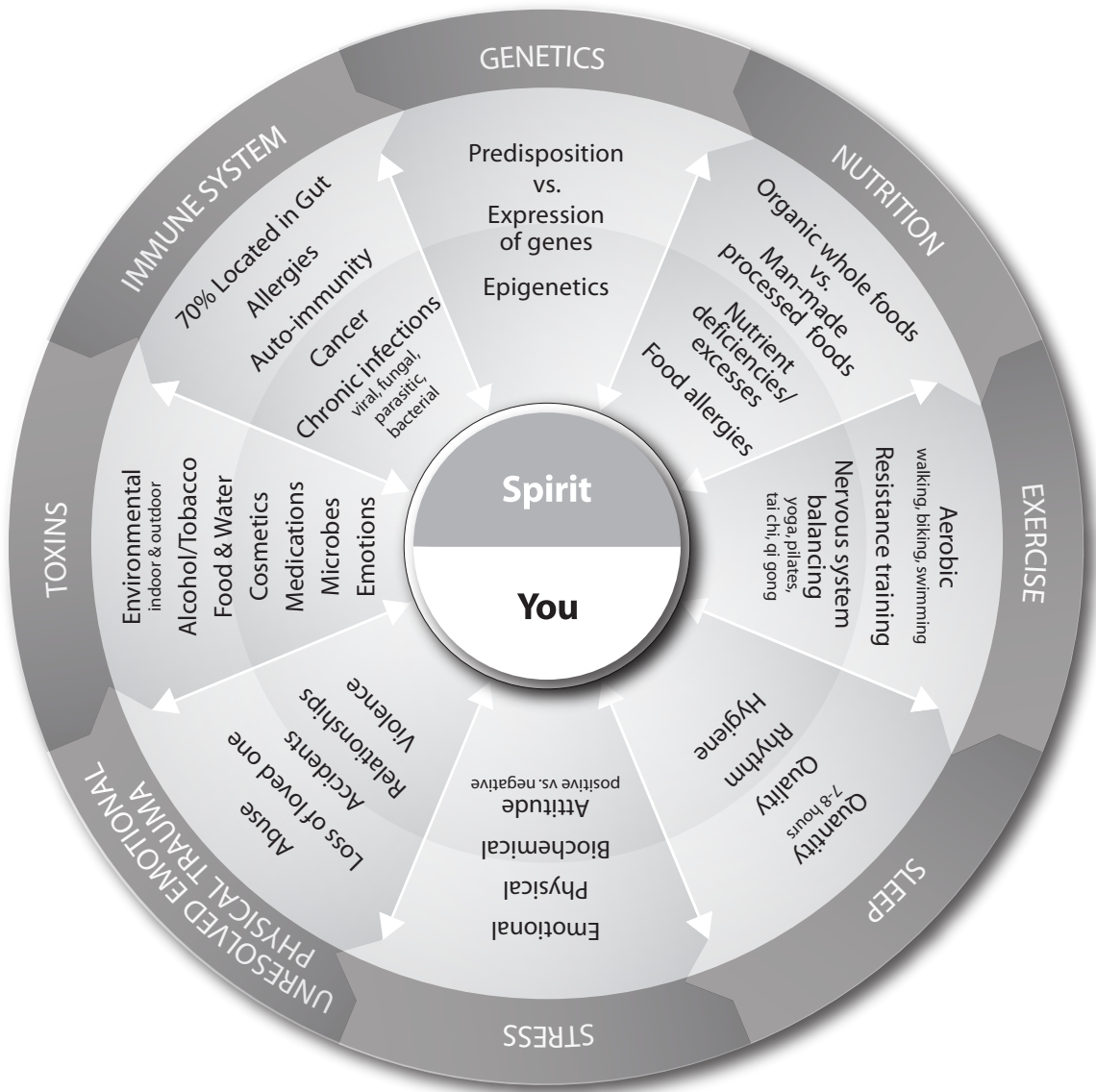


# The Wellness Wheel

“Virtually all human diseases result from interactions of genetic susceptibility factors and modifiable environmental factors, broadly defined to include infections, chemical, physical, nutritional and behavioral factors.” — Office of Genetics and Disease Prevention, CDC (Centers for Disease Control)



**Balance is the Goal**