

Staying Resilient in a Demanding World

When it comes to staying healthy, you would think that it would be easy and natural. We now have advanced healing technologies and health care facilities to help us stay healthier; and in some ways, we are. However, there are still many health challenges we will face as we live our lives and age.

The World Health Organization has indicated that a rise of **“chronic”** illnesses is occurring in developed countries. This offers a significant challenge to our current health care system. The traditional model of health care has worked remarkably well in dealing with acute illness through crisis intervention care. It does not however; seem to have the same beneficial effects on chronic, long-standing conditions.

With new research constantly emerging and growing consumer demands for alternative answers; wellness or preventative self-care will need to come to the forefront of our health care system. This will likely challenge the old beliefs about health care, as we know it. It seems that now may be the time to respond to the changing health challenges and begin a new approach that will produce more positive long-term healing effects for your well-being.

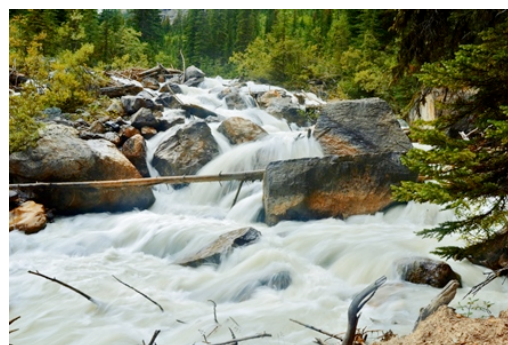
Although, the shift from looking at health only from acute or illness care towards wellness and prevention is not a new idea, it is especially one worth pursuing today.

From a Wellness Conference in Toronto the following statement was developed:

“Wellness is more than a concept. It is a way of life, an integrated enjoyable approach to living that emphasizes the importance of achieving “harmony” in all parts of the person; mind, body and spirit. More than an absence of illness, it is a balance among all of the aspects of the person.”

With all the newly developed technology and all this new help, why has there been an increase in many chronic long-standing conditions? We have some answers to that question. Since 1980 at The Britannia Clinic®, our experience has revealed that the natural practices of ***Building Personal Health™*** are the things most often over looked.

These are the health creation tools that are simple, cost effective, safe and work to support your well-being! These tools are built upon well-established principles of basic human physiological needs. They **must** be met in order to sustain life, let alone optimal health.



If we look at the increasing pace of our busy and often stressful lives, our health and well being could be viewed like ice-skating on a deep frozen lake. We need to have ice that is thick enough to carry our weight. In other words, our body needs to be healthy enough to support

our activities of daily life and carry life's load. **And** the load that we carry day to day needs to be reasonable. As we push our bodies by stressing our systems with such things as poor nutrition, lack of activity, poor air quality, lack of adequate rest; our physiological ice gets thinner and thinner. We then take on more responsibility, more work, more worry and stress at a pace of life that is much faster. The “**load**” that we carry on the “**thin ice**” can have some very devastating health consequences.



Eventually, if the load is too great and the ice is too thin, we fall through. Our resilience drops and then our physiologic systems collapse into disease and often burn-out.

The opposite of stress is not relaxation but **resilience!** It is about making sure that the foundation upon which you stand is adaptable and solid! What is needed are **tools** and **practices** to enhance your well-being. These principles are the things that build thicker ice and enhance your resilience. In addition to any health care treatment, or once you have achieved your desired level of health, these steps help you maintain your health.

There are 7 foundational principles of ***Building Personal Health*** that our health and optimal physiology are built

upon. In The Britannia Clinic® care programs, we will review how you can go about building thicker ice and improving your resilience to your life's load. It is about making sure that the foundation upon which you stand is solid.

Building Personal Health

1. **Spinal Alignment**
2. **Breathing / Air**
3. **Hydration / Water**
4. **Rest - Physical and Mental**
5. **Movement / Activity**
6. **Nutrition**
7. **Meaningful Living**

Today we do have to work and earn our health and once we have achieved it, the challenge (and personal responsibility) is maintaining it. This is where these 7 principles are foundational. They may seem simplistic and they are; however the benefits that are experienced when you attend to them regularly are very significant! The number of health care choices today seems endless, but in any situation we need a place to start.

Decades of experience show that those people who commit to and attend to these 7 **foundational principles** consistently enjoy better health and an improved quality of life! You can too!

