



Creation Health Discovery: Live Life to The Fullest

Des Cummings Jr, Monica Reed

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Creation Health is an exciting plan for changing your life. Rightly applied, you will achieve mental, physical, spiritual and emotional well being. Each letter of the word CREATION stands for one of the eight principles drawn from the Genesis story. Choice - Rest - Environment - Activity - Trust - Interpersonal relationships - Outlook - Nutrition These eight essential components of health meld together to form the blueprint for health we yearn for and the life we are intended to live. Some of the concepts presented in the CREATION Health acronym will seem like common sense-because they are exactly that. Other concepts you may not have been as familiar with but will learn through the evidence of science.

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