

# *Natural Sources Wellness Center*

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## ***MISSION STATEMENT***

**“ You Have But One Life To Live.....Live It Healthy”**

### **Mission:**

The mission of Natural Sources Wellness Center is to assist individuals to “Live Life Healthy” by helping facilitate health both Physically and Spiritually, thus enabling all those who come to grow in wholeness of body, mind and spirit. The Clinic provides experiences through which, those who come, may explore their relationship with themselves, other people, and the GOD of their understanding.

### **Strategy:**

We do this by teaching and promoting stewardship of health through nutrition, and natural health care practices, coupled with Spiritual health and renewal through prayer, meditation and a devotional Life.

### **Core Beliefs:**

1. We believe that there is a purpose behind all of God’s Creation. Man has a calling, a God-ordained employment to love and obey, and to serve Him in whatever ways set before him.
- 2, We are responsible beings. We believe that God has entrusted His Creation, including our bodies, into our care as His stewards and servants.
3. We are responsible for our own health. We believe that physical health is primarily a reflection of God’s universal law of cause and effect. A man reaps what he sows. How we feed and care for our bodies does impact our health, and the health of our offspring.
4. Physical health is an important factor toward effective service. A body in ill repair or diseased has a diminished capacity for effective service.

5. Good health is built upon 6 essentials. We believe that in order to maintain good physical health one must get pure air, pure water, health promoting food, adequate exercise and rest, and learn how to effectively handle stress.
6. Health promoting foods are primarily from the garden. A healthy diet is one centered on fruits, vegetables, and grains, consumed in forms closest to their original state, and chemical -free, free range fed meat.
7. Invasive health care measures are sometimes necessary. We believe that at times surgery, radiation, chemotherapy, and other invasive medical procedures may be necessary lifesaving measures.
8. Invasive measures don't heal. At the same time, we believe that healing only comes when the body's own God-given protective mechanisms are restored.
9. Spiritual health is of ultimate importance. As important as physical health is, it is only a means to an end, not the end in itself. Man was created to love and obey, and serve God.. Of what profit is it, if an individual gets well physically, and yet has neither peace with God nor a sense of His purpose for his life. In that light, we at Natural Sources Wellness Center work to help the individual remove both physical and spiritual roadblocks to greater service in this world.