

WELLNESS IS WEALTH

Your one stop for long term wellness

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Dr. Nisha Chellam's
HolisticCON

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Holistic ICON

Your one stop for long term wellness

Stopping a million medications

This book gives insight into why you are sick and what you should do about it.

Dedicated to my team at Holistic ICON

We would not have this great place to get people healthy if they did not exist.



Dr. Nisha Chellam's
Holistic ICON

By Holistic ICON

Thoughts Feelings Relationships Environment Genetics





The third cause of mortality in this country is medical errors as per the BMJ article.

Medical error—the third leading cause of death in the US
BMJ 2016; 353 doi: <http://dx.doi.org/10.1136/bmj.i2139> (Published 03 May 2016) Cite this as: *BMJ* 2016;353:i2139

The sicker and more complicated your disease process the higher the risk for medication errors and death.

So here is your only solution: Don't get sick.

So how and why do we get sick?

The saying you do not know the value of something till you lose it" can be re stated as "you know the value of something but never ever think you will lose it. "

Definition of wellness is not as simple as the absence of disease. By definition it is

"The quality or state of being in good health especially as an actively sought goal"

The key word or instrumental word in this definition is "actively" sought.

Five Determinants of your true health and well being

If you have ever felt the need to take a medication even over the counter like Tums or even see a doctor, then all is not well.

Sickness is a habit and Wellness and health is to be sought.

Most of our illness or symptoms stem from these 5 things

1. Mind-set
2. Lifestyle
3. Relationships
4. Environment
5. Genetics

Mind-set:



This is actually the most important in anyone's wellbeing. What is a mind-set? Let's delve into this briefly. A baby is born with no beliefs. It is taught what is right, what is wrong, what it should feel in certain situations and how it should behave.

So a belief is something we acquire from our parents, friends, teachers and these are in turn born from their personal experiences. Belief is very different from knowledge because the latter comes from understanding and learning facts.

Beliefs lead to our certain specific behaviors that gives the unique results we have today in our lives, financially, personally or professionally and this includes our health.

The beliefs you have therefore, create your own personal experiences and this will create your mind-set. Only education and investment in self will change this.

So mind-set can change with education and acquiring knowledge. It can change with changing your environment, lifestyle and relationships. Our genetics play a role however it is mostly about the environment.

Environment: So what is this?



An example of an environment that can make you sick

This can be the physical space the exact conditions of your surroundings.

Environments that expire you

- Home that has no flow of air or vent
- No good water
- Mold in the walls.
- Infestation and poor hygiene.
- Living next to an industrial waste land and a long list of things

5 ways to know if your environment is causing illness?

- Weekdays you are sick and weekends you feel fine particularly like asthma cough, rash itching etc. If you are working this means your work environment may be making you sick.
- Vacations away from home you feel energetic and strong but come back and start to feel previous symptom. Something in your home needs to change.
- When more than one family member has similar symptoms that get diagnosed after several tests as an atypical disease example I have had people diagnosed with Parkinson's and it may be carbon monoxide poisoning or mold. It may be an environmental issue.
- Emotional turmoil or constant stress due to substance abuse , financial woes , mental illness all contribute to environments that can be detrimental.
- Similarly happiness, family, support all can help with re-defining one's health.

Solution is the knowledge of the association. If you can step back and reassess your environment this would get you started on the right track.

The next step is getting the correct testing done (for occupational or toxic exposures), then resolving the damage by rebuilding health and environment. It takes time based on the exposure and the insulting agent. A lot of the recovery is removing the insulting agent and optimizing lifestyle.

Lifestyle

This is the most difficult to address. So let me ask you to imagine you own a Ferrari. Or in case you are a woman you buy a beautiful dress or a Louis Vuitton bag



How much time and money would you invest to keep it a valuable investment?

You and I know that everything possible would be done to keep these high priced goods in the best possible condition. There is active focus on keeping these priced possessions intact.

However when ever I ask people what is their health worth they tell me "priceless", yet how much time do we actively devote to our well-being? A lot of time I hear of the lack of time to cook , eat healthy or exercise? Why is this so ?

