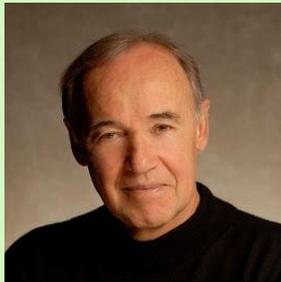


Dear Gabriele,

What Would It Take For You To Be Fully Healthy?



So, what is good health? Is it just the absence of symptoms or of clinical disease? Actually, it is rare to enjoy perfect health in today's world because we've given up taking full responsibility for how we live

our lives! We may come into the world in near perfect health, but it doesn't take long for this to begin slipping away because of an unhealthy lifestyle.

There is a concept I'd like to introduce to you; it is called the [Wellness Buffer](#) (WB). There is a spectrum that has perfect functioning of body, mind, emotion, and spirit on one end, and death on the other. In between, there is a progressive deterioration in health as we move from perfect health towards death. It is not until we've lost our wellness reserves, which may be from 25-40% of our WB, which is when we start suffering from signs and symptoms of disease and then go to the doctor for help.

Few would argue that this is a good way to maintain optimal health. Why wait until so much WB is lost that symptoms develop? Doesn't preventive medicine sound more intelligent? Our healthcare paradigm is not built on prevention, it is based on a model that predicts we will get sick, and only then will we seek medical attention that depends on high-tech, expensive approaches that use drugs, technologies, and surgeries to try and restore optimal health. We should be thankful that we have these approaches, but most of the time they are not the first choice in maintaining a high

Preventive Medicine

Can You Workout Everyday and Still Suffer From a Sedentary Lifestyle?

Researchers from Cornell University published an article in the January 2014 issue of the American Journal of Preventive Medicine showing that prolonged sitting increases the risk for all cause mortality even if you exercise daily! They studied 93,000 postmenopausal women and found that those who were sedentary for 11 or more hours a day as compared to those sitting less than 4 hours a day had an increased all cause mortality of 12% and an increase in cardiovascular disease of 13%, in coronary heart disease of 27%, and of cancer of 21%! A sedentary lifestyle is an independent risk factor for premature death even in the face of regular exercise.



[More...](#)

The Importance of Sleep

level of wellness.

While this may make very good financial sense for the medical industry, it makes very poor sense for our health. The US healthcare system now spends \$2.8 trillion per year, but according to the WHO assessments of over all quality of care, we rank only number 37 in the world! Not only can we no longer afford this expense, it hasn't done much for the 50% of Americans who suffer from a chronic disease and, making matters even worse, the safety of this approach is being seriously questioned.

So, if you want to be fully healthy, you're not going to get it from our present healthcare system. We are going to have to take responsibility for our own health by living a healthy lifestyle the best we can. This is not an easy prospect, but it can be done; there is no other way...

**Dr. Len
Health Medicine Center**

DoctorSaputo.com



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Click Here for todays video

Doctor Len and Nurse Vicki have moved their renowned health radio series from San Francisco to the Internet! Click above to listen and watch our daily posted Fastrack videos that are short summaries of each individual topic of *Prescriptions for Health* internet radio, that will be aired that week. All shows are archived on our website and available 24:7...[Click here](#)

A good night's sleep is absolutely essential for good health and most of us need between 7-8 hours every night. Lack of sleep leads to a state of inflammation and high levels of stress hormones, which lead to a wide range of diseases that include type 2 diabetes, hypertension, osteoporosis, heart attacks, strokes, cancer, obesity and much more. It also aggravates any health care condition we might have. In our fast paced lives we don't get enough sleep and many of us resort to using sleeping aids that cannot solve the underlying problems.



All the information on this site is intended solely for educational purposes exclusively for your health care practitioner to consider with you. It is neither ethical nor appropriate for any health care practitioner to give medical advice to anyone who is not their patient.

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Prescriptions for Health features Dr. Len Saputo and Registered Nurse, Vicki Saputo. Dr. Len's tirades and Nurse Vicki's humor make an interesting husband-wife combination in presenting the latest cutting edge mainstream and complementary and alternative medicine news.

You can also listen to our shows on the Progressive Radio Network (www.prn.fm). Type in Dr. Saputo in the Search box or [click here](#) to see a list of our recorded shows or hear us live on every first and third Monday of the month at 7AM PST.



Dr. Len Saputo and Registered Nurse, Vicki Saputo also host **Prescriptions for Health** on www.naturalnewsradio.com every first and third Friday of every month 12 to 1 PM PST. Both www.prn.fm and naturalnewsradio.com are archived www.DoctorSaputo.com and accessible 24/7.



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