



Emerald
Health and Education
Foundation

A Chara:

The good news is, when we have good health even bad economic times cannot take it away! With the downturn in the economy come changes for all of us. Thankfully, one thing that can not be bought or sold, nor taken away by poor economic management by politicians, is our health. While there are times when we need to interact with competent health care professionals for specific problems, much of what constitutes good health is in our own hands to manage. This is the most important investment we will make in life, for at the end of the day everything else we do has its foundation in our condition of health.

This begs the question of lifestyle choices and decisions we make day by day as to what the state of our health is and is becoming? The other day it was announced that the government has determined about two thirds of us are overweight, which has tremendous implications for future or current disease processes like type 2 diabetes, heart and blood vessel disease and cancer. Being in reduced health also directly affects our immune system, which leaves us open to more problems with infectious diseases that are always roaming around looking for perspective hosts!

As we look ahead to the New Year, all of us can think of how we need to adjust our lifestyles toward health. This is a constant, ongoing process of growth and learning, reasoning from cause to effect and making intelligent adjustments.

One of the big things we have found through health surveys that people are concerned about is breaking the smoking addiction and habit. To aid concerned people with this we are launching a smoking cessation program, based on the World famous Five Day Plan to Stop Smoking, the most effective plan that has been devised to date. This plan combines education, support, motivation and reinforcing the will to equip and enable people to take control of their lives by developing the sustainable long-term life-style change of becoming a non-smoker.

Our first smoking cessation program is scheduled for January 11-15, 7:30-9:00 PM. For pre-registration ring (0)51 83 1100. Space is limited. As we are a volunteer organization, there is no charge for our programs.

We are also now offering health coaching services in the areas of diet/nutrition, smoking cessation, stress management, weight management, physical fitness, alcohol/substance abuse, relationship/family and spiritual health. These services are not intended to treat disease or take the place of a qualified medical professional for specific medical problems, but to aid in developing pro-active life skills toward disease prevention and a healthier, happier life experience. Again, there are no costs involved with these services. For more information please ring and speak with either Sheri or Brad.

We have posted a new section on our web site dealing with relationship and families, as there is also a large felt need currently in these areas: <http://emeraldhef.ie.org>, Relationship, Partnership and marriage looks at 7 aspects of healthy, functional, relationships and families.

Wishing all the best through the holiday season:

Brad and Sheri Bushey
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