

## Concepts For Health

Health is one of the most the most important attributes we can possess. Everyone wants to be healthy, but few understand how to truly achieve optimum health. It is rarely thought about until it begins to fade and health problems start to surface. Many people believe they are stuck with their current level of health with no way to turn the tide in their favor. This is both wrong thinking and inaccurate information.

Many tried and true “concepts” have been used by alternative practitioners for decades to help move people closer to healthy living. The list is daunting. Knowing which concepts or actions are best suited for your unique situation is like throwing darts at a dart board with your eyes closed, hoping to hit a bullseye. My clinical experience has enabled me to create a list of the 9 most important healthy actions to focus your time and energy on to achieve optimum results. Incorporating all the recommendations below will drastically increase your chance of success.

The first 6 items can be done on your own while the last 3 items will need the help of a practitioner to guide you through the process.

- Diet or food plan
- Sleep: quality and quantity
- Personal time
- Exercise
- Prayer/meditation
- Water intake
- Specific Supportive Nutrition
- Mental/Emotional Support

- Structure Balancing

In the list above, diet and exercise are the easiest, most common changes people make to create a healthier lifestyle. However, these are usually done with the main purpose of losing weight, with vanity as the motivation. The actions taken can become detrimental to their health, making the process difficult to maintain with poor results.

The best, most precise recommendations are useless if they are not followed. Having the right motives and unwavering self-responsibility is critical. They will keep you moving toward optimum health in times when you are struggling and want to give up. Find someone to hold you accountable to your responsibilities and you will dramatically increase your success.

Don't let your health fade without taking steps to create a lifestyle that reflects radiant and vibrant health. Follow me in the coming months to read more about each recommendation listed above and the most effective ways I have found to focus on creating optimum health

Visit my website at [www.conceptsforhealth.com](http://www.conceptsforhealth.com) for more information.