

Want to Improve?

The first reason is if a person has some kind of sickness or disease that they want to recover from quickly. These people would want to give their body every chance to heal in line with what the doctors would be advising them. Another reason would be when people seem healthy, feel healthy, and notice no diseases in themselves or conditions in themselves, but they want to improve their health anyway. This type of person seeks advice from wherever they can find it.

These two types of people are mixed throughout our societies with various overlaps as people get diseases and pathologies and heal from them coming back into good health. The media though, does not have the health of people at heart. The media has income generation at heart for investors and so, will not make good efforts to ensure the accuracy and validity of various health claims for products and services. Politicians come along and set laws defining how businesses should behave with regard to advertising and selling products with health claims. That plays out over time.

In the meantime, behind the scenes, scientists delve into evidence for various new discoveries. With this mix going on we find ourselves where we are today. One has to take advertising media claims with some level of care. In the clinical field of musculoskeletal pain it is pretty clear to clinicians that there are numerous things a patient can do to help themselves and to stay healthy when they have recovered. Getting to the science can be somewhat difficult because of the complexity of issues and because of the multi dimensional needs the human body and mind have.

Wellness Risk Management has selected five major pillars of Wellness and collected the science backing up the **Self-Help** field of Wellness. Self-Help being things a person can do to help themselves without any help or advice from healthcare workers. These would be things already proven by science to be effective and worthwhile.

That brings us to the point that if people don't do what science indicates they should be doing, then they are at **RISK**. Those risks may be for diseases, for injuries and for accelerated ageing all leading to a shorter life, and a life with more suffering and possibly disability. The science is clear enough that one can put numbers to a person's lifestyle within those five pillars and in addition, one can put numbers to a number of other important clinical health indicators.

Arranging the numbers into percentages gives a person an idea of where they stand with Wellness Self-Help strategies and **Chronic Disease Prevention Strategies** as well. Once a person knows their numbers though they need to know what to do next. That is where managing the risk they have comes into play.

The website **Wellness Risk Management** helps measure people for **Wellness Risk** and provides

Workshops to help people improve their numbers by helping people comply with the science on multidimensional Wellness. This two pronged approach to, measure and then to manage, is a similar model that medical doctors use. That is why in the therapy field blood work, urine work and other special tests are done, and then the management protocols are selected.

Although Wellness Risk Management is not within the therapeutic field, a similar model holds to put numbers to Wellness Risk through a comprehensive measurement process, and then manage the risk by helping people make changes they are comfortable with in workshops.

To get going, contact us at info@WellnessRiskManagement.com
