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Journey Toward Holistic Wellness

Experimental medicines and new technologies led advancements in the health industry for most of the 20th century and into the 21st—but a recent call back to the basics is changing the tide. People have begun to realize that being “healthy” and “not sick” are two entirely different things. Modern medicine helps us in times of sickness, but it does not push us toward complete health. An imbalance in any part of your life, whether it’s emotional trials or physical ailments, will keep you from achieving optimal health.

Holistic wellness is a long-term journey that starts with a decision to pursue well-being in more than just the body. To view your health holistically, you must also be committed to improving your mind and spirit. Focusing on nutrition, fitness, supplemental practices, and other emotionally and spiritually rejuvenating activities will help your body and mind reach their full potential.

Nutrition

What are you putting into your body? Hippocrates, known as the “Father of Health,” said, more than 1,500 years ago, “Let thy food be thy medicine and thy medicine be thy food.”¹ Today, our food is full of artificial substitutes and lacks the nutrients we need to stay healthy.

More people are paying attention to how nutrition affects the body, which has led to significant growth in nutrition-related jobs.² The food we eat directly affects how we feel, think, and grow. Understanding the importance of balancing your diet is the first step on the journey to complete wellness.

Begin by incorporating natural and organic foods into your daily recipes. Leafy green vegetables will give you crucial vitamins and minerals that reduce your risk of obesity, heart disease, high blood pressure, and other common maladies.³ Other components of a natural diet include whole grains, fish, beans, fruits, and nuts. With those building blocks as the foundation, you’ll feel healthier and think more clearly.

Educate yourself about the right kinds of foods for your body—and look closely at the items you buy at the grocery store. Something that looks healthy might not actually have the nutrients you need. Focus on locally sourced products that you can trust; farmers markets are an excellent place to get ingredients for your meals because you can talk to the people who are growing your food.

Fitness

Exercise is not all about losing weight or body-building—although those are definitely benefits of an ongoing fitness regimen. Instead, physical activity is a core factor in improving our overall well-being. It affects the way we think, sleep, and act. Exercise has been shown to increase self-esteem, stimulate chemicals that improve memory and learning, and encourage better sleep—among other advantages.⁴ As you begin your journey into holistic health and wellness, it is important to shift your mindset from “treating” ailments to maintaining a lifestyle that prevents the problems in the first place. Fitness keeps your body and mind in top form, helping you avoid common issues like weight gain, circulation problems, and bone loss that leads to osteoporosis.⁵

Establishing an exercise practice has several indirect benefits, too. If you purchase a gym membership, you will probably meet other people with similar goals to yours—and you can build new friendships as you pursue better health together. Physical activity also gives you something to focus on besides your problems. Whether you’re facing a particularly challenging client at work or dealing with moody kids at home, taking a step back from the negativity can give you a new perspective. When you go for a run, hit the gym, or ride some trails, your sole focus is your activity—not your stress. You might be surprised how much your personal life changes when you make fitness a part of your routine.

What helps you reflect, recharge, and re-center on what matters? Those are the exercises you need to prioritize in order to achieve an optimal level of health.

Supplemental Practices

Aside from making intentional lifestyle choices, practices such as naturopathy, herbalism, aromatherapy, chiropractic care, yoga, or even acupuncture can help you take ownership of your health. Dietary regimens and fitness plans are good for your body and mind, but supplemental practices can boost your thoughts and emotions even further. What helps you reflect, recharge, and re-center on what matters? Those are the exercises you need to prioritize in order to achieve an optimal level of health.

In many ways, holistic wellness is about the pursuit of self-care. Find activities that are life-giving to you and set aside time for them. The world has convinced us that time is money, and we cannot afford to slow down—but a big-picture mindset forces us to step back and do what is best for ourselves and our families. Adopt a yoga practice in the mornings to prepare for the day, or diffuse essential oils to reduce anxiety and tension. Schedule a massage or acupuncture appointment when you need it. As you pursue activities that put you in tune with your body, you will become more aware of your needs and how they can be met—which will bring you even closer to complete wellness.

Lifestyle Changes

If your body, mind, and spirit are not fulfilled, it's time to pursue holistic living. At Trinity School of Natural Health, we care about your wellness journey. We aim to give you the tools you need to make the right decisions not just for yourself and your family, but also for the others you will encourage along the way. Our classes will equip you to learn, teach, recommend, and serve in whatever capacity you choose. Start your own journey to holistic wellness by visiting our website.

REFERENCES

1. <https://www.naturalhealers.com/blog/nutrition-history/>
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5. <https://www.heart.org/en/healthy-living/fitness/fitness-basics/why-is-physical-activity-so-important-for-health-and-wellbeing>



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