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What Does Your Health *Really* Mean to You?

Finish this sentence: I am healthy when: _____.

How would you define health for you and your family? Not sure?

Many people define their health by how they look and how they feel.

This is a very dangerous proposition because looking and feeling good is not what health really is. Health is complete function of all the 100 Trillion cells in the body and 100% expression of Life or Innate Intelligence in the body.

How much could I pay you to take away your health? Is there any dollar amount at all that you can come up with? If I wrote you a check for \$40 billion but it meant that you had to sit in a wheel chair for the rest of your life and someone had to help you to the bathroom, would you accept it? Of course you wouldn't! Why? Because you cannot put a price on your health.

It shocks me when people say they 'can't afford to eat healthy'. Would you rather have chronic disease suck all the money out of your bank

account? It shocks me when people will drop thousands of dollars on their pet's health – but not on their own or their family's.

Did you know that 60% of bankruptcies are due to medical bills? And of those bankruptcies due to medical expenses, that 78% had health insurance? Health Insurance does not insure your health. Some healthy habits, common sense and proper mentorship will.

Your health will always cost you. It is your decision whether it is now, on your terms, or later when the sick care health system and chronic disease disintegrates your bank accounts for you.

If this month's editorial meant anything to you and your family members, it would be a good strategy to check into our Advanced Wellness Workshop series. The workshops are always free to attend and open to anybody willing to learn more.

Learn More

**Mark your calendar for
upcoming 2014 Advanced
Wellness Workshops & events.**

Workshops are 30 minutes long and free to attend. We can help you and your family establish reasonable, realistic goals for your well-being and health.

MONDAY, MARCH 17th Stress Reduction

6:30 pm – Lakeland Chiropractic

Did you know stress is one of the primary causes leading to a lowered immune system, digestive dysfunction, and chronic conditions such as obesity, diabetes, & chronic pain? Learn what stress does to the body, how it affects your health, and how you can decrease & eliminate it!

Limited seating –
call (920) 564-6061
to reserve yours today.



FRIDAY, APRIL 4th Advanced Wellness Workshop & Dinner at The Bull



7:00 pm – Wellness Workshop

7:30 pm – Dinner (Courtesy of Lakeland Chiropractic)

Join us for 30 minutes to learn more about improving your health & quality of life, and why preventive choices can reduce the ability of chronic disease to take hold in your life.