It is due to a state I call "surance-ease", We believe if there is a problem then we can use **insurance** and can see a doctor to be diagnosed of a **disease** and get things "fixed". The philosophy of insurance is early detection and disease management. It has never been prevention. It is designed to make money when you are sick. So we have never been educated enough to be proactive. We have been taught to believe disease is natural process of being unlucky or old or inherited.

What if you were told that disease does not exist? When you start paying attention to your health and treat it like it is the most priceless possession you have then healthcare that is freaking cheap. So let us look at what life style is all about.

Life style includes the following:

- Sleep
- Movement
- Nourishment
- Thoughts

Sleep is something we take for granted till it is completely gone. Here are some pointers to know that you have adequate sleep



6 steps to adequate sleep

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- A definite bed time
- No TV or phone is on 1 to 2 hours prior to bedtime
- No excitement like reading the news or listening to the nightly news or arguments.
- No sugary products prior to bedtime
- No full stomach at bedtime
- No Smoking or drinking before bedtime

If sleep is affected nothing else matters. This leaves us with little energy to accomplish anything else. Sleep can be affected by your mind-set and environment. It also improves with movement.

Movement:



Movement



5 Tips to get you moving:

- Walking almost 5 minutes every waking hour, a day
- If you have a sitting job, using the standing table for a computer or taking out 15 minutes each day for structured exercise like brisk walk or push-ups, sit ups or squats.
- Deep breathing with eyes closed.
- Stretching all the muscles with deep breathing
- If you have a physically challenging job stretching and drinking water will help.

Breathing exercises and stretching exercises are a good way to begin.

Exercise can be painful if nourishment of the muscles and mind is not adequate.

Nourishment:

Eating whole unprocessed foods is almost impossible

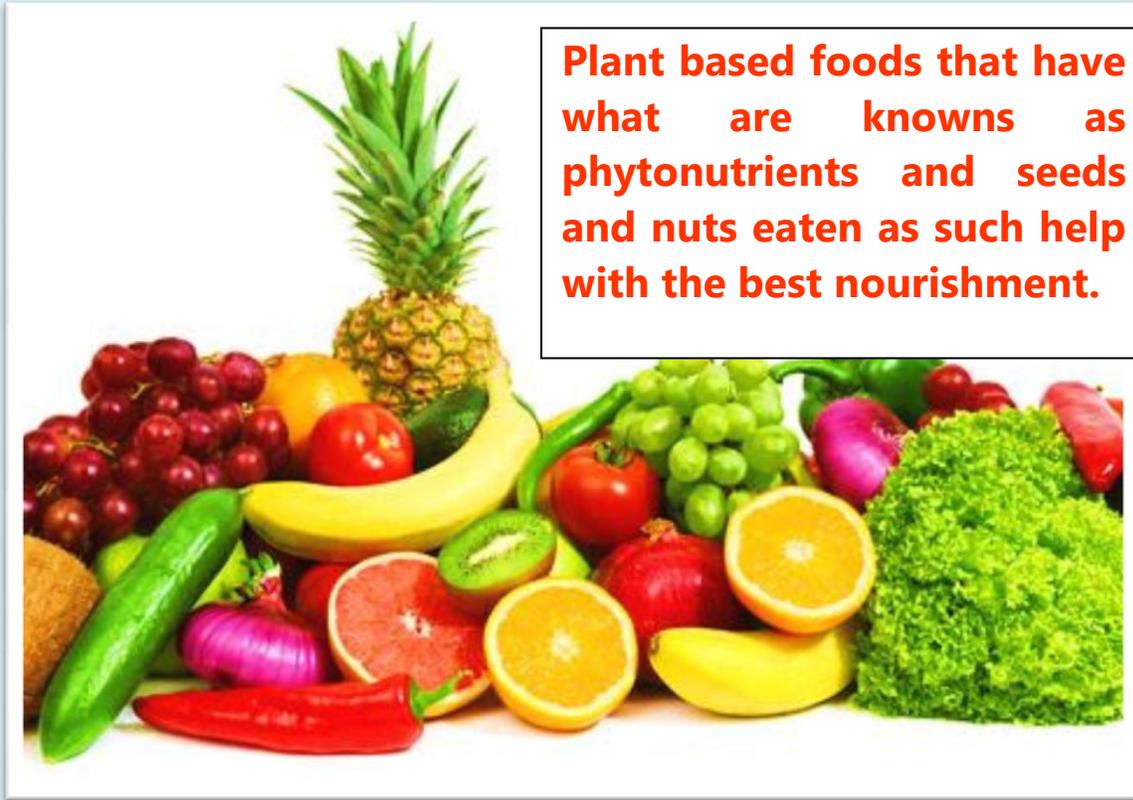
..... Unless you plan for it.

