



THE WELLNESS REVOLUTION



urban sense wellness clinic

Thank you for downloading our E Book, the Wellness Revolution.

As our lives become ever increasingly busy, its important to take a moment to sit back and examine the impact of our busy lives and its effect on our health.

This E Book looks at the growing interest in the wellness revolution and its impact on our lives.

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Introduction

Wellness Today

The wellness revolution in healthcare today is a rapidly growing movement that is changing the way we think about healthcare. This e-book will explore the various aspects of the wellness revolution, including its origins, the key players and organisation's that are driving it forward, and the benefits it is bringing to individuals and society.

Wellness can have a significant impact on a person's overall health. Being well means more than just being free from illness or disease; it encompasses a holistic approach to physical, mental, and emotional well-being. By maintaining a healthy lifestyle, including regular exercise, a balanced diet, and managing stress, people can improve their overall well-being and reduce the risk of chronic health conditions such as heart disease, diabetes, and certain types of cancer.

Additionally, wellness practices like meditation and yoga have been shown to improve mental health and reduce symptoms of anxiety and depression. Overall, wellness is an important aspect of maintaining good health and can help people live happier, healthier lives.

The Origins of Wellness

The wellness revolution in healthcare today has its roots in the holistic health movement of the 1970s. This movement was a response to the traditional, disease-focused approach of Western medicine and sought to take a more holistic approach to healthcare, considering the whole person - mind, body, and spirit.

Over the years, the holistic health movement has evolved and grown, becoming more mainstream and influencing the way healthcare is delivered today. The wellness revolution is now being driven by a variety of organizations, including healthcare providers, insurance companies, and employers, all of whom are recognising the benefits of a wellness-focused approach to healthcare.

What is the revolution?

Living Healthier lives

Since the term wellness revolution was coined, it has highlighted the important role that education and prevention play in optimising health outcomes. It's about living healthier and happier lives and regaining control and taking responsibility for the lives we all lead.

Despite living longer, the rise of people getting sicker at a younger age continues at an alarming rate.

Wellness is multi-dimensional. It's not one size fits all. Rather than being a destination, it's a continuum along which we travel. Along the way, we adapt and change to suit our own goals and health priorities. Each of us is on our own unique wellness journey, incorporating mind, body and spirit.

A growing trend is the continued rise of personalised medicine and healthcare. In fact, personalised medicine and healthcare will continue to grow as people become better informed and experience the many benefits to be gained from the wellness revolution.

A keystone of the wellness revolution is the focus on prevention, rather than the medicine model of post disease approach. It's about empowering people with the right information to make decisions about their own health.

Prevention is much better than trying to find a cure after becoming unwell. Modern advances in DNA and Pathology testing, such as Gut Microbiome and DNA testing technology, provide Practitioners and their patients with greater insights to help identify risk factors and the early detection of disease.

Benefits of wellness

Positive impact

The wellness revolution in healthcare today is bringing a wide range of benefits to individuals and society as a whole. Perhaps the most obvious benefit is that it is helping to improve overall health and well-being. By taking a more holistic approach to healthcare, individuals are able to take control of their own health and well-being, and prevent or manage chronic diseases.

Another benefit of the wellness revolution is that it is helping to reduce healthcare costs. By emphasising preventive health and wellness, the wellness revolution is helping to reduce the need for expensive medical treatments and procedures.

The wellness revolution is also having a positive impact on the economy, as it is helping to create jobs in the healthcare and wellness industries. Additionally, it is helping to reduce absenteeism and increase productivity among employees.



Why is it happening?

A Broken system

There are several reasons why some people believe the current approach to healthcare is broken. One reason is that healthcare costs are rising and are becoming unaffordable for many individuals and families. Additionally, there is a lack of access to healthcare for certain populations, such as rural communities and low-income individuals.

Furthermore, there is a lack of continuity of care which can lead to fragmented care and poor outcomes. Another reason is the often complex bureaucracy, on both healthcare providers and patients. Also, there is a lack of focus on preventative care and wellness, which can lead to more serious and costly health problems down the line.

