

Health_illness continuum " ¶ The wellness–illness continuum is a visual comparison of high _level wellness and traditional medicine’s view of wellness. At the neutral point, there are no signs or symptoms of disease. A person moving toward the left experiences a worsening state of health .Some one with wellness–oriented goals wants to move beyond the neutral point(more absence of disease) to the right(toward highlevel wellness) . ¶ This person evaluates the current conduct of his /her life, learns about the available options, and grows toward self _actualization by trying out of these options in the search of high level wellness.