

Health Benefits of an Improved Lifestyle

There is a huge database from university Prevention Research Centers and schools of Preventive Medicine and Public Health demonstrating the health benefits of an improved lifestyle, especially with exercise and nutrition. We know that two thirds of deaths from all illness under age 65 are preventable. More than one half of all hospital admissions can be prevented by changes in lifestyle.

Why are we ignoring this? The reason is that we have come to look to the medical profession as having all the answers, even though medical students are not required to study even the basic components of wellness: exercise, nutrition, and stress management.

It is a very recent phenomenon that many medical schools now have course work in these subjects, as well as spirituality and health. But they are almost always offered as electives, which means that most medical students to this day are not required to study these subjects as part of their medical degree.

I have found that most people will only do what their doctors tell them. Unfortunately, their doctors are not even telling them about the importance of exercise and nutrition, let alone about psychological and spiritual factors. This is why an integrative medicine approach to health care makes so much sense.

Excerpted from *Why Love Heals* by Dean Shrock, Ph.D.