A–Z of Wellness (Mini Guide)

A Snapshot of Proactive, Healthy Living

(A) Awareness: Mindful attention to body signals, breath, and habits.

(B) Bio-Individuality: Wellness strategies must match individual biology.

(C) Circadian Rhythm: Daily rhythms regulate sleep, hormones, and repair.

(D) Diet Quality: Whole foods nourish; processed foods strain systems.

(E) Exercise: Purposeful movement supports strength and longevity.

(F) Functional Nutrition: Food used strategically to support body systems.

(G) Gut Health: Digestion influences immunity, inflammation, and mood.

(H) Hydration: Water supports circulation, detoxification, and cells.

(I) Inflammation Balance: Chronic inflammation underlies preventable conditions.

(J) Joy: Positive emotion supports resilience and wellbeing.

(K) Knowledge: Informed choices improve long-term health outcomes.

(L) Lifestyle Habits: Daily habits shape health more than interventions.

(M) Mind-Body Connection: Thoughts and emotions influence physical health.

(N) Nature Connection: Natural environments calm and restore balance.

(O) Oxygenation: Efficient breathing supports energy and calm.

(P) Prevention: Addressing risks early protects future health.

(Q) Quality of Life: Wellness supports independence and fulfillment.

(R) Rest & Recovery: Sleep enables repair, immunity, and clarity.

(S) Stress Management: Unmanaged stress disrupts body systems.

(T) Therapeutic Choices: Integrative approaches support healing.

(U) Understanding Risk Factors: Knowing risks enables prevention.

(V) Vitality: Vitality reflects resilience and recovery capacity.

(W) Wellness Literacy: Understanding health empowers decisions.

(X) External Influences: Environment and lifestyle affect health.

(Y) Your Responsibility: Daily choices shape long-term wellness.

(Z) Zinc & Micronutrients: Small nutrients play essential roles.

This Mini Guide offers a snapshot of the A–Z of Wellness.
Explore the deeper thinking behind each concept in the upcoming A–Z of Wellness book—created for prevention, healthy aging, and bio-individual living.