



# **Hope and Health through Dela's Wellness: Overcoming Chronic Illnesses such as Cancer, Obesity, and Cardiovascular Disease**

*Hhp, Chc, Dela Williamson*

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"Many people don't know that to achieve health and wellness, it takes much more than eating healthy and exercising; we need to look at the different dimensions of health that affect our well-being," Williamson says. In her book, she discusses these aspects of well-being as well as information about how sleep, food and stress affect a person's overall health. She also points out how different healing modalities can work together. Don't give up. There's hope. "Readers of this book will find themselves joining Dela's insightful journey through her experiences with cancer. This book is more about the journey and the choices we can make along that journey. The book covers a broad spectrum of important "healthy living" related topics, and its spirit pays homage to the fundamental holistic principle that has been echoed throughout the ages: "In living nature, the whole is more (or different) than the sum of its parts." Dr. Rainer Diriwächter, Clu

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