

Be In Good
Health

Be In Good Health

*Living a Life of Happiness, Wholeness
and Wellness!*

Cee Cee H. Caldwell-Miller

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**Beloved, I wish above all things that
thou mayest prosper and be in health,
even as thy soul prospereth.**

3 John 1:2

To everyone who has imparted something into my life at one time or another and taught me about accepting myself as God designed me.

To the wellness seekers who are looking to live the life that they were destined to live by being healthy, wealthy and whole.

God's Choicest Blessings!

“Self-Care is the Best Care and it is far Better, than Healthcare!”

The courage to be you

You are unique, with your own special beauty and value to give to life. What a terrible shame it would be if you were to let that beauty be hidden behind your fears.

When you worry that you're not good enough, you allow others to control you, and their domination will soon make you miserable. Or when you fool yourself into thinking

you're superior to everyone else, you deny yourself the exquisite joy of offering your own special gifts to life.

It takes courage and faith, effort and initiative to be who you are. And it is so very much worth the effort.

Though no one else can do it for you, you have what it takes to be magnificently successful at being you. From the deepest secrets of your soul to the face you put forward to the world, every bit of you is meant to be the authentic and original person you are.

Listen to that quiet, persistent voice inside that you know is always right. This is your opportunity to fulfill and express the real and lasting joy of being you.

Let the beautiful person inside of you come more fully to life as each moment passes. Let yourself, and the world around you, know the joy and fulfillment that is meant just for you to express.

Ralph Marston

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Foreword Toni Coleman Brown

It has been said that before you can be a better half that you must be a complete whole. Being complete in mind, body and spirit is something that we all strive for and with the information that Cee Cee Caldwell-Miller has expressed in this body of work you will certainly get on the path to becoming whole.

I can remember the time I first met Cee Cee. She was speaking in front of a crowded room of people giving her

testimony on why they should become empowered by her network marketing opportunity. When she opened her mouth to speak, I knew that she was filled with a powerful anointing from God. Her spirit glistened with a genuine concern and caring for others and success was not just something that she wished for others to have, it was something that she was also destined for. And right now she is walking in her destiny by sharing with others her ideas and expressions that will help others achieve Wellness in multiple facets of their life.

It is clear from this information that when one aspect of our Wellness Wheel is out of balance, we will not be a complete Whole (individual). It is mandatory for all of us to seek balance, so that our Wellness Wheel is not lop-sided or doesn't look like a balloon, but looks like a perfectly balanced circle. Cee Cee shows us how to look within and make the necessary adjustments to make sure that our Wellness Wheels are equipped to roll us down the roads that represents our own Life's Journey.

In this piece you will discover that your Wellness Wheel has several spokes or facets and it will be up to each individual to design their own wheel (or life). It's like getting rims on a car, we have freedom to adorn them however we choose, but still the wheels must be balanced from their very foundation in order to travel down the road and function properly. So, Cee Cee teaches us to live in balance, from emotional, mental, and financial to physical, social and spiritual health and wellness, she encourages us to be in good health so that

we can truly live out God's manifestation for our lives. This is a lesson that all are encouraged to learn.

Toni Coleman Brown
www.qlproductions.com

Preface

I decided to write this book because, it was my belief that when you hear the word health, we so often just think about the physical. Health is much more than how your physical body works, it encompasses so much more. Health involves the physical but it also involves: spiritual, mental, emotional, financial, social, relational, environmental and educational health.

So I wanted to write a book in plain old English, that would encourage people to open themselves up to the possibility of being healthy and whole completely. We were created to be healthy, happy and whole, while living a life of abundance and prosperity. When I speak of abundance and prosperity I am referring to wholeness in mind, body and spirit. There are so many things that cause us to be unhealthy, unproductive and feel unworthy. I have felt all of these things at one point in time but I had to finally make a decision to make a change in my life.

I realized that I deserved a life of happiness, joy and total fulfillment, that's when I decided it, was time to begin my life again. I knew the journey would not be easy, I knew that there would be challenges and setbacks but I was willing to take the chance to see what the future had in store for me.

What I began to understand was that in order to become whole and complete, I would have to be willing to fail while trying instead of not trying at all. There is no failure in trying but there is in making excuses for not trying at all. I wanted this project to inspire, encourage and support those who were willing to work to win the prize of a lifetime, which is total wellness. If you are tired of being sick and tired, of not living the life you have always dreamed of or just want to feel better, stronger, happier and more energetic, then this is the book for you. I wrote this book to help you jump-start your new beginning. I have included resources that I believe will help you on your journey to holistic health and wellness. I am not a medical doctor but I am a holistic practitioner/wellness consultant and an experienced wellness seeker. I have tried many of the suggestions outlined in this book, some of which I was successful at and some of which I was not but, I still believe in them all.

My lack of success was not due to the suggestions or methods; it was due to my own lack of discipline and steadfastness. I know you can change your life and become the person that you always knew was there but it will take, time, strength, dedication and support to reach the finish line. It is my aim to equip you with the tools to live your best life from the inside out.

