



Managing holistic wellbeing

The diagram provides an overview of how to manage and accomplish optimal holistic wellbeing. The bottom row indicates what is required in order to achieve optimal holistic wellbeing. Whereas, the remaining rows indicate the problems likely to occur if you lack one aspect.

Lack of intention	Attention	Skills	Decision	Resources	=Treating Symptoms
Intention	Lack of attention	Skills	Decisions	Resources	=Confusion
Intention	Attention	Lack of skills	Decision	Resources	=Anxiety
Intention	Attention	Skills	Lack of decisions	Resources	=Random Change
Intention	Attention	Skills	Decision	Lack of resources	=Frustration
Intention	Attention	Skills	Decision	Resources	=Holistic Wellbeing

We recommend that you get your epigenetics analysed every 88 days to prevent wellbeing challenges.

Global Health Clinics Ph: (+64) 9 488 0208 www.globalhealthclinics.co.nz