# **HEALTH CONTINUUM**

Illness-Wellness Continuum



#### Disease

Multiple medications poor quality of life potential becomes limited body has limited function.

## **Poor Health**

Symptoms: drug therapy surgery losing normal function.

## Neutral

No symptoms nutrition inconsistent exercise sporadic health not a High priority.

# **Good Health**

Regular exercise good nutrition wellness education minimal nerve interference.

# **Optimal Health**

100 % function continuous development active participation wellness lifestyle.

# **Health And Illness**

**D** Kirk



#### **Health And Illness** Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the ability of words has become more evident than ever. They have the ability to inspire, provoke, and ignite change. Such may be the essence of the book **Health And Illness**, a literary masterpiece that delves deep into the significance of words and their impact on our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall affect readers.

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