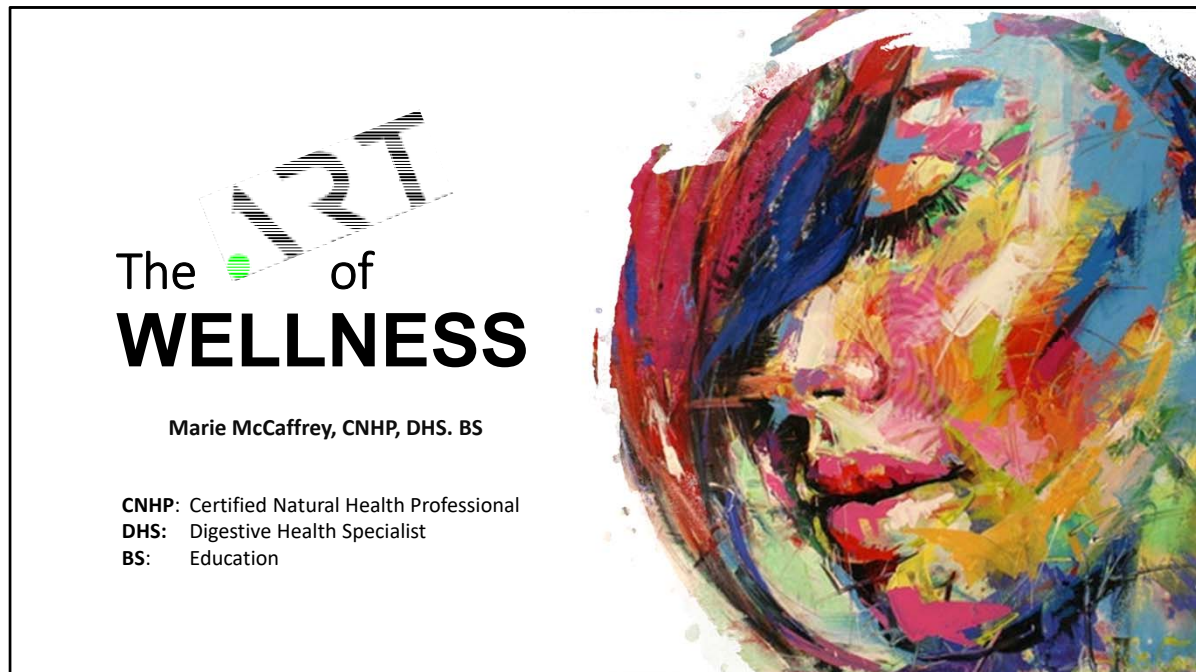


**MOTTO: EVERYTHING IN MODERATION**

Like the Chinese water torture of a single drop constantly dripping on the forehead - don't ***permanently*** employ specific protocols geared toward targeted results. If you do that, your body will eventually call Uncle. - Once the desired goal is achieved, stop the protocol and allow the body to rest.

Always test your body before applying specifics. Don't guess or assume that just because it's right for someone else, it must be right for you. Everyone is different with their own unique biochemistry.

This is especially important for DIET choices. Diets should change with the seasons and according to your specific needs. There is a myriad of different diets to choose from but none of them should be employed ***permanently***. Even one that works for you now, once it gets you where you want to be, should be tweaked, changed or possibly shifted to a more appropriate option reflecting your current state. + Don't feel bad if you occasionally break you diet.



I taught Art for 15 years. While many don't see a connection between art and wellness, I beg to differ. Good artists intimately understand the media they create with, whether it's paint, wood, metal, clay, resin, textiles, etc. They understand it's potential as well as it's limitations and they can't do that without knowing how it's made. Form and function go hand in hand.

Everyone paints with their own unique palate. Everyone chooses their favorite colors and puts them together in their own special way. The human body is a beautiful work of art and no 2 are the same.. We're like snowflakes! Biological machines built with our own special purpose and reason for being. We all make our mark on the world, one way or another.

***If we are biological machines. This is an Owner's Manual.  
You still must learn to drive.***

## Health vs Wellness

### Health...

refers to a physical body being free from **disease**.