For a longtime now, the traditional approach to health has been based on what we call the sickness model. This is how it works. You wait until you get sick or get diagnosed with a disease, and then we treat it. Does that make sense to you? That's why I believe the traditional medical model is broken. Its old paradigm no longer works.

Whilst in some cases, this Band Aid approach has worked in the past, in most cases it's too late. This model relies on outdated thinking. Instead of treating the symptoms, the wellness approach to health addresses the underlying causes of your disease, rather than just treating the symptoms of disease.

A global movement

A disconnect

Don't get me wrong. Modern twenty-first century medicine is amazing. New technology and life saving miracle drugs have helped millions around the world. Yet, with all its modern advances, we still have the highest rate of childhood and adult obesity, cardiovascular disease, diabetes, alcohol and drug dependency in human history.

Increasingly, there appears to be a disconnect. On the one hand, incredible tools to treat some really horrible diseases, yet as a species, we seem to be getting sicker, not healthier!

Being well, whether it's mentally, physically or emotionally all contribute to our overall enjoyment of our daily lives. When unwell, this can not only impact on our ability to function, it can also have a detrimental impact on our physical and emotional state, not to mention the financial impact if experiencing long term ill health.

The wellness revolution is a movement taking place globally, led by a wide range of practitioners across a broad range of modalities, including complementary medicine, academia and well known authors.

On their website, "Guiding Wellness", wellness is described as one of the greatest and most powerful words in the English language

Unfortunately, it is also one of the least understood. Wellness is not solely a question of genetics or even of diet and exercise. It's first an awareness of our considerable potential and then an understanding of our accountability for its use.

According to the World Health Organization (WHO), wellness is "the state of complete physical, mental, and social wellbeing, and not merely the absence of disease or infirmity."

Believe it or not, wellness is a choice. The decisions we make everyday move us either toward disease or move us toward optimal health and wellbeing. Choices such as what we eat, how little or much exercise we do, what we drink and the environment we live in, all have a tremendous impact on our bodies and ultimately our health.

Long term exposure to chemicals in our environment and the effects of pollution on our bodies, all contribute to our state of unwellness. Whilst some of these we may have little or no control over, we none-the-less are impacted by them everyday.

Why is wellness important?

Positive impact

Our overall physical wellness encourages balance, through improved nutrition, emotional clarity and enjoyment for our life.

At the core of wellness are sleep, exercise and nutrition. According to the Global wellness Institute, wellness can be traced back to ancient civilisations. Wellness is all about building healthy habits, both physically and mentally to enable you to shine.

There is a quiet revolution growing into a loud roar across the globe. The term modern wellness has its roots in the early 20th century. The term wellness is widely recognised and attributed to Dr Halbert L. Dunn, an American physician in his book High-Level wellness which was published back in 1961. He distinguished between good health—not being ill—and what he termed high-level wellness.

We can see this change to health gathering momentum in our workplaces, on television and in the products and services for sale and in the books we read. People have come to realise that looking after their own health is the key to living a longer healthier life.

People are questioning and asking how they can lead and live healthier and more fulfilling lives. Much like the WFH (work from home) revolution, the wellness revolution has helped people realise greater education and information enables people to feel empowered to take more control of their health.



The future of wellness

The Future

The wellness revolution in healthcare today is still in its early stages, and there is still much work to be done to fully realise its potential. However, the future of the wellness revolution is bright, as more and more individuals, organizations, and policy makers are recognising the benefits of a wellness-focused approach to healthcare.

One area of focus in the future will be on integrating technology and digital health into wellness efforts. This will allow for more personalised and efficient delivery of wellness services, as well as the ability to track progress and make data-driven decisions.

Another area of focus will be on addressing social determinants of health, as it has been shown that factors such as income and education level can greatly impact an individual's health and well-being.

As the wellness revolution continues to grow and evolve, it has the potential to transform the way healthcare is delivered and improve the health and well-being of individuals and society as a whole.

Importance of food

The debate around manufactured or processed food vs real food has been won at a cellular level, according to Deepak Chopra.

