

**Wellness Care vs. Illness Care**  
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Illness care	Wellness care
<ul style="list-style-type: none"> <li>○ The goal of illness care is to return the individual to 'normal' – characterized by an absence of disease or symptoms.</li> <li>○ Illness care intervention is often 'heroic', and generally works best with serious life threatening conditions, e.g. major trauma, heart attack, stroke, etc.</li> <li>○ Illness care is typically rendered by specialists, e.g. Cardiologist, Gastroenterologist, Urologist, etc.</li> <li>○ Emphasis is placed on the precise diagnosis of specific conditions. Once the diagnosis is established, the prescribed treatment is fairly uniform for all individuals with that condition.</li> <li>○ The doctor is responsible for the treatment regimen. The individual is usually a passive recipient of treatment.</li> <li>○ The philosophy of illness care is mechanistic: fix the diseased or malfunctioning body part.</li> </ul>	<ul style="list-style-type: none"> <li>○ Wellness care focuses on optimizing function in all aspects of the individual's life – body, mind, and spirit.</li> <li>○ Wellness care mobilizes the inherent self-healing ability of the body, for individuals wanting to prevent the need for crisis medical intervention.</li> <li>○ Wellness care advisors are generalists who serve to guide and motivate the individual in their self-care program.</li> <li>○ Wellness care is tailored to meet the needs of the individual, rather than the condition. As such, two individuals with the same condition may receive very different recommendations.</li> <li>○ The individual is responsible for their health and wellness, and must become an active participant in lifestyle changes.</li> <li>○ The philosophy of wellness care is vitalistic: help the individual to grow into a greater measure of health.</li> </ul>

Our health care system needs both kinds of doctors. When you suffer major trauma, you need the best that crisis care medicine can offer. This is the area where modern medicine excels. What we also need are wellness care specialists to increase quantity and quality of life.