Small Steps Can Make a Big Difference

Healthy US encourages Americans of all ages to approach their health in a multi-dimensional way. By focusing on the connection between mind, body, spirit and community, you can begin to live your best life.

Some of the 40 film topics include:

**Prescription Nature**
Spending time in nature can help people destress and find parts of themselves they may have been suppressing or denying. It can change one’s view of the world and what is important within it. It will reinforce that nature is accessible to everyone and puts us in touch with something much greater than ourselves.

**Calming the Mind**
In addition to relieving mental stress and calming body functions, meditation strengthens awareness. Awareness opens the door and enables us to see the myriad of possibilities that exist in our lives, our inherent biases and tendencies, and the many factors that are influencing our decisions. Once we are aware, we can begin the processes of deciding what to throw out or embrace and discover new aspects of ourselves and new futures for our lives.

**The Right Food**
Getting beyond stories that have been told before, this film will demonstrate the power of good nutrition to improve one’s health and well-being and how people can learn to both find the right foods in their community and cook it in a way that is healthy.

**Breathe**
There is growing evidence that the harmful effects of stress can be reduced, and that stress itself can be harnessed for good by simply learning to breathe correctly. Mindful breathing is a simple yet powerful tool that changes our relationship with stress, diminishing its effects and bettering our lives.

**Surviving Surgery**
Engaging in breathing exercises, imagery, acts of imagination and proper nutrition before and after surgery has a very beneficial effect on clinical outcomes.

**Sleep**
Sleep problems are rarely caused by one thing and when approached in a multi-dimensional way, can be overcome without the use of drugs.

**Living with Cancer**
Helping cancer patients find hope, strengthen their community, destress, improve their immune system through changes in diet and supplementation, strengthen their closest relationships and recover their purpose in life are all factors in helping them deal with the cancer in the best possible way.

**Addiction**
Recovery from substance abuse disorders and addictions requires a recovery of mind, body and spirit. One has to go “upstream” and consider the complex web of interactions in the patient’s history, physiology, and lifestyle that can lead to addiction and illness.

**Heart Disease**
Heart disease, approached in a whole health way that considers diet, exercise, stress levels, community and purpose, can actually be reversed.

**Depression**
Depression is a combination of biochemical, physical, genetic, and psychological factors. A whole health approach to care, in which the mind, body and spirit are addressed, can help alleviate depression.