WELLNESS: WHERE HEALTHSPAN EQUALS LIFESPAN

wellness (y-axis, 0% to 100%)

age (x-axis, 0 to 90)

Optimal health and vitality
- Physical, mental and spiritual wellbeing

"Normal" health
- Minor health problems - poor energy, impaired digestion, stress symptoms, weight gain

Functional impairment
- Fatigue, digestive disorders, obesity, thyroid dysfunction, mood disorders, reproductive problems

Disease
- Chronic disease - diabetes, heart disease, osteoarthritis, cancer, osteoporosis, autoimmunity

Disability
- Loss of function - requiring assistance with daily living
- Severely compromised quality of life

comprehensive nutritional and lifestyle intervention

Legend:
- Wellness Life Curve
- Average Life Curve