

# Intentional Health

DR. ARTHUR RAPKIN

## INTENTIONAL HEALTH

Intentional health is not about treatment of disease with drugs and surgeries. Instead it requires a fundamental paradigm shift from the fix, repair and replace mentality that we all have been brainwashed to subscribe to. The principles of intentional thinking are, plant, nourish, cultivate and support. These are critical elements to creating and manifesting vitality and longevity. Many of us have seen those who are suffering from chronic ailments and diseases live out long lives of despair. How we translate principles into practice requires caring, commitment and contribution. Not just caring as a word, but caring with intention. However intention without attention is wishful thinking. Do you agree that if you lose your health, life loses its quality?

Would you agree that you could do more than you are currently doing for your health?

Health care relies on treatment of disease with drugs and surgeries. Without illness

and disease, there would be no profits. Drug companies peddle their products as answers to relieving symptoms. One of the greatest causes of death in this country is from the side effects of prescription medications. Most people who begin to take prescription medication start with one and end up with a pill box full. Visit a retirement community around mealtimes and see the residents counting and taking all their medications. I'm not saying everyone should throw away their medication, I do think we are an over drugged culture.

## FUNCTIONAL HEALTH

Heart disease, obesity, diabetes and cancer are a few of the results that come from years of eating foods full of chemicals, hormones and pollutants.

The body has billions of functions occurring daily. What do we do to nourish and support these functions? So much has been written about nutrition and diet yet most people are not able to be successful

## Wellness Incentives Monthly

Introduction, Information & Invitation

Presented by Colleen Hickmann, director and co-owner, Wellness Incentives Guide & Website. The contributors to this column are wellness providers in Southeastern, Wis. Please check [www.wellnessincentives.com](http://www.wellnessincentives.com) to learn more about all of our wellness providers.

at eating to create health. What we put into our mouths have everything to do with our health and vitality. Food is energy! We have long forgotten that food is the source of our energy system. We can either nurture our systems through our habits or we can contaminate and obstruct this miraculous process.

If you are experiencing symptoms or have concerns and would like to learn more about intentional and functional health or creating health and longevity contact Dr. Arthur Rapkin at the Kindo Optimal Health Center or call (262) 827.1503.