



HOLISTIC HEALTH





Anxiety weighs down
the heart, but a kind
word cheers it up.

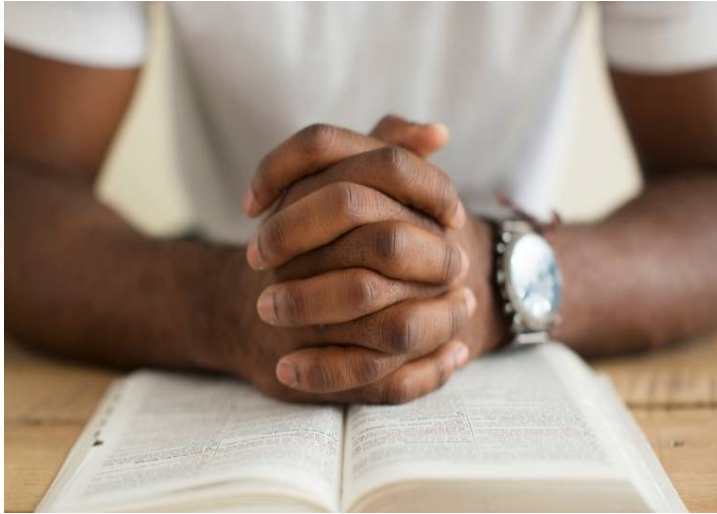
Proverbs 12:25 (NIV)

CIRCULATION

**THE
GLANDS**

**THE WHOLE
NERVOUS SYSTEM**

**AND
PROFOUNDLY
THE HEART**



CONCERN
DRAWS US
CLOSER TO GOD

IT'S WORRY THAT
PULLS US FROM
HIM.



**BE ANXIOUS ABOUT
NOTHING**

**BE PRAYERFUL ABOUT
EVERYTHING**

**BE THANKFUL FOR ALL
THINGS**

HOLISTIC HEALTH

Wellness is a Balance of Mind, Body, Spirit, & Heart



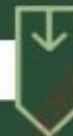
Mind

Engage Your mind
Feed Your mind
Rest Your mind



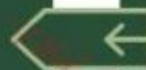
Body

Challenge Your body
Feed Your Body
Rest Your Body



Heart

Open Your Heart
Connect With People
Feed Your Heart



Spirit

Build Your Faith
Connect With God & Nature
Feed Your Soul

peace
Integrative *food*
Lifestyle
Traditional
BALANCE *change*
faith *root cause* *minerals* *DIET*
ENERGY *vitamins* *herbs* *mind* *prevention*

Holistic Health

medicine *fruits* *body*
natural *supernatural*
emotions *Exercise* *NUTRITION* *vegetables*
HOPE *PRAYER* *fitness* *Scientific*
spirit

MIND

BODY

SPIRIT



TO PURSUE A LIFE OF HOLISTIC HEALTH
CONSIDER THE FOLLOWING:

ENVIRONMENT

NUTRITION

EXERCISE

SLEEP

ELIMINATION

PASSIONS

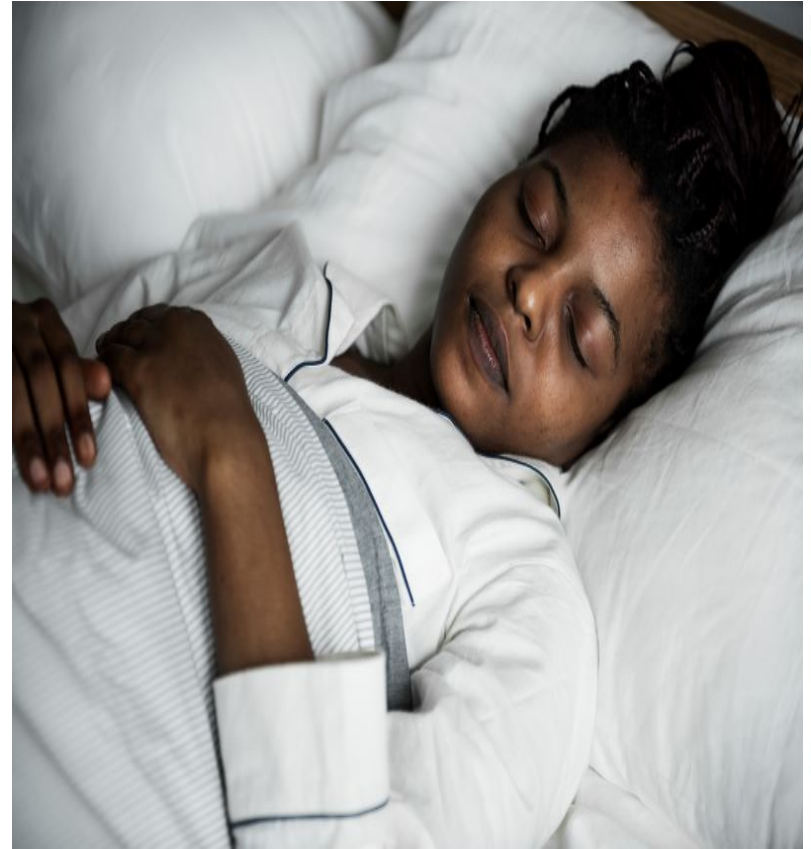
NUTRITION



ENVIRONMENT

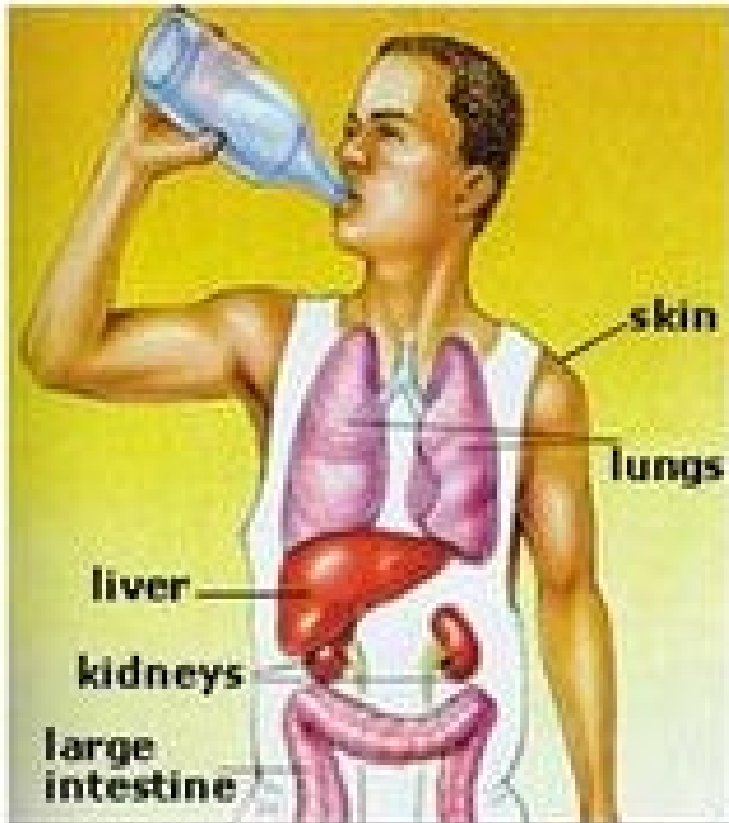


EXERCISE



SLEEP

PASSIONS



ELIMINATION



Simon Dewey



Sunday Morning Health Corner

<https://www.balmingilead.org/smhc/>