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?

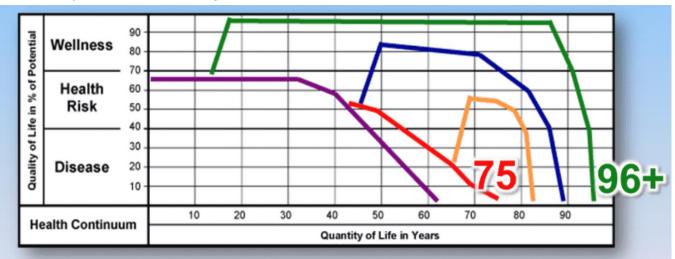
The fact is that lessening the **short-term consequences** of unhealthy behavior with medication also lessens the need to take **personal responsibility** for avoiding the **long-term effects** of that behavior.

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