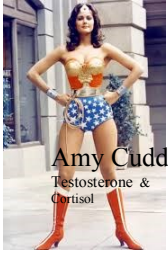


WELLNESS PRESENTATIONS 2015-16

INCREASING PERSONAL ENERGY AND WELLNESS
NATIONAL EMPLOYMENT COUNSELING ASSOCIATION
<http://employmentcounseling.org>



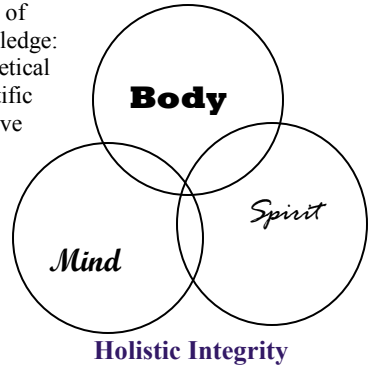
What if you have the power to heal your body just by changing the how you think and feel?
There is no illness of the body apart from the mind ~ Socrates Lisa Rankin MD



Endorphins = Endogenous Morphine Triggers: Sunshine Exercise Meditation
Massage Laughter and Smiling

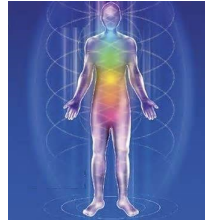
Types of Knowledge:
Theoretical
Scientific
Intuitive

Universe Filled with Interconnected Forms of Energy



Not Just Talking—Healing is Easier when you Engage the Body.

Human Genome Project US Department of Energy
SNP (snip) Permanent Genetic Change Epigenetic Tags temporary markers
We Are All Unique Albert Ellis A-B-C
Probiotics <http://www.bluebiotics.com/> Yogurt, Kefir, Sauerkraut, Dark Chocolate, Microalgae, Miso, Pickles, Tempeh, Kimchi, Kombucha Tea



Healthy at 100



Food Incorporated Super Size Me Fat Sick & Nearly Dead Food Matters



BENEFITS OF JUICING

- ✓ Lose weight
- ✓ Improve your metabolism
- ✓ Reduce hunger pangs
- ✓ Detox your system
- ✓ Balance your hormones
- ✓ Controls blood sugar
- ✓ Reduce inflammation
- ✓ Reduce body fat



Peace
Knowledge
Success
Prosperity
Long Life



Breathe
Unconditional
Love
Bathe

Pilates
Diaphragm
Breathe
Alignment
Bridging

<http://orthomolecular.org/>

EFT (forgiveness)

ART

Integrative Medicine <http://www.drweil.com/drw/u/ART02054/Andrew-Weil-Integrative-Medicine.html>

New Age Doctors & Healers Association

<http://www.nadanet.org/>

<http://www.wellbeingjournal.com/>

EXERCISE:

20 Minute 3 Times a week = Minimum Cardio Walk
Lift Some Weight Move Your Body Use it or Lose it!



OR



LAW OF ATTRACTION
FORM FOLLOWS THOUGHT
PROCESS OF CREATION

Healthy personality is manifested by individuals who have been able to gratify their basic needs through acceptable behavior such that their own personality is no longer a problem to their self. They can take their self more or less for granted and devote energies and thoughts to socially meaningful interests and problems beyond security or lovability or status.

~ SIDNEY MARSHALL JOURARD (1926-1974)

Duane P. Schultz Healthy Personality <http://www.texcpe.com/cpe/pdf/il/ILHP.pdf>

1. Capability to consciously and rationally direct one's behavior.
2. Being in charge of one's own destiny.
3. Knowing who and what one is and being accepting of strengths and weaknesses.
4. Being firmly anchored in the present.
5. Pursuit of challenge through new goals and new experiences.

YOUR BUDDY

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