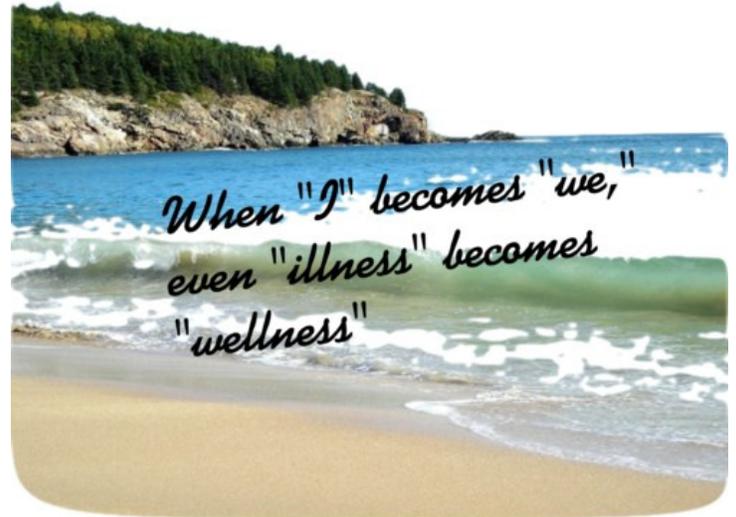


## ONE change protects you from ILLNESS

It seems we hear daily about illness epidemics - from infectious superbugs to Alzheimer's to Type 2 Diabetes and various forms of cancer. What if you could do ONE thing to go from Illness to Wellness?

Wellness doesn't equate cure; people who have diabetes can still have wellness and a quality of life. Despite the devastation that Alzheimer's brings, many families report high levels of satisfaction and humor regularly. What's the difference between being ill and feeling well?

Dr. Dean Ornish tells a story about a well-known swami. The swami was asked to describe the difference between illness and wellness. When he wrote out ILLNESS and WELLNESS, he simply circled the "I" and the "WE". When "I" becomes "WE," illness becomes wellness.



### Connection with others is required if we seek wellness

Consider the I/We change for a moment – Where do we find “we”? Trusted family. Health professionals. Faith communities. Friends.

Researchers have examined the impact that “we” has on health. Study after study proves that people with friends are healthier than those who are isolated. Rates of depression, isolation and loneliness are reduced significantly when people are more active in social engagement. One study showed 80% of those studied had improved loneliness, life satisfaction and self-perceived health. Pharmaceutical manufacturers would love those outcomes!

Two other studies showed the more socially active you are, the more likely you'll feel better. The BRAVO study in Canada proved that seniors with wider social ties have better well-being. A survey of 3,000 nurses who had breast cancer determined that participants who had fewer than 10 close friends were 4x more likely to die from their cancer than those who considered themselves to have more than 10 close friends.

Anthropological studies prove connection with others (friends/family) improves life satisfaction and quality of life in every culture.

Isolation doesn't exist if you change I to We.

Think it's impossible? [CLICK HERE NOW](#) to get your free copy of **“Eliminating Barriers: Going from “I” to We”** and our experts will help you see the possibility hidden in *impossibility*.