Once you reach your goal in one area of wellness, then move on to the next, remember if some areas are lacking continue to move toward wholeness one step at a time. Every single thing in your life right now -- your job, relationships, money, health, and all that you have intellectually, emotionally and spiritually -- is a reflection of your beliefs.

Your belief has the power to attract your deepest desires and so much more than you could have ever imagined. It's all up to you, Get on your mark, get set, and GO!

Acknowledgments

With deepest gratitude I would like to thank everyone who had some hand in the writing of this book.

Firstly, I would like to thank God for putting this project on my heart and trusting me with the information that I believe will be a blessing to the lives of others. If it were not for him, blessing me with the gifts that he has, I would not be writing this book or living today. To God be the glory for the things he has done is doing and will do in my future.

Secondly, I would like to thank the Health and Wellness industry for giving me the opportunity to be a part of such a growing industry and at the same time allowing me to use my ability to help people enrich their lives through my knowledge of better health, wellness and self-care.

Thirdly, I would like to thank all of the powerful women who have impacted my life in one form or another. The women who have inspired me to reach for the top and continue until I reached my goals while striving to live the life that I was purposed and destined to by God.

And finally, I would like to thank everyone who has allowed me to share a part of my life with them and who have been a part of mine at any point in time. I believe that everyone comes into your life for a purpose and a season and

I am grateful to all who have blessed my life just by being a part of it, thanks for your unwavering support.

A special thank you goes to Teri Jackson-Carson; from the first time I met Teri through Warm Spirit I felt blessed to learn about the Wellness industry from someone like her. Her love for helping people dance with amazing choreography captured me from the start. Teri caused me to want to learn more about health and wellness and that is why I am able to write this book today. So I bless her and I sincerely thank her for being a great wellness mentor. And I will always remember, “Your Health Is Your Wealth!

Finally, I would like to thank the world for allowing me the pleasure to share my life, my gifts and my love for helping people become the best they can be by helping them on their journey to wholeness and happiness.

Remember, Be in Good Health, and be good to yourself and each other. You Are Worth It!

Cee Cee H. Caldwell-Miller, MA, CPC, ALS

***Let Your Journey to
Holistic Wellness
begin..... Where you
start is totally up to
you, just make
yourself a priority on
your own list!***

Introduction

Living Life To The Fullest - You must be complete.

Your destiny is not really about what happens to you. It is built and fulfilled by the things that you cause to happen, by what you do with the precious life you have been blessed with. It happens in every moment, with every choice, with every thought and every action. Always remember, you are creating your own unique destiny. If you live your life to the fullest by being rich, not in money but by being whole and complete in every area of my life, you will obtain the prosperity that you were destined for.

As I began to do research for this book, I questioned whether I had the ability to write it or not. And as I pondered the thought, I realized that I didn't have to possess a PhD. in medicine or health to successfully share the knowledge I have gained in the area of health, wellness and self-care. The reason that I feel capable of sharing the information presented, is my own life experiences, choices and training.

My hope is that this book will encourage you to be all that you can be, by working from the inside out to create the YOU that you were meant to be in every area of your life. From your physical health to your moral health, I hope to inspire you to begin the journey or complete the journey that you may have already begun in pursuing complete wholeness in your life.

Whether you are a parent, a teacher, a health professional, or just seeking to better understand yourself and your relationships so you can heal and grow, this book is for you.

Over the years, I have personally struggled with the issues that I will address in this book from physical wellness to emotional wellness and many more. It has been a daily journey for me, toward wholeness and often not an easy one. I have had failures and successes in my life but through my strong faith I have been able to conquer the challenges and push my way through to enjoy the fruit of my labor. I believe that everyone deserves to be whole and happy no matter what experiences they have endured throughout their lifetime. I know that the journey ahead may seem difficult but trust me, it is well worth it and there is definitely light at the end of the tunnel. Let's begin the journey with a look into the area of mental health.

Chapter 1

Mental Health-Sane or Insane

What is Mental Health?

Every aspect of your life, the place you live, the people you live with, your friends and acquaintances, the things you do or don't do, the things you own, your work, even things like pets, music, and color affect how you feel. If you are concerned about your mental health or the quality of your life, you can do many things and make changes in your life that will help you to feel much better.

A calm and undisturbed mind and heart are the life and health of the body, but envy, jealousy, and wrath are like rottenness of the bones.
Proverbs 14:30

Having good mental health means that your perceptions and feelings lead you to behave in a normal manner. Mental health is often defined in the negative sense of being free from mental, psychological or emotional disorders. Everyone wants to be mentally healthy, but achieving that goal can be a challenge due to outside forces and your own destructive attitudes.

“Taking care of your mental health to prevent problems should be a major focus. Healing, repair and behavior management are the necessary efforts in restoring mental health once there is a problem. Effectively dealing with psychiatrists, psychologists, therapists and healthcare professionals is also important in recovery.” Ron Kurtus (revised 22 September 2002 www.schoolforchampions.com).

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