The foods you choose to consume can either promote inflammation and oxidative stress in your body creating an ideal environment for disease or provide nourishment to your cells to combat these processes.

The food you eat becomes the material that makes up your cells, tissues, and organs. Therefore, nourishing foods will create nourished cells.

Source: Chopra.com Foods That Nourish Your Cells Vs. Foods That Drive Cellular Aging

The key players

We all have a role to play

There are many organisations and individuals that are playing a key role in driving the wellness revolution in healthcare today. These include healthcare providers, such as alternative medicine practitioners and primary care physicians, who are beginning to incorporate wellness-focused services into their practices.

Insurance companies are also playing a key role in the wellness revolution, as they are beginning to recognise the cost savings that can be achieved by encouraging preventive health and wellness. Many insurance companies are now offering incentives and rewards for individuals who engage in healthy behaviours, such as regular exercise and healthy eating.

Employers are also recognising the benefits of a wellness-focused approach to healthcare, as it can lead to lower healthcare costs and increased productivity among employees. Many employers are now offering wellness programs and incentives for employees who engage in healthy behaviours.



Importance of testing

In my clinic, I use a wide range of diagnostic and functional testing. I believe in testing, not guessing when it comes to my patients health.

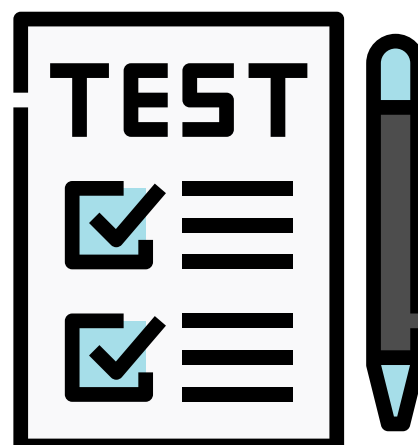
These tests may include traditional pathology testing, DNA testing, Gut Microbiome Testing etc. There are literally hundreds of tests that are available.

That's why it's important to seek the help and guidance of a health professional to assist you in identifying your current state of unwellness.

According to the National Coalition of Public Pathology, there are many advantages of pathology testing.

It is an important tool which allows your Practitioner to identify disease and the general health of your body. Pathology services lie at the heart of health care services provided to patients and the community. They underpin the quality and cost effectiveness of health care.

Source: National Coalition of Public Pathology



The impact of diet

The Mediterranean Diet

We have all heard of the Mediterranean Diet. It's a diet based on eating healthy whole foods and very few processed foods. This diet comes from the traditional eating patterns of people from countries surrounding the Mediterranean Sea. These include Greece, Italy and Spain.

According to the Queensland Government My Nutrition website, a Mediterranean diet is based on these foods:-

- Vegetables
- Fruits
- Extra virgin Olive Oil
- Whole Grain breads and cereals
- Legumes or beans (e.g. chickpeas, kidney beans or lentils)
- Nuts and seeds
- Fish and seafood
- onion garlic and other herbs and spices(e.g. Oregano, coriander, cumin etc)

Why is a Mediterranean style diet healthy?

The Mediterranean diet is healthy because

- It has a good balance of healthy fats
- It is high in fresh foods and has lower levels of highly processed foods
- Is high in fibre
- It is high in antioxidants that reduce inflammation in the body

Following a Mediterranean Diet can help people with:-

- Heart disease
- Type 2 diabetes
- Fatty liver disease
- Chronic kidney disease
- Depression or anxiety



Source: www.healthqld.gov.au Mediterranean style diet - My Nutrition

Role of technology

Technology is playing an increasingly important role in the growing wellness healthcare revolution. Some ways technology is being used to improve wellness healthcare include:

Telehealth: Technology is allowing doctors and other healthcare professionals to remotely diagnose and treat patients, which can improve access to care and reduce costs.

Wearable devices: Wearable devices such as fitness trackers and smartwatches can help individuals monitor their physical activity, sleep, and other health metrics, which can be used to make lifestyle changes that promote wellness.

Mental health apps: There are many apps and digital platforms that are being developed to provide mental health support and resources to individuals.

