



Workplace Wellness -- The Next Generation: From Hell to Well

Randall Hicks DC

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Wellness is a concept that is changing in our modern age. In the past, it was enough to promote health and wellness in the workforce, while ignoring the real health concerns of the people that keep your business going. Today, companies are finding out that this has been a costly exercise in futility—health cannot be drugged into being. The wellness programs established by 21st century companies are failing. Wellness has become an illusion, and it is no longer alright to trick your mind into believing what is not true. Since the 1800's people in the US have been increasingly dying of chronic disease related causes. Modern medicine has focused so much on symptom alleviation that the causes of disease have become a secondary, even tertiary concern. Because of this culture of doping the human body into functioning, the United States has become the most medicated country in the world, with a health rank of an embarrassing 38. You cannot simply manage chronic health conditions with drugs anymore—it does not work. This has translated into a very heavy bottom line for companies that are faced with revamping their work based wellness programs. These programs, traditionally created for white collar workers only, ignored the importance of disease causes leading to widespread ill health in the workplace. The World Health Organization has named environmental toxin exposure, poor diet, and nutrition and lack of exercise as the leading causes of chronic disease. Nutrient depletions in the body result in a workforce that feels well, but this wellness is an illusion caused by modern medicine. Their underlying conditions only get worse with time. This eventually manifests in unwelcome problems that flip the traditional notion of 'wellness' on its head, having the reverse effect. Instead of a healthier workforce, the theory based programs that were once designed to reduce employee absenteeism, increase employee production and cut healthcare costs are increasing time off, reducing productivity and forcing costs to boom for companies in the US. These standard wellness programs do not address the causes of the individual employee's health conditions. As a result, they do not benefit from them in a real way. Because of this disconnect, and the need for a wellness program to help employees avoid expensive conditions like heart disease, cancer and stroke—a new kind of program has been devised. Our workplace wellness program focuses on evidence-based health for the individual, a new concept that is revolutionizing the way companies help their employees remain healthy for life. Wellness programs should reduce medical spending, by focusing on the nutrient depletions, unique circumstances and physical condition of the individual. The key to unlocking the mystery of a successful workplace wellness program is to begin with real health. This is the first evidence-based program of its kind to use modern medicine, nutrition, exercise and self-responsibility to keep your workforce healthy and happy. This book invites you to learn about a new way of implementing workplace wellness programs that will genuinely result in lower costs, and improved health for your employees. When your employees win, so do you and the time has come to align these two powerful needs for the benefit of your company, your workforce and the future.

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