce the changes in your body. Relaxing and effective.

**Reflexology**

Your ears, hands and feet are “mapped” to corresponding organs in your body. Stimulating reflex points with pressure produces a beneficial response in the corresponding part of the body. Studies show reflexology can help you relax, alleviate symptoms of certain disorders and improve the quality of your life.

**Chiropractic Care**

Chiropractors focus on the alignment of the body to promote good health. When you are out of alignment, it impacts more than just the area that you feel the pain. I’ve found getting back into alignment is the quickest way to heal. However, chiropractors can do so many things that can help with prevention and wellness too.

**Naturopathic Doctor**

Naturopathic medicine is a [complementary and alternative medicine](http://en.wikipedia.org/wiki/Complementary_and_alternative_medicine) which emphasizes the body's intrinsic ability to heal and maintain itself. Naturopaths prefer to use natural remedies such as herbs and foods rather than [surgery](http://en.wikipedia.org/wiki/Surgery) or synthetic [drugs](http://en.wikipedia.org/wiki/Medication).

**Iridology**

Iridology is the study of the iris (the colored part of the eye). Iris "readings" assess a person's health picture (physical, emotional, mental, and spiritual). Guidance is then given on measures to improve your health.

**It is well worth your time to learn about these and other modalities. Great health is worth the money you spend on yourself. You may or may not need someone with that expertise now, but knowledge is a wonderful asset for the future. Trust me – it can change your life for the better!**