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## A Paradigm Shift from Health to Wellness

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Contemporary health care practices propagate a vicious cycle of symptoms, medications, and side-effects. Side-effects stemming from medication accumulate into chronic symptoms, which are in turn aggressively medicated. Through a lifetime of research and practice, Hilda Zhang has compiled and organized a wellness philosophy that shifts the paradigm of health away from this obsolete cycle. The interdisciplinary SWNWT (Self Wealth Nurture Wellness Technique) approach provides a much needed upgrade to our understanding and implementation of wellness maintenance techniques. The tenets of the SWNWT approach emphasize contextualized and holistic prognosis, finance-integrated investment analyses and continuous education and re-education to unify the individual with their own wellness maintenance. No doubt, advancements and innovations in technology and science have revolutionized quality of care and standards of living across all walks of life. The philosophies that accompany these developments are long overdue for their own revolution. The SWNWT approach is the precursor to this revolution, whereby the script is flipped, and health care ceases to be a haphazard reaction to symptoms of poor lifestyle. The SWNWT approach bridges an important rift between consumer understanding and wellness autonomy, delivering clients the tools to master their own wellness futures.

### Biography

Hilda Zhang is a health care innovator with over 40 years of experience in health and finances. Drawing from her rich expertise in financial management and wellness practices, she has formulated an interdisciplinary approach to wellness that is accessible to consumers. Through decades of research and practice, Hilda Zhang has developed SWNWT, a practical approach to individual health that can keep pace with the rapidly developing research landscape. The crux of SWNWT is its ambition to cultivate full health within people. The asymptomatic individual is inadequate. Hilda Zhang travels the world, actively refining SWNWT through continued research and practice.

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