



Oby's Wisdom!
A Caveman's Simple Guide to Holistic Health and Wellness
Action Guide

Chapter Two
Health and Wellness—What Are They Really?

“As for health, consider yourself well.”
Henry David Thoreau

1. Turn to page 25 and read the story of Jack and Jill.

Who feels better, Jack or Jill? _____

Who is the sickest, Jack or Jill? _____

2. On page 28, what is my opinion of the flu? _____

What reasoning do I give to support that opinion? _____

What do I say is the function of the immune system? _____

3. Turn to page 31 and read the section entitled, “Do Germs Cause Disease?” What is the other time honored theory into which we delve in this section?

On p. 32, what is my definition of health?

4. Turn to page 33 and read the section entitled, “Lottery Tickets for Health.”

In this section I say that “Trying to _____ quick is like trying to _____ quick.”

In light of what I say in this section, how would you describe your approach to your health?
