

**Love as the Foundation of Wellness**  
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Sometimes in our quest to be healthy, we overlook the obvious. It is common in the present times to be anxious about many things. Surely we are fearful about the future (i.e., the economy). But I propose we are also anxious about the quality and quantity of good things: our diet, our exercise, our natural supplements, and our relationships.

Here is the catch, we must recognize and eliminate this spirit of fear that is sprinkled among seemingly good activities, lest we fall victim. Science has repeatedly proven the destructive effects of fear and anxiety on the nervous system, thereby causing negative consequences to every organ and cell of the body. Thus, if you ate a perfectly balanced, organic meal in a state of fear, it would be far worse for the body than eating a TV dinner with a spirit of love and gratitude. Obviously, the ideal would be the healthy meal with the love and gratitude, but you get the point. Fear is extremely toxic to the body.

We are living in anxious times and we should face the reality of how this is influencing our health. We should not fall into the trap of trying to solve anxiety and fear issues by physical means, such as Prozac. The solution to these issues is deeper than chemical manipulation. There are true wellness as well as a lot of false wellness concepts these days. If our attempts to be well do not lead us in the direction of authentic love expressed in relationships, then we may be fooling ourselves and wasting a lot of money.

Sure, our quest to experience and express authentic love will take some commitment. However, when we seek love we will find not just improved physical well being, but something deeper that will satisfy the heart and soul, and bring peace.

In these financially turbulent times, it is nice to know that love is not cheap but it is free. And there is one wonderful side effect of love...love makes us free.