

**THE
BIG SEVEN
FOR HEALTH**

**Compiled by
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It is said that there are only seven essential aspects for health, happiness, and self-actualisation:

- 1) Optimal diet (nutritious food and drink)
- 2) Adequate rest
- 3) Appropriate exercise
- 4) Good hygiene
- 5) Fulfilling and enriching occupation
- 6) Life-positive environments
- 7) Higher-self cultivation (the joy of living and self-actualisation)

And to realise all things, the individual only needs to look within...

He who has eyes will see all things...

End

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