



# **Dream Health: How to live a balanced and healthy life in an unbalanced world**

*Brian Wilmovsky*

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Have you ever wondered how healing actually happens? Dr. Wilmovsky believes that the human body is endowed with an innate intelligence to heal itself when a healthy lifestyle is observed. He promotes proactive care that prevents illness from occurring in the first place. He also teaches that the potential for health lies in our ability to retrain our minds to live in the present and to turn our thinking from negative thoughts to positive thoughts. “DREAM” is an acronym for his five principles: diet, rest, exercise, alternative care, and motivation.

Wilmovsky writes: “We need to focus on the promotion of our health, not the recovery of our health...The wellness business is proactive. People voluntarily become customers—to feel healthier, to reduce the effects of aging, and to avoid becoming customers of the sickness business.” Brian Wilmovsky is a licensed chiropractor and wellness expert with one of the largest chiropractic clinics in Washington State. He is the winner of the Washington State Chiropractic Association’s Outstanding Service Award.

## **About the Author**

Dr. Brian Wilmovsky is a licensed chiropractor and wellness expert with one of the largest chiropractic clinics in Washington State and is the winner of the Washington State Chiropractic Association’s Outstanding Service Award. He is passionate about sharing the benefits of preventative wellness care so everyone can enjoy optimal health.

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