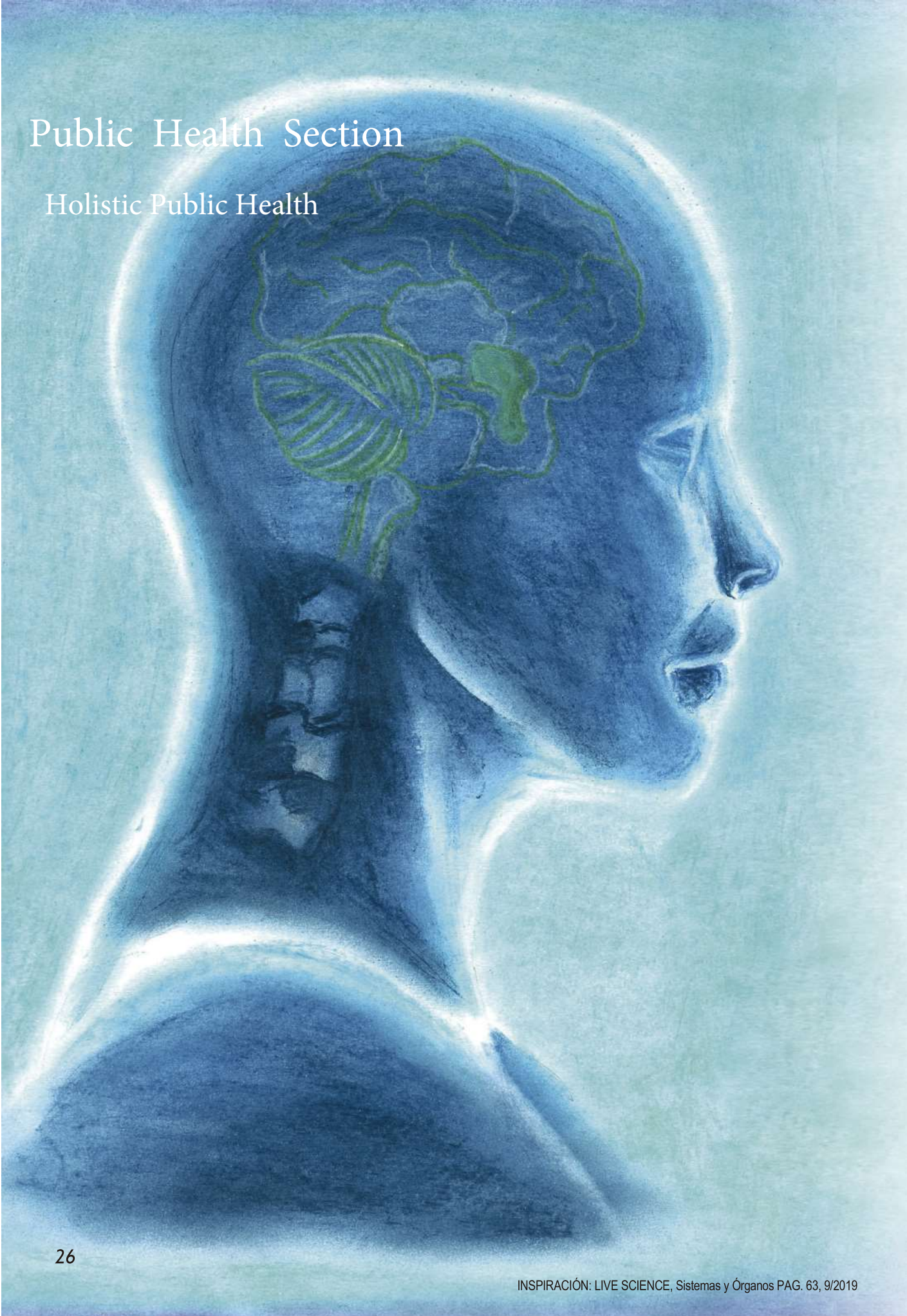


Public Health Section

Holistic Public Health



Equilibrium: Body, Mind and Spirit

Health and wellness focus

Equilibrium is the initiative of people committed to human progress and the integral formation of those interested in contributing their knowledge and experiences to the well-being of others. The mission of this publication is based on the idea that humans are constantly in quest of new individual and collective paths to shape their environments. Therefore, in a world that poses ever more complex life challenges, people must balance and nurture body, mind and spirit.

The universe of readers to whom this publication is directed is wide and diverse, both in the United States and other countries. We particularly aim to reach young people, professionals, entrepreneurs, older adults, and other groups within society with the dissemination of scientific articles in various fascinating fields with intriguing facts and figures. We want to keep them interested with inspiring life stories and reports about innovative projects such as social development, and culture-creation projects. These, we hope, will bring about philosophical reflections and critical analysis of the role we each play in our societies. Further, we also aim to examine and study the sociological, material, and spiritual environment that constantly pushes us to make decisions and take actions.

The themes of the magazine address issues of everyday life that may concern many people, and therefore are varied. However, they have a common purpose: to challenge people about their way to think and understand the world as it is, and to conceive the possibilities of positive change. From readers, we expect your mental openness to new ideas and experiences, and your willingness to join us in this project.

This foundational edition of Equilibrium magazine is designed to introduce us to the values and philosophy that animates this project, and that come together in the goal to achieve balance between the mind, body and spirit. The magazine serves as a basis for anyone to function with the maximum potential of energy and individual strength. It aims to celebrate individual freedom, intelligence, work capacity, and sociability. The articles, reports, and interviews that make up this section are the result, in some cases, of research and professional studies, and in others, of social projects and community ventures.

We will feature visionary leaders, innovative entrepreneurs, talented athletes, and common people with dreams, illusions, and the will to overcome challenges. We want to express our gratitude and recognition to the authors and protagonists of these stories and to all the people who collaborated in its production.

Welcome to this adventure of knowledge stimulation and progression!