

What is Wellness?



Dr. Pusateri – June 2011

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Well, Well, Well! I'm glad you asked. We hear this term more and more each day and yet most of us have no idea what it truly means. I suppose the majority of us feel as if being "Well" is equivalent to not being sick. In one aspect that is absolutely true, but in another it is absolutely false. If you consider being sick the presence of symptoms then you are off course. Many individuals have no symptoms and yet are sick, some of who are terminally ill. I would love for you to change your paradigm on wellness. From now on realize that wellness is a lifelong process and that you must educate yourself on how to be more healthy and then make the right decisions towards your health. Knowing what to do and not doing it is something we are all guilty of, but you can take small steps daily to improve your health.

Start with being very careful of your daily thoughts and make sure they are healthy and happy ones. Think about what you're eating and what effect it will have on your health. Try to exercise daily. Whether it be walking, swimming, weight training, martial arts, biking etc. Make sure you minimize any interference to your nervous system by seeing a Doctor of Chiropractic and treat yourself to regular massages. You are worth it!

Strength & Honor,
Dr. Pusateri

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