

The Impact of Lifestyle Workshop, Part 3: The OptiHealth Model

Harm Reduction - Is it a Good or Bad approach to healthcare?

- Should **medication** be used to lower **cholesterol** in order to **eat high fat foods**?
- Should **medication** be used to lower **blood pressure** in order to **avoid regular exercise**?
- Should **medication** be used to lower **anxiety** in order to **ignore high stress** levels?

The fact is that lessening the **short-term consequences** of unhealthy behavior with medication also lessens the need to take **personal responsibility** for avoiding the **long-term effects** of that behavior.

The result: **Medicating unhealthy lifestyles = Increases lifestyle diseases!**

Should healthcare **treat** our unhealthy lifestyles OR help us change our lifestyles in order to help keep (**prevent**) us from getting chronic, lifestyle-related diseases? ___ Treat or ___ Prevent

If our healthcare system made a **paradigm shift** from treatment to prevention, what **difference** would it make?



Both the **quality** and **quantity** of life would be **increased** at less cost, depending on the point of **intervention**.

- Assist the **elderly** in **better SELF-management** of their chronic diseases to **reverse** their effects.
- Identify health behavior **risks** and coach **adults** in making **therapeutic lifestyle changes**.
- Create a **culture** of **optimal health** in which our **youth** can develop and **thrive!**

Instead of settling for an increase in lifespan of **12 years** (from 63 to 75) at tremendous cost and limited benefit (the so called “miracle” of modern medicine), we could add another **21 years** (from 75 to 96+) while reducing costs and increasing productivity and **life fulfillment**.

A healthy lifestyle is basically the **opposite** of an unhealthy lifestyle:

- Engaging in regular physical activity (**exercise**)
- Getting more fresh **air** and **sunlight**
- Drinking plenty of **water**
- Getting adequate sleep, **rest**, and recreation
- Eating a more **nutritious** “Whole Plant Food” **diet**
- Developing a stronger, more **trusting** relationship with God

Developing a healthier lifestyle and enjoying its many benefits is simply a matter of making **better health choices** on a more consistent (**daily**) basis – and getting whatever **support** you may need to be **informed** and **motivated**.

Knowing the **low cost** and **high return** of a healthy lifestyle, are **YOU** willing to make therapeutic lifestyle changes in order to achieve and maintain YOUR **optimal health**? ___ Yes ___ No ___ Maybe? (Part 4, Worksheet)

Your healthcare is your choice:

- **Old** Paradigm: Crisis-driven, “Expert”-directed, High-cost = **Disease**
- **New** Paradigm: Choice-driven, Self-directed, Low-cost = **Wellness** ___ Old or ___ New