

Wellness comes from within, from a desire to improve how one lives their own life. Wellness comes from genetic programming embedded in our genes. Professional level health services are oriented more toward disease care as with medical doctors, dentists, Chiropractors or such. They are narrowly focussed on their own models. Multidimensional Wellness is found outside those models because those models require you to be sick already first, then they can step in. Any Wellness one or the other of those professions provides will be very narrow and specific to that profession's licensing rules.

Dying Young

Dying young means dying before you're 115th birthday. Ah, then most of us die young right? Yes, precisely. We can change that though. We can learn to extend our age. We can regenerate our health. Here are some rules.

- Don't follow the science, then die young
- Don't want to change your lifestyle, then die young
- Don't know about the science, then die young
- Can't make changes for one reason or another, then die young
- Never heard about not doing this or that, then die young
- Never knew you should be doing this or that, then die young

The onus is not on government or professional services to keep you healthy. Many people mistakenly think these entities should keep you healthy. They don't. The onus is on you. If you don't take up a mantle to devote time for, and to yourself, then you **will** die young. No one will say anything to you when you are dying young. They will just try to make you comfortable and ease you into it. We have a **new** era now. We have a **new** Wellness Model now.

We are in a new age of information. This information is readily at hand through the Internet. If you choose not to avail yourself of that knowledge, then you will die young. You just have to be careful to look at credible information. Magic does not exist. You must do the work.

If you don't want to die young and you don't want to suffer through the last years of your life, then you can get measured for **Wellness Risk**. You can get on the roadway to **Optimal Health Secrets**. You will need to purchase a **Wellness Risk Management Workshop**. You will need to enrol in a **Wellness Risk Management Research Project**. Contact us and ask.

If you keep doing the things that make you sick, then you will die young.

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