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A consumer view in a commercially splitted world perception of medicine and healing

The world we are living in is different to the one we are actually supposed to be living in. We eat products instead of real nutritious food. We live under the pressure of never-ending task lists and deadlines causing never ending stress. We sit instead of moving, although it is naturally required from our bodies. Furthermore, we live in a world detached from nature.

As a result, we find ourselves living in a defected world occupied with physical, mental and environmental issues. We end up spending our lives not able to achieve our optimum life quality. And that causes deficiency, toxemia and chronic stress. Eventually these 3 outcomes reduce our life qualities, cause burn out syndrome and increase the possibility of occurrence of chronic diseases.

So, the solution set for this condition lies beneath those 4 pillars;

Food: Have cleansing, nurturing and healing foods like medicine.

Mind: Learn to disconnect from conceptual world and be more in connect with our true nature with some skills such as mindfulness, radical acceptance, use of wise mind, no judgement etc.

Physical Activity: Switch from sedentary to an active life

Environment: Essentials to be addressed: water, air, electromagnetic field, spending time in a healing environment

In order to deal with this, we can use some supportive methods such as;

- As a kick of act, attend a full supporting retreat
- Review your habits - KISS habit mapping
- Work on good habit building regarding sleep, snacking, meal, alcohol consumption, relations, approach to subject rather than people, moving, being in nature
- Keep educating yourself about well-living
- And the most important of all, gain an insight on surrender-change-maintain process & support in order to adopt a sustainable healthy lifestyle without an extra effort.

Biography

Ersin Pamuksuzer is the Founder of the Well-Being companies "The LifeCo" and "SAF" brands. The LifeCo established in 2005, provides services in Well-Being therapies and natural healing, whereas SAF has been providing healthy and nutritional food as retail products since 2006. Both companies have international reputation with more than 60% of their customers from various parts of the world with a majority from Europe. He started his career in Ericsson Telecommunications company in Sweden in 1981 and worked as the General Manager of Ericsson Turkey for long years. In 2002, he stopped his career in Ericsson and moved into the Well-Being sector. During the Ericsson Turkey period he initiated the formation of Turkey's first GSM Operators and a number of other ICT companies in the region, in 1993 and was a Board Member of Turkcell and Turkcell's International operations until 2006. He has also been initiator, driver or board member of other start-up companies.

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