

# **What is True Wellness Care?**

In the recent past wellness has become the new buzz word in health care. Along with this there seems to be a lot of misunderstanding of what it means. I have studied health and wellness care for over 30 years and still continue to study as it is a life-long pursuit. I have successfully raised 5 children in a vitalistic model of true health and wellness care. This basically means we practice proactively, daily health and wellness protocols with the result of causing ourselves to be the best we can be on all levels of life and health. When we become the best we can, there is less opportunity for bad things (sickness) to happen.

According to the CDC, the five leading causes of death in 2004 were deaths by caused conventional medicine (783,936), heart disease (652,486), cancer (553,888), stroke (150,074) and chronic lower-respiratory diseases (121,987). These medical and chronic degenerative conditions collectively account for almost two-thirds of all deaths and consume the large majority of our health care dollars. However, is this money being well spent?

While medical negligence, heart disease, cancer, stroke and chronic lung disease are the conditions from which most people die, these are not the fundamental underlying causes of death. In 2004, Mokdad at al., updated the classic 1993 "Actual Causes of Death" study. Based upon their research, it is estimated that 50 percent of the deaths in the U.S. can be traced directly to lifestyle factors like:

- Conventional Medicine (Iatrogenic Disease);
- Cigarette smoking;
- Lack of exercise;
- Poor eating habits;
- Excessive alcohol intake;
- Abuse of drugs and medications;
- Prolonged stress; and
- Negative mental attitude

What is the common thread running through each of these causes? No drug or treatment can change these factors. Wellness, first and foremost, is a philosophy that emphasizes our personal responsibility to change the way we eat, think and move. The chart below illustrates some of the key differences between illness and wellness care.

## **ILLNESS CARE**

- The goal of illness care is to return the individual to “normal”, characterized by an absence of disease or symptoms.
- Illness care intervention is often “heroic” and generally works best with life-threatening conditions (major trauma, heart attack, stroke, etc.)
- Illness care is typically rendered by a specialist (cardiologist, gastroenterologist, urologist, etc.)
- Emphasis is placed on the precise diagnosis of specific conditions. Once the diagnosis is established, the prescribed treatment is fairly uniform for all individuals with that condition.
- The doctor is responsible for the treatment regimen. The individual is usually a passive recipient of treatment.
- The philosophy of illness care is mechanistic: Fix the diseased or malfunctioning body part.

## **WELLNESS CARE**

- Wellness care focuses on optimizing function in all aspects of the individual’s life: body, mind and spirit.
- Wellness care mobilizes the inherent self healing ability of the body for individuals wanting to prevent the need for crisis medical intervention.
- Wellness-care advisors are generalists who serve to guide and motivate the individual in their self-care program.
- Wellness care is tailored to meet the condition. As such, two individuals with the same condition may receive very different recommendations.
- The individual is responsible for their health and wellness, and must become an active participant in lifestyle changes.
- The philosophy of wellness care is vitalistic: Help the individual to grow into a greater measure of health.

As a result of my life long journey into health and wellness I have come to know and associate with some of today’s most brilliant minds in wellness care. Together, we share a more accurate and truthful understanding of how the body really works and what causes illness. Based on these understandings, more appropriate help can be applied to overcome health challenges.

My goal is to earn your trust and respect as one of your health advisors. Although my main concern is to care for your spine and nervous system, I also have great information for the other critical areas of health and wellness. I will never tell you what to do with your body, but I will help direct you to references and resources for you to review and learn from. This will allow you to develop your own philosophy on health and wellness, as we all try to live by our beliefs.

Yours in Health,

Dr. Sam Tocco  
[www.DrSamTocco.com](http://www.DrSamTocco.com)

