

What is Good Health?

Many people have had physicals, and the doctor told them they were in good health. Then they proceed to also say, “You are a little overweight and your blood pressure is high and your cholesterol is elevated, but don’t worry. We can control all of that with these pills.”

Over and over again folks say, “I’m healthy. I just have migraines only every other month now instead of every month, or I get just yeast infections or I have allergies or I can eat anything I want now that I have had a triple by-pass surgery, or sugar diabetes runs in my family.” Will this madness ever end? What’s wrong with this picture?

Good health is a topic for general conversation, a subject for politicians to debate only during pre-election. Good health is what the various pharmaceutical companies promise if you use their synthetic-poisons called prescription drugs or convenient over-the-counter-medications. When asked about their health, most people without hesitation immediately respond with either they are blessed to have good health insurance, or that they don’t have health insurance or they work out regularly. What is good health?

At the Amadi Wellness Connection (AWC) we describe Good Health as:

Good Health is like a seed: plant it, feed it, water it, nurture it, protect it, and it will grow. It will be strong, full of life/energy, and it will serve you well.

Good Health is knowing that the body has the innate ability to heal itself. One of our modern day health prophets said, “There is no such thing as diseases {DIS-EASES}, only unhealthy conditions. Change the lifestyle, and you change the condition and correct unhealthy habits.”

Good Health is respecting the Spiritmindbody™ connection. Wholesome thinking allows appreciation for and better care of this magnificent masterpiece called the humane being. Good Health is not the result of chance or accident, nor is it a mystery. It is not found in any pill. It is in something so basic like knowing that the heart is the size of a fist, and if it is overworked it will quit {heart attack or death}.

Good Health is recognizing that we are all energy. Honoring this knowledge and by nurturing the whole spirit, mind and body from the inside out we expand this electrifying experience called life.

Good Health is partaking of the abundance of life, trusting in Divine power, and daily using the seven natural healing forces: pure clean water ~ sunlight ~ rest ~ deep breathing ~ exercise ~ positive thoughts ~ optimum nutrition.

Good Health is maintaining balance, cherishing silence, counting your blessings, and practicing forgiveness.

Good Health is savoring the feast of life by sharing joy, peace, happiness, unconditional love, and striving to live in harmony.

Good Health is having wisdom to learn and live fully in the present moment.

I teach the AWC clients that dis-ease or illnesses are actually a reflection of spiritual dis-connection, ethereal blockage, mental and /or emotional upset which occur long before the manifestation of physical symptoms. The major cause of dis-ease is lack of knowledge and the Spiritmindbody being out of balance and overrun with toxins. Those toxins can come through food, relationships, the environment, etc.

In his book *Nutricide*, Dr. Llaila Afrika points out in great detail the serious and deadly consequences of eating the Standard American Diet (SAD). He urges folks to become more diligent and aware of the foods they eat and the medications and or supplements they ingest. The book also points out the genocide of African Americans through nutrition. According to Chris Clausing, the President of Frequency Foods, people perceive sickness as having a cold or the flu. What few people realize is that these are the easy ones—they show up fast and leave in a week or two. The HARD diseases are the ones that sneak up on you over time—heart disease, diabetes, cancer, hypertension, and lupus. These are the true sicknesses, and they are deadly! However, with the advent of pharmaceutical drugs and aggressive chemical treatments, the symptoms of these serious illnesses are often covered up so that all you see is the **ILLUSION** of health. Make no mistake. If you suffer from diabetes, heart disease, cancer, high blood pressure, or any other debilitating condition, you are SICK! And guess what? That's okay. It doesn't mean that you are weak or less of a human being. It just means you have to make a change and start supplying your body with the appropriate nutritional tools.

At Amadi Wellness Connection we advise people to recognize that the true root of sickness and dis-eased states is LACK OF KNOWLEDGE. And like Dr. Afrika, and Dick Gregory, I strongly suggest we all WAKE UP, change our perception of dis-ease and what is healthy and what good health actually is; look at our lifestyles and TAKE CHARGE of what we eat, drink, read, and become more aware of the environment around us. In short we need to learn more about living a safe, whole, communal, and healthy life.