

8 PRINCIPLES OF WELLNESS

CREATION Health is a faith-based wellness plan complete with lifestyle seminars and a special training program for those who want to live healthier and happier lives and share this unique whole person health philosophy. By consistently practicing the eight principles of CREATION Health – Choice, Rest, Environment, Activity, Trust, Interpersonal Relationships, Outlook, and Nutrition – we fulfill God’s original plan for our lives, which is to live and be happy.

You were born to live life to the fullest through CREATION Health.

"...I have come that they may live life to the fullest." -John 10:10.

God offers abundant life to anyone who wants to be fully alive today and forevermore. The Greek word used for life is "zoe", which means the absolute fullness of life...genuine life...a life that is active, satisfying, and filled with joy.

This is why CREATION Health encompasses the whole person--mentally, physically, and spiritually--with the eight universal principles of health. The CREATION Health Lifestyle has a long, proven history of wellness and longevity, world wide.

People just like you are making a few simple changes in their lives and living longer, fuller lives. They're not only staying healthy, but they're also able to do the things they love well into their later years.

Now you can join them by trading in your bad habits for healthy ones. CREATION Health Ministries will show you how!

CREATION Health comes from the largest non-profit, faith-based, healthcare institution in the world. Our healthy outcomes have been featured in National Geographic Blue Zone study; a unique look at those places in the world where living to a healthy 100 years old is common. You too can benefit from what has been achieved in such places as Loma Linda California and Okinawa, Japan.



Choice

Choice is the first step toward improved health because people who believe they are in control over their own lives are healthier and live longer.



Rest

Rest is good sleep and also taking time to relax. Relaxation lowers blood pressure and reduces stress.



Environment

Environment is our external world but also affects what happens within us for the better or worst.



Activity

Activity includes physical and mental conditioning. Our goal is to be active in mind, body and spirit.



Trust

Trust in God speaks to the relationship between spirituality and healing. A link exists between faith and wellness.



Interpersonal Relationships

Interpersonal relationships strengthen our well being. Social connection fortifies our resolve and improves our health.



Outlook

Outlook creates our reality. Our mind influences our body and our attitude impacts our health.



Nutrition

Nutrition is the fuel that drives the whole system. Small improvements and strategic substitutions produce profound results.

