

I am a big believer in [holistic medicine](#) and truly believe that it is important to heal a person's whole body - making them physically, socially and mentally healthy. This will help prevent disease and put them on the path to great health and finding proper balance in life. I find it really fascinating that by treating physical, emotional or spiritual problems we can achieve an improvement in overall health.

It fascinates me to learn how diet, stress, sleep habits and an active lifestyle improve our health. Small adjustments lead to very significant improvements! And the holistic approach of treating not just the symptoms, but the root cause of the disease is something I strongly believe in. This leads to long-term results and long-term health benefits.

I also love exercise and healthy cooking. I think these are two other important factors that contribute to wellness, well-being and quality of life. And when it comes to health, we must not just draw on our own reserves, but replenish them with good food and great life experiences, and focus on improving our overall health and life.