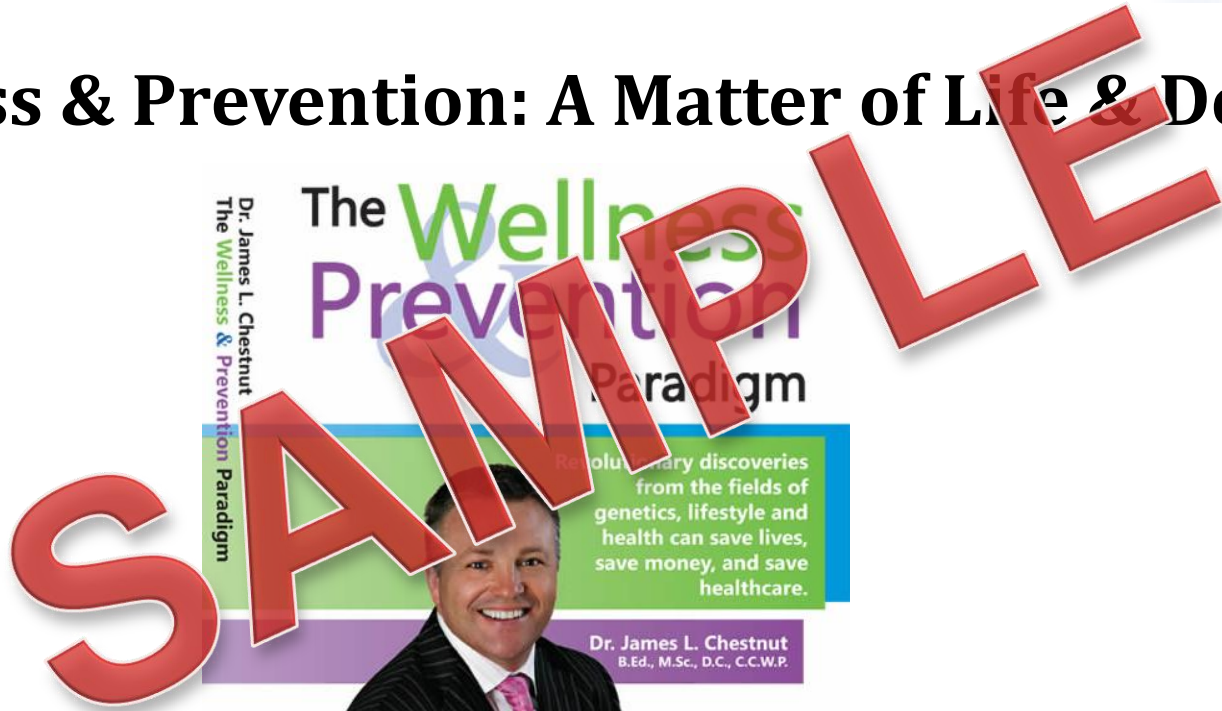


Wellness & Prevention: A Matter of Life & Death





“As a species humans are facing our greatest threat in history. That threat is chronic illness.”

“The Black Plague killed 30 percent of Europe. Chronic illness is killing 80% of the industrial world.”

SAMPLE

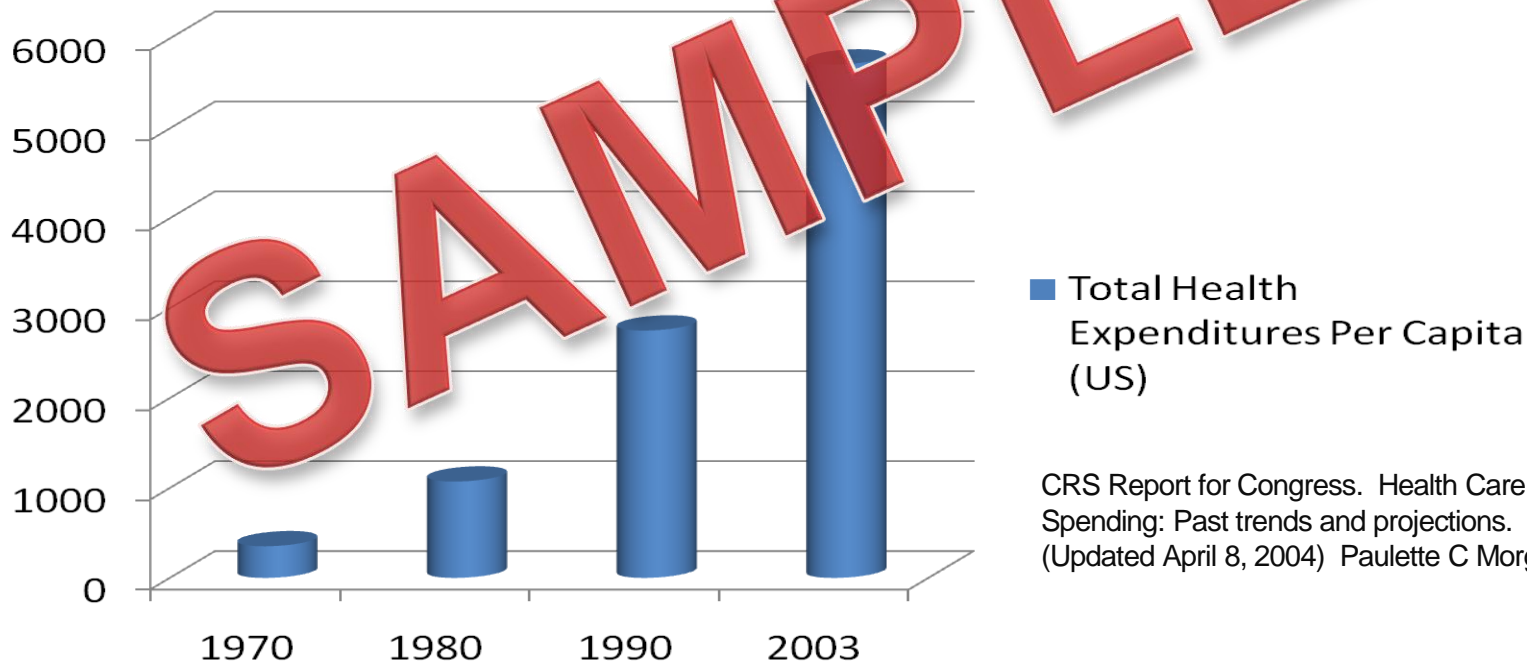


“Humans are now the **sickest species on earth**. We have gone from super species to sickest species in less than a century.”

