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Holistic Is Not A Four-Lettered Word

By Edgar Cisneros

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by: **Edgar Cisneros**

If you're anything like me, then you've got a certain picture in your mind of what *holistic* is supposed to be. For me, it's conjured up pictures of holy men, or shaman, doing a ritual dance while chanting mantras, and rubbing *energy crystals* in an effort to remove evil spirits from your life. It wasn't until I started doing research for my new book, *5 Keys To Health: A Holistic Approach* when I realized that my preconceptions couldn't have been more further from the truth.

I had originally planned to write a book on fitness. I know that's a pretty general term, but I intended it to be about how one can achieve health through physical fitness. It wasn't going to be anything fancy. It was going to be a guide for the busy person, and how they can get fit, and stay that way while still being able to live a busy lifestyle.

I've always been interested in health and fitness. As a matter of fact, I think I'm in pretty good shape. I work out with weights at least 3 days per week, and I engage in some sort of cardio-vascular activity at least 2 days per week. I eat right; I stretch after every work out. I don't smoke or drink excessively. I thought I was doing pretty well.

That is, until through the course of my research I came to realize that there's a lot more to being healthy than being physically fit, and eating right. That's when I ran into the word *holistic.* In the past, it's always had a negative connotation for me. I've always thought of it as something used by metaphysical crackpots trying to sell snake-oil. As it turns out, holistic is not what I thought it was.

The real meaning of holistic is looking at the whole system rather than just concentrating on individual components. So, when it comes to being healthy, it looks at every aspect of health instead of just the physical. Do you realize that when we consider health, we usually look to see if our diet is right, or how often we exercise? There's so much more to consider.

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I found out that there are several aspects you must work on in order to consider yourself truly healthy. Among them are the obvious physical, but there's also the mental and the spiritual to consider. If any of these is deficient, it could have serious repercussions in your life.

Ask yourself this, *Am I really healthy?*

Yes, you work out religiously. Yes, you eat chicken breasts, and egg whites, and you take your vitamins, and do everything else a *healthy* person is supposed to. But is there anything you're missing?

Let me ask you this: how often do work on relieving stress from your life? How often do you work on building positive relationships? How often do you seek to build spirituality in your life?

These are just some of the aspects you must work on if you're searching for true, and total health. Holistic doesn't have to have a negative meaning. It can simply mean a philosophy of well-being that

considers the physical, mental and spiritual aspects of life as being closely interconnected and balanced. I cover all of these points, and several more in my book, *5 Keys To Health: A Holistic Approach.*

I show you how to apply the holistic approach to health without any of the metaphysical mumbo jumbo. You can check it out at

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Take it from me, a one-time skeptic. *Holistic* doesn't have to be a four-lettered word. It can be something positive that will help you create a fuller, healthier life.

Edgar Cisneros is a health and fitness author. His articles and ebooks can help you achieve your personal fitness, and health goals faster and more efficiently. He can be reached by sending an email to

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Holistic Junction Explains Why Healing Arts and Massage Schools are Vital to the Medical Community

By C. Bailey-Lloyd/LadyCamelot

With over 2 million consumer hits monthly, and 13,000+ page views per day, Holistic Junction discovered the crucial need for promoting Healing Arts and Massage Schools for several reasons.

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Opening the doors for opportunity one student at a time, Holistic Junction believes in preserving fundamental health care portal to prospective students and future healthcare providers by creating a community-based site founded on the principles of attaining overall wellbeing – mind, body and spirit.

A holistic approach, Holistic Junction understands core values in achieving and maintaining a holistic lifestyle that provides essential nourishment for complete physical, mental and emotional health.

Holistic Junction holds high regard to alternative medicine as it is comprised of a broad and unique spectrum of techniques, modalities and medical systems based on varying cultures and even ancient healing therapies.

According to the World Health Organization, alternative medicine (also known as 'traditional medicine') is increasing in use and popularity. In China alone, herbal preparations account for 30–50% of overall medicines. Additionally, in Europe, North America and other industrialized regions, over 50% of the population have used complementary or alternative medicine. 158 Million Americans used complementary medicines in the year 2000 itself. Overall, the findings of the World Health Organization also show that the global market for herbal medicines presently generates over \$60 Billion annually and is on the rise.

So why does Holistic Junction promote alternative, healing arts and massage schools? Holistic Junction understands how the world is continually evolving into a newer, efficient and more health-enhanced society. By providing a venue for safe, effective and affordable alternative treatments through higher education and training programs' support, Holistic Junction educates general public on alternative methods by increasing knowledge of alternative, healing arts and massage schools via interactive communications.

More than just a promotional directory, Holistic Junction is a unique web-based community of people and businesses from all around the globe who aspire to and believe in positive spirituality, higher consciousness, healthy living and environmental awareness. Thus is the reasoning why Holistic Junction supports and promotes cognizance of these basic, but highly effective training programs and schools.

Holistic Junction is designed to allow individuals not only to find the appropriate alternative, healing arts and/or massage school, it is truly a wonderful and affordable 'family' portal that is geared toward issues dealing with the 'whole' and positive pathway to holistic insight and information.

To learn more about Holistic Junction's Alternative, Healing Arts or Massage Schools, please feel free to stop by.

For more information about Alternative, Healing Arts and/or Massage Schools, contact ladycamelot@holisticjunction.com

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Media Positive Radio

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