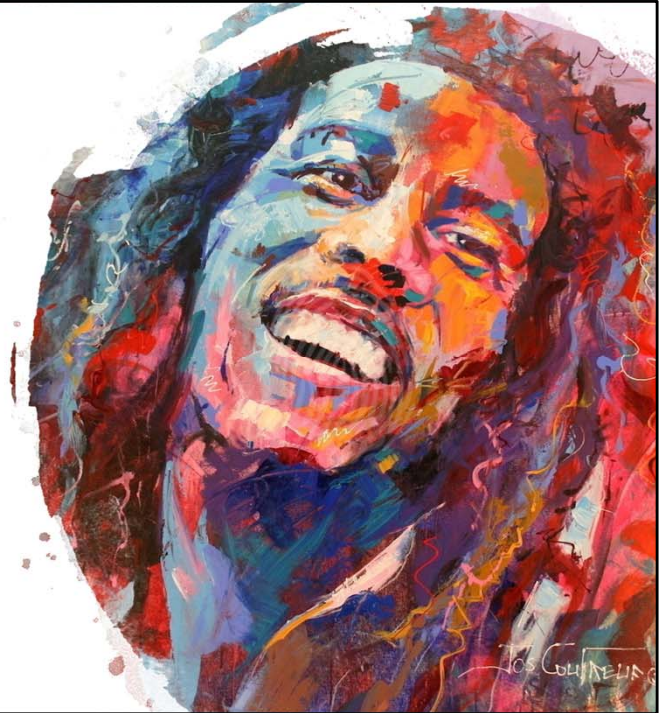
### Wellness...

is an overall balance of physical, social, spiritual, emotional, intellectual, environmental, and occupational **well-being**.

My goal is to teach you how to use your palate more creatively by understanding the power behind the colors you choose. Imagine each act, thought, food, emotion, etc. has a magic power and you are mixing potions that have the potential to radiate beauty and health by encouraging your body to produce chemicals or prohibit chemicals from being produced. You are the canvas and today we are going to discover how your palate works from the inside out.

You can have **health**  
without wellness...

but you cannot  
have **wellness**  
without health.



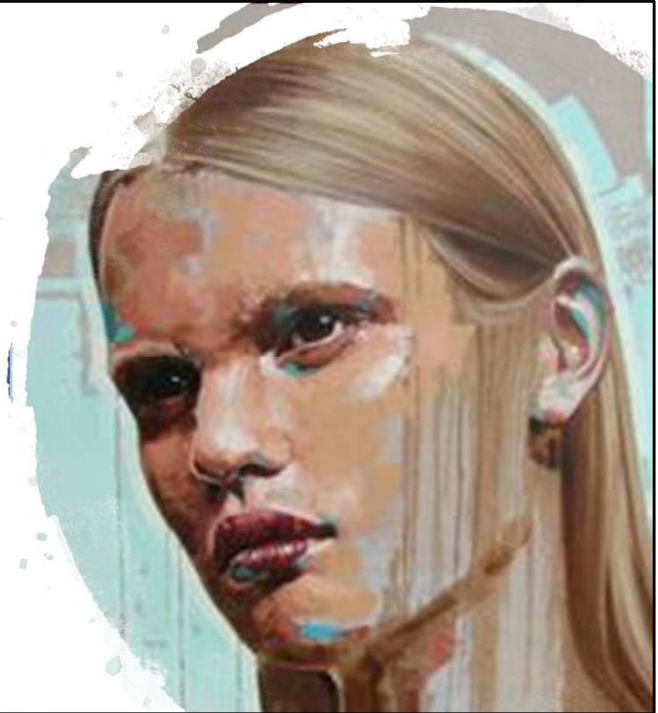
So some of this information is going to get technical but I don't want to be the fingers pointing to the moon. Focus too much on the fingers and you will miss the moon and probably the universe beyond. So what I'm presenting here are clues or puzzle pieces that you need to understand before you can figure out the root cause of health problems. As we move through this presentation, please proceed to connect the dots.

Today we're going to start on the Health side of the equations since you can't have wellness without health.

## What is Nutrition?



**You are what you eat.**



What is good health based on? Diet and exercise.

Since exercise is a topic in and of itself that we could probably spend months on, today we're going to concentrate on the food aspect of health.

Why must we eat nutritious food? What exactly is Nutrition? There really is some truth to the old adage, "You are what you eat."

The experts say, **Nutrition is the relationship between Diet & Health...**

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