Virtual reality and augmented reality: These technologies are being used to provide immersive experiences that can improve physical and mental health, such as helping people manage chronic pain, reduce stress, and improve their mental well-being.

Artificial Intelligence: AI-powered tools are increasingly being used to analyse large amounts of medical data and provide more accurate diagnoses and treatment recommendations, as well as to assist with other aspects of healthcare such as drug discovery, medical imaging, and patient monitoring.

Overall, technology is helping to make healthcare more accessible, efficient, and personalised, which can improve overall wellness and quality of life for individuals, when used appropriately.



Impact of inflammation

Have you ever experienced discomfort and stillness in your joints?

According to the Cleveland Clinic, when your body activates your immune system, it sends out inflammatory cells. These cells attack bacteria or heal damaged tissue. If your body sends out inflammatory cells when you are not sick or injured, you may have chronic inflammation. Inflammation is a symptom of many chronic conditions, such as arthritis, fatigue or insomnia.

What conditions are associated with chronic inflammation?

Chronic inflammation is involved in the disease process of many conditions, including:

- Alzheimer's disease
- Asthma
- Cancer
- Heart disease
- Rheumatoid arthritis (RA)
- Type 2 diabetes
- Infertility

Worldwide, 3 of 5 people die due to chronic inflammatory diseases like stroke, chronic respiratory diseases, heart disorders, cancer, obesity etc

So you can see, with a little forethought and information, you can see the benefits of living the principles of wellness

Source: Roma Pahwa et al, National Institute of Health NIH - Chronic Inflammation

The role of natural medicine in wellness

The role of natural medicine in the wellness revolution is to provide a more holistic and systemic approach to traditional Western medicine for maintaining health and treating illness.

This can include a wide range of practices such as herbal medicine, acupuncture, massage therapy, and nutrition. The idea behind natural medicine is to use non-invasive and non-pharmacological methods to promote the body's own healing abilities.

Natural medicine practitioners often take a holistic approach, which considers the whole person and all of the factors that may be contributing to their health, including physical, emotional, and spiritual well-being.

It's important to note that natural medicine can be used to complement Western medicine, treatments, or can be used as stand alone therapies for many conditions. It is always recommended to consult a qualified healthcare professional.

Benefits of wellness

Foundations of wellness

At urban sense we use a system based approach in managing our client's healthcare needs.

We spend time with our clients, listening to their histories, mapping their personal timeline, and looking at the interactions between genetic, environment and lifestyle factors that can influence the complexity of many health conditions.

By viewing the whole person and not just the symptoms, we are able to address the root cause of disease with treatments that will have lasting benefits beyond symptom suppression.

The functional medicine matrix is a model used by health professionals around the world. The model identifies three prime sections that relate to each disorder.

- **Organ system diagnosis**
- **Core clinical imbalances**
- **Modifiable lifestyle factors**

When combined, these three core areas help us gather information about our client's health issues. The information can then be used to help identify unhealthy patterns that contribute to symptoms associated with disease, and then addressed with a personalised program to promote optimum health and vitality.

Benefits of wellness

What we do

Urban Sense is one of Melbourne's leading Health and Wellness clinics offering Naturopathic treatments for those seeking a holistic approach to their health.

With over 20 years of clinical experience, we have successfully helped many people turn their health around. Our treatment programs aim to increase vitality, reduce fatigue and restore balance using evidence-based therapies with dietary and lifestyle recommendations.

We understand the unique challenges and underlying health concerns of our female patients.

Our professional and caring approach to investigate the root cause of our patients health concerns is matched by our desire to find health outcomes that provide better treatment management options combined with practical advice.

We can help with:-

- Women's Health and Hormone Balance
- Preconception Fertility Health
- Thyroid and Autoimmune Disorders
- Digestive and Gut Health
- Nutritional Assessments
- Food Allergy Testing
- Fatigue Issues
- Healthy Ageing
- Menopausal Issues
- Weight Loss and Body Assessments
- Skin Care Products, Facial Treatments and Dermal Needling
- Cancer Support Therapy
- General Health Concerns

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Appointment