So what has been shown?

Plant based foods that have what are known as phytonutrients and seeds and nuts eaten as such help with the best nourishment.

It is not just about the quality of the foods but the atmosphere where and how the food is made and whom you share the table or meal with.

5 of the best tips are:



- Starting the day with enough water
- Eat with family
- Eat fresh food
- Focus on the quality of the food and the energy of the company whom you eat with
- Food pulled from a box, can, packet is food taken out of its coffin. Most likely it is devoid of nutrients your body is looking for.

None of the meals need the refined or processed whole carbs. Give time for the body to digest. Every 6 to 8 hours a full meal can be had. Eating every 2 hours can be taxing to system of most people.

Eating with family and friends in a positive atmosphere is also the key to healthy digestion besides the quality of the food. Positive thoughts help with the overall well-being. So once again mind-set and environment, good sleep and daily movement will help with good digestion. How we think and whom we associate with also plays an equally important role in our well-being.

Thoughts:

A woman with dark curly hair is sitting in a meditative pose on a red mat. She has her eyes closed and her hands in a prayer position. Overlaid on her body are several glowing, colorful chakras: a purple crown chakra at the top of her head, a blue third-eye chakra on her forehead, a green heart chakra on her chest, a yellow solar plexus chakra on her upper abdomen, and a red base chakra on her lower abdomen. The background is a soft, light blue gradient.

Have you ever had these thoughts?

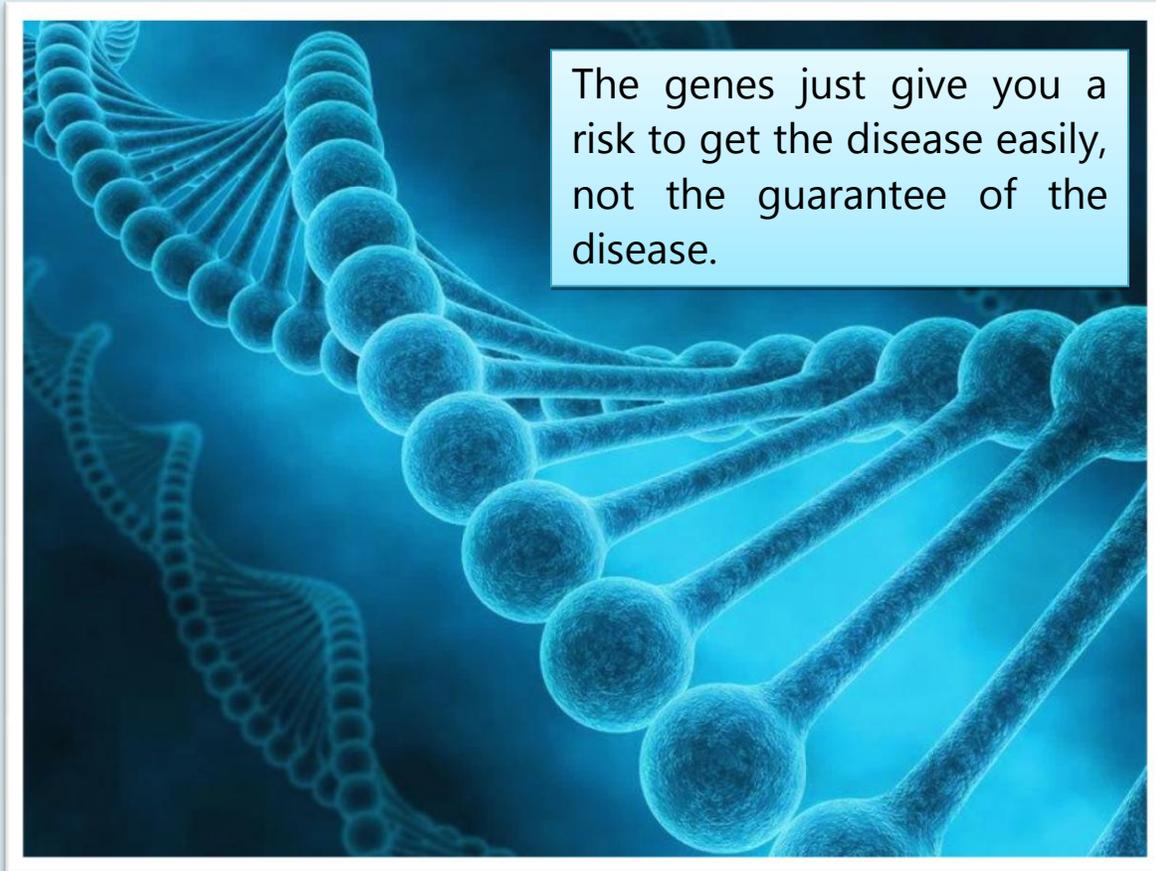
- I am not good enough
- I don't have the knowledge
- I am not talented enough
- I cannot do this
- I do not deserve any better

