

Ten Steps to Physical Wellness

By Paul Meier, M.D.

- 1 Love and be loved as you are. (Single men have 300% more serious physical illnesses, including depression, than married men with the same socio-economic background.) The Great Commandment is there for a reason.
- 2 Get a thorough annual physical exam, including routine labs plus thyroid tests.
- 3 Watch for life threatening illnesses, like sleep apnea, inflammation of the blood vessels, cancer, etc.
- 4 Meditate on Scripture daily.
- 5 Make becoming more like Jesus your primary goal in life.
- 6 Eat right and drink right.
- 7 Take a daily liquid vitamin that is tested and proven.
- 8 Don't let being overweight, smoking, or excessive alcohol or illegal drugs take years off you life.
- 9 Be moderate in your lifestyle with reasonable sleep, exercise, time to laugh with friends, etc.
- 10 Have margin in your life, that is, take time every day to relax or have some fun. If you never get "caught-up" in order to enjoy some time of relaxation, you are giving yourself more to do than Jesus would want. Jesus said his yoke is easy and his burden is light.

Dr. Meier relates his personal story regarding his recent health experiences and the steps he has taken towards physical wellness in his book, *Blue Genes*, due out in October 2005 (Focus on the Family/Tyndale.) Here is a short excerpt.

"When I turned 58, two of my best friends. . .encouraged me to get the first complete physical exam of my life. I had never even had a regular family doctor and had missed only three days of work due to illness in thirty years. Plus, I am a physician and should know if anything is wrong. But my friends insisted, so out of peer pressure I made an appointment that saved my life."

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