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.”

“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)

Almost 80% of workers have at least one chronic condition. 55% of workers have more than one chronic condition.

Partnership to Fight Chronic Disease. 2009 Almanac of Chronic Disease
Percent of Chronic Diseases That Are Caused by an Unhealthy Lifestyle

2006 Wellness Council of America
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.

“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.”

The Practitioners: Wellness and Prevention Lifestyle Practitioners

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