“Never in history has a species suffered with so much illness, with so much **cancer, diabetes, heart disease, obesity, depression and other chronic illness.**”

Every Year it COSTS MORE!

Total Health Expenditures Per Capita (US)



CRS Report for Congress. Health Care Spending: Past trends and projections. (Updated April 8, 2004) Paulette C Morgan

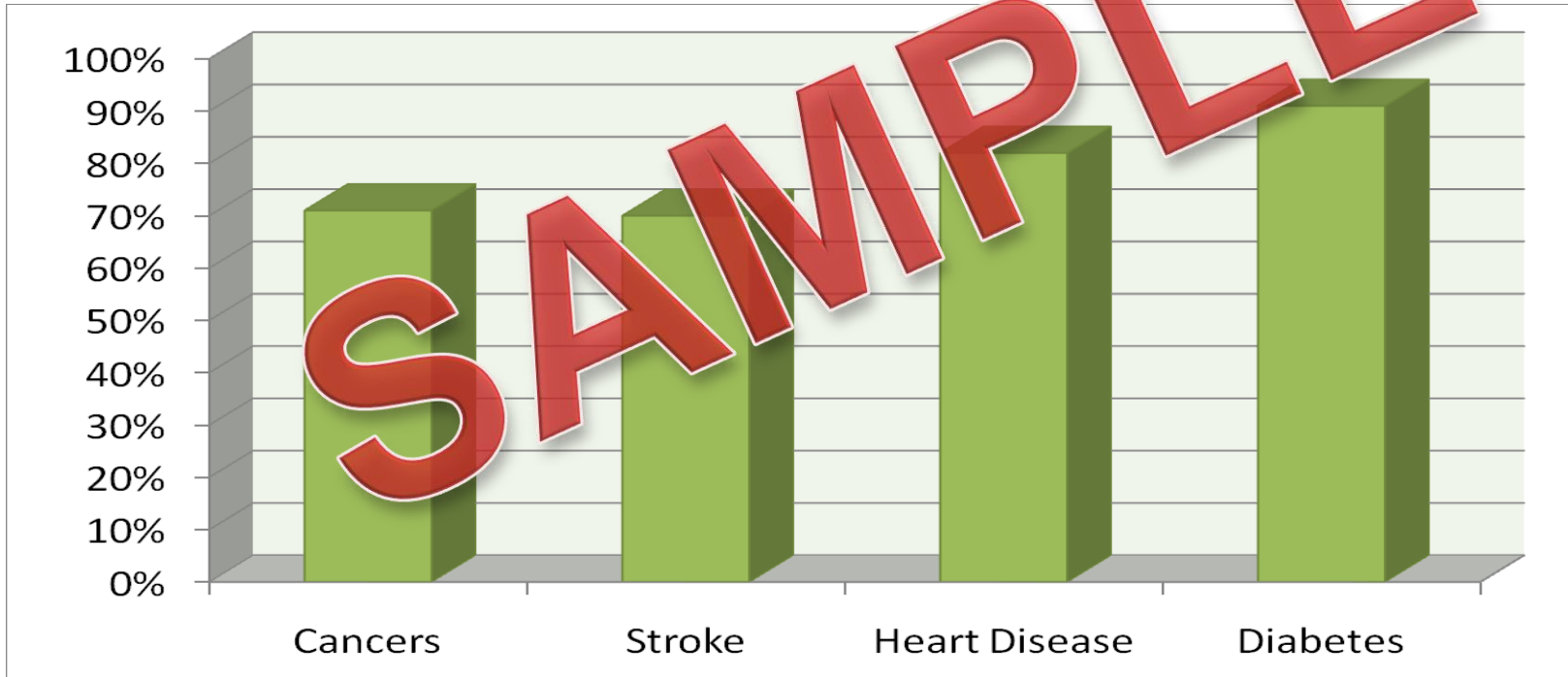
Almost 80% of workers
have at least one
chronic condition.

55% of workers have more than
one chronic condition.

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Percent of Chronic Diseases That Are Caused by an Unhealthy Lifestyle



The Only Viable Solutions

1. Evidence-Based, Genetically Congruent Lifestyle Intervention
2. Less Pharmacological and Surgical Intervention.



There is strong evidence that this approach works and saves money. Unfortunately, insurance doesn't usually pay for it.

No one profits from lifestyle intervention, so it is not part of medical education and practice. It should be the foundation of our healthcare system.

Hyman et al. Lifestyle Medicine: Treating the Causes of Disease.
Alternative Therapies in Health and Medicine Nov/Dec 2010

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“Indeed, the only way to truly contain costs in healthcare is to improve outcomes: in a value-based system, achieving and maintaining good health is inherently less costly than dealing with poor health.”

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Porter, M.E. A strategy for health care reform – toward a value-based system. New England Journal of Medicine 2009; 361:109-112.

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The Practitioners: Wellness and Prevention Lifestyle Practitioners

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You are in the right place; we teach lifestyle workshops!