

# HEALTH CARE PRODUCTS CATALOGUE

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Dear friends:

Healthcare products was initially conceptualized as an outgrowth of my dedicated efforts to assist others in creating the lives and relationships they wanted and deserved. As I worked with individuals in my private practice. I often recommended various books, tapes or programs as an extension of the work we were doing in our sessions. Over the years, it became increasingly more obvious that some materials were better than others. For that reason, I began identifying the best resources in each area I worked with. Over the years the best of the best resources have been identified and made available to my patients in private practice, customers on our web site and now to individuals like you who have received our catalogue.

In line with our philosophy about life balance our catalogue is separated into three major categories. Each category represents an aspect of our being as a human being. The three areas are: Body, Mind & Spirit. In each area, we have made every effort to identify and offer products that are of the highest quality and potential benefit. We sincerely hope you find everything you are looking for and are available and ready to assist you in any way if what you need or want is not in our product line at this time. Please feel free to contact us and let us know how we can serve you better.

Respectfully,

Bill Martin, Ph.D.

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## **BODY**

NUTRITION

EXERCISE

STRESS MANAGEMENT

## **MIND**

COGNITIONS (THOUGHTS)

EMOTIONS

BEHAVIORS

## **SPIRIT**

INTERNAL

EXTERNAL

UNIVERSAL

# **BODY**

The body represents the physical aspect of our self.

The three cornerstones of physical health are:

Nutrition

Exercise

&

Stress Management

# NUTRITION

# NUTRITION

# EXERCISE

# EXERCISE

# STRESS MANAGEMENT

# **STRESS MANAGEMENT**

# **PSYCHOLOGICAL**

This represents our mind (perceptions, cognitions/  
thoughts and internal dialogue), emotions (feelings)  
and Behaviors (actions)

# COGNITIVE FUNCTIONS

# COGNITIVE FUNCTIONS

# EMOTIONAL FUNCTIONING

# EMOTIONAL FUNCTIONING

# BEHAVIORAL FUNCTIONING

# **BEHAVIORAL FUNCTIONING**

# **SPIRIT**

This represents the spiritual aspect of our being and inner most self.

# INTERNAL SPIRITUALITY

# EXTERNAL SPIRITUALITY

# UNIVERSAL SPIRITUALTY

# RELATIONSHIPS

This represents our connection with others.  
There are many types of relationships such as, but  
not limited to:

Family  
Romantic  
Friendships

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