

Health 'is' Wealth

So here we are living in a 'get-it-now-do-it-yesterday world because I'm gonna die tomorrow' society! Time is rapidly running away from us and we are rapidly running faster to try to get all these 'nows' 'yesterdays' and 'tomorrows' done so as to feel content.



What is it all about and how do the mind, body and spirit keep up? Some of us would happily admit that we can't keep up! Others become harder task masters and self critics to match up to the expectation that comes from - what? Where, when, and how did we get into this 'expectation' of whatever it is we are in?

What is 'happiness' and is that what we all crave? What is 'contentment' and is that what we are really looking for? Does our mind, body and spirit know the difference? If so, how so - and then what? Do we get health when we get happy or do we get happy when we get health? Obviously neither. We achieve contentment at a conscious level only when we achieve it at an unconscious [cellular] level and this is where 'health and happiness' become entwined.

Under 'stress' the body will, in its unconscious state, attempt to keep us in a dynamic balanced condition at every level of mind, body and spirit. When we have a health 'crisis' our body/mind is letting us know we need to change something we're doing in order to restore our natural balance and state of harmony. When the body, mind and spirit are in harmony we feel so good. In order to achieve contentment then, find the right person with the right advice to enjoy your health first.

In our conscious state we need to develop and understand the concepts and principles of better health and 'biochemical contentment'. It is important to provide yourself with knowledge of food, exercise, lifestyles, environments, relationships, toxins, medications, natural medicine and therapies. In doing so you will be able to discern where your true contentment lies and what your own 'balancers' may be.

Happiness in life on the Gold Coast will, together with good health, bring you much contentment. Contentment isn't a thought or a feeling. In its true sense, it is wellness! It is what we all want. Looking after ourselves at all levels way beyond the 'nows', 'yesterdays' and 'tomorrows' is truly vital in today's fast highway of life. Looking after each other in a like manner is even more so! Enjoy today and the next and the next..... 2008 will come in its own good time. Relax.

DR JANE CHAPMAN

General Practitioner
MBBS, FRACGP

Holistic Medical Practitioner
MBBS, FRACGP

Suite 1104-1105,
Level 1, TOWER 1,
SOUTHPORT CENTRAL,
Cnr Scarborough &
Lawson Streets, Southport.

Ph: 5503 1966



BodiHealth Technologies



- General Practitioner • Allopathic Medicine
- Natural Hormone Therapy • Nutritional & Environmental Medicine
- Anti-Ageing Medicine • Intravenous Vitamin & Mineral Therapy
- Electrogenesis • Women's Health Practitioner