



Wellness Solutions for Chronic Health Conditions

by Chris Lucks

According to the NZ Ministry of Health, an astonishing two-thirds of New Zealand adults, and one-third of New Zealand children have been diagnosed with a chronic health condition. The most common health conditions in New Zealand are: asthma, arthritis, addictions, cancer, cardiovascular disease, respiratory disease, chronic pain, anxiety, depression, and diabetes.

In addition to the detrimental effects of these long-term conditions on individuals, families, and communities, there is also a major financial cost to society.

With all of the advances of modern medicine, how is it then that these chronic health conditions are continuing to become even more prevalent in our society? The answer is that while medicine is helpful for treating disease and illness, it does not help people become more well.

Wellness is an internal state of being which impacts the way we experience our lives, relationships, bodies, and health. It's a state where we feel connected to our own resources and resourcefulness. When we experience wellness we feel more alive, vital, confident, and the circumstances of the moment don't easily upset our internal state. In this state we tend to make healthier lifestyle choices and treat our bodies with greater respect. This leads to improved health and fewer chronic health conditions.

Now, more than ever, wellness solutions are needed for New Zealand's growing population of people suffering from chronic health conditions. Rather than continuing down the path of more drugs and advanced treatments, a paradigm shift from treating illness to promoting wellness is needed.