Check your thoughts.

You know what I mean. It is all about how can you re frame these thoughts. It is about knowing there is only one of you. Everyone knows what they are good at. I call it your unique value proposition. See the positive in you and others. Positive thoughts can become a habit.

The sure way to fail all around is to blame the situation, or others or something outside of you that you cannot control like the weather, the elections, etc. as a cause of your woes. Whether it is a dysfunctional childhood or failures it is all about how much do you respond rather than react. It is really about taking accountability and responsibility. Once you realize everything you have going on for you is merely a reflection of the choices you have made, it is easy to take control and change the outcome to what you would like to see. Your family may be riddled with medical problems but let me tell you, you do not have to be. Genetics play a role but do not determine your destiny.

Let us look at Genetics:



Genes are protein strands with information. This information has to be translated to be seen and heard. In other words if the situation does not arise for it to be translated it will not.

So if you have a breast cancer gene it can be kept silent by following a healthy lifestyle. Same is it with any of the autoimmune genes. Rheumatoid arthritis may run in the family but lots of studies show that the occurrence of the disease is only 15% based on genetics. So doing genetic testing and then working to avoiding the situations that make the gene express itself, for example drinking alcohol excessively with a strong family

history of prostate or breast cancer can increase the risk for these. So avoiding the habit of daily drinking to prevent heart disease may not be a great strategy.

The genes just give you a risk to get the disease easily, not the guarantee of the disease.

So once you have an understanding of the steps to go through to avoid disease it is important to find someone who is an expert in the wellness path. You need a team. You need to get the right tests ordered and look for the root cause of the symptoms or illness. Most people think they can do it on their own but if they are alienating themselves because they get so restrictive or rules based and getting frustrated or calorie restricting or eating unknown expensive foods like wheatgrass, goji berries and soy based animal products they may be actually making themselves sicker.

Just like you would not repair your Ferrari on your own or take the Louis Vuitton to a street corner cobbler, trying to self-learn and address health on your own may seem simple but is more complex than it looks. Focus on getting well and not suppressing the issues with medications or accepting disease and disability as a part of your life. Seek a mentor who can actually keep you on this path as health is the basis of our overall well-being.

We strive to keep the community healthy and wealthy and vibrant.

Holistic ICON

Sample exercise

Write down your most important goal

Example: I want to stay healthy to be there for my kids.

Write down the steps you need to take to achieve those goals

I have to eat healthy, sleep well, exercise.....etc.

Write down you obstacles as they seem to you

I do not have time. I have too much to do. I have a tough job.....

Write down a plan to move those obstacles

Wake up 15 minutes early. Eat better to increase energy so I do not need as much sleep or do not watch TV as I find some extra time, or stop the daily wine etc.

Envision your final outcome

I want to have a healthy vibrant life with the confidence so I will not be a burden to my children.



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