

Hello and thank you for an opportunity to be heard publicly.

I could tell you stories about deprivation and mental anguish that might impress you.

I feel my suffering credentials are adequate and I prefer to spare you the details.

The need for change in our world seems obvious

Our health care system is too expensive. We can no longer afford to wait for illness to become a crisis and then attempt to play the hero,

We know what makes people sick. We know that it is stress. Most illnesses are stress related.

We all play a part in creating this stress.

The food we eat, the way we live, the way we treat each other, the way we pollute the air and the water.

We all pay for illness. We all play a role in creating it.

We have the power to change this. We are powerful beyond measure.

The shift would be in our priorities.

Until now, it seems, that our priority has been to make money.

We have learned that this approach to life can be very expensive.

We are having a rude awakening.

The enemy here is really stress.

What I am asking for is a total restructuring of society.

I'm asking for human kind to make wellness its goal.

We are like humpty dumpty who lived on the edge and has now had his great fall.

Wouldn't it be better to teach him to reside on a patch of moss

somewhere?

Life does not have to be stressful. We can see now that prosperity is wellness dependent.

It is possible to have a world in which every thought, deed and action is focused on promoting life, good health, happiness, peace and prosperity for all beings.

We can do it and there is no better time than now.

Thank you again for listening.

Steve Young