

Health and Wellness:
Be Happy!

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There is no escaping that happiness and health are inseparably linked. Dr. David Williams' searches the world for better health. He explains that "a body that is properly nourished, without pain and illness, can withstand stress far better than an unhealthy body. A happy person with a stable mood and optimal mental and emotional health tends to have less chronic illnesses than a person who suffers from depression and anxiety. In this issue, I have two great articles about simple steps you can take for a happier life and natural mood support. Also, find out why women retain water and what they can do about it."

Here's a link with five steps you can take to ease your stress:

<http://www.drdavidwilliams.com/five-steps-to-reduce-stress/#ixzz2yPplhQV3>

Disclaimer for this article and all others written by Laura Jimenez, MSW: These articles are intended as a reference only. The information provided is designed to save and improve lives by assisting readers to make informed decisions about health issues. It is not intended as a substitute for any medical treatment. If anyone reading this article suspects a medical problem, please seek competent medical care in a timely fashion. (Last updated: 4/9/14)