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Achieving Optimum Health

By Tim Ong

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"Optimum health is not just the absence of disease but the presence of wellness in mental, emotional, physical, spiritual and social areas. Some would also include financial health."

Introduction

Optimum health is essential at all levels, from the individual to the society we live in to the environment around us. We have to start thinking of wealth not just in terms of possession of money and properties but also the possession of mental, emotional, physical, social and spiritual well-being.

Mental Health

The truth is mind is the forerunner of all states.

With a proper mindset, a poor man can still be happy. Conversely, if the mindset is not right, no matter how much material possessions you may have, you may still be a very unhappy person. Thus, Gandhi said, "The world has enough for everyone's needs, but not enough for even a single person's greed."

So a healthy mind is one that possesses a mindset that can lead to happiness and contentment with self and the world around us. It provides clarity of thoughts, good insight and the ability to see things through an unbiased mind.

To be able to see things through an unbiased mind is no small feat. It is extremely difficult to note or observe the unfolding of events and phenomena without judging. We habitually associate emotions or feelings to events, and allow such emotions to direct our actions. Our likes for certain things and dislikes for others are closely associated with our emotions.

Emotional Health

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It is our emotions that lead us to act impulsively at times. Thus a high level of self-awareness in this area is extremely useful. In fact, it is essential to our well-being. After all, things and relationships that may take us years to build can be destroyed in a moment of anger.

There are positive and negative emotions. Positive emotions such as love, compassion and joy should be cultivated, while negative emotions such as fear, anger and hate need to be eradicated.

When asked about this, a wise sage of India once illustrated with a story:

An old man said to his grandson, "Boy, I have two tigers caged within me. One is love and compassion. The other is fear and anger."

The young boy asked, "Which one will win, grandfather?"

The old man replied, "The one I feed."

At times, it may seem that we have no control over our emotions. This is not true. The truth is how well we manage our emotions depends on how aware we are of our emotions, particularly on the arising of our emotions. The earlier we are able to note the arising of our emotions, the better we can manage them.

More and more researches are showing that our well-being is closely linked to our emotional and mental health. Our body's immune system is generally enhanced by positive mental outlook and emotion. Conversely, it is depressed by negative mental and emotional states. Thus, stress, worry, anger and fear are some states that may lead to physical illnesses such as hypertension, cardiac diseases, peptic ulcers, depression and a host of other ailments.

Physical Health

To maintain an optimum physical well-being, therefore, requires us to focus not only on our body but also our mind and emotions.

On a physical level, our body can be kept healthy through adequate sleep and rest, proper nutrition, regular exercises and a healthy environment that is free from pollution.

Spiritual Health

Throughout the ages, wise men have consistently informed and taught us that we are essentially spiritual beings.

Although medical science has not been able to reveal to us our spiritual nature, there are many indirect evidence that we would be foolish to ignore. Stories from people who had gone through a near death experience (NDE), or dying people with heightened nearing death awareness, or simply a cure from an 'incurable' disease all suggest that there is more to life than just the physical state.

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Major religions of the world all based their teachings on the belief that we are essentially spiritual beings. According to these teachings, our physical existence is secondary.

While it may be true that we should focus our life more on our spiritual nature than our physical nature, it would be difficult for the majority of people to do so, at least not immediately. Things cannot change overnight. Mindset, however, can, and that is perhaps the best place to start.

Financial Health

However, on a more mundane level, most people are still stuck on how to survive from day to day, where to get the next cheque to pay for the house installment, so on and so forth.

Practically, therefore, we need to look into ways to achieve a financial state that would theoretically free us from the constrain of 'forced' work. This is where the concept of financial freedom is so attractive. According to this concept, one should strive for a state where we have one or more than one source of income that can be generated passively, that is, even when we don't work.

This is what Robert Kiyosaki termed as 'passive income'.

According to him, passive income can only be achieved by becoming an investor or a business owner, not a sole proprietor or an employee. To become an investor or a business owner, you must spend the time and money to acquire financial intelligence. Unlike IQ or EQ, you can acquire financial intelligence through self education.

To get a financial health check-up, consult an accountant, a banker or a financial planner you can trust.

Healthy Relationship

"No man is an island, entire by itself."

As a medical doctor, I am in a unique position to confront and comfort dying patients. One of the most important thing that I have observed is that dying people do not ask about their money or possessions. Instead, they focus their remaining energy and strength on trying to heal wounded relationships. It is as though there is an inherent need to get a proper closure to a relationship.

Thus, forming and cultivating a healthy relationship is important for our well-being. Unfortunately, this is something we often ignored until it is too late. If there is any forgiving to be done, or the need to be forgiven, leaving things to the last minutes may end up with an unfulfilled desire for a closure.

Knowing this now, shouldn't we spend more time and effort in improving our relationship with our loved ones, especially with our parents, spouse, children and siblings?

Tim Ong is a medical doctor and author of the online "Build From Within" newsletter series. He is also the webmaster of The Self Improvement Site (

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5 Things You Must Do If You Want To Create Optimum Health

By Rino Soriano

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1. Make the decision that you will create an optimum state of health

Most people want to feel better than they currently do, however, they never truly decide that this will be one of their goals

You must CHOOSE to create optimum health before you can achieve this level of health.

2. Be Committed To Create Optimum Health

Once you make the decision to create an optimum state of health, then you must commit to this decision because there will be plenty of temptations that can easily knock you off track.

Always keep your vision of optimum health in your consciousness and you will succeed!

3. You Must Formulate a Structured Health Plan To Help You Create Optimum Heal

To create an optimum state of health you need a game plan to follow or health strategies that will help you toward your goal.

Just like a roadmap helps you to arrive at your desired destination, so too will a health plan help you toward your desired health level.

4. Stay Focused on Your Goal and Maintain Your Course

Once you are on your path to creating optimum health, you need to stay the course. Getting off course will delay your progress.

You wouldn't get off the main road if it was the only one leading to your destination would you?

5. Monitor Your Results & Adjust If Necessary

Monitor how far you have come from time to time. If you feel

that something is not benefitting you then omit it from your plan.

Likewise, if something is really benefitting you, then stick with it.

Just always make sure you are monitoring your results and adjust if you feel so. Also make sure to pat yourself on the back when you accomplish one of your health goals.

Optimum health is everyone's birthright, however, you must choose to create this level of health. No one else can make sure you eat right and exercise and treat your body as the temple it is.

Only you can put substances into your body and only you can make decisions that will impact your health.

If you want optimum health then you must follow habits that create optimum health. You get what you give. If you give your body low nutritious food then you will get back what you put in.

If you eat healthy and love your body then you will experience great health.

To Your Health,

Rino Soriano

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newsletter. It's a shareware article.

Holistic Wellness Consultant, Health Coach. Rino has studied Naturopathy for over 6 years. Rino had chronic fatigue syndrome for over 4 years and healed himself with holistic health strategies. His first book "How To Create & Maintain Optimum Health For Life" is a must see for anyone who is serious about feeling the best they can. Rino has received great feedback from this book: <http://www.healthsecretsneverbeforerevealed.com>

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