

Health and well-being

All of my grandchildren are passionate about their work and home life and seem to be doing amazing things.

This was further emphasised to me when two American ladies joined our extended family holiday at Second Valley this year.

They are making a difference in people's lives by focusing on health and well-being. Their organisation is called PH360 which is interpreted by them as promoting all-round personal health.

I was intrigued, because the founder of PH360 is Matthew, one of my grandsons!

He has a remarkable story because, as to his health, he was given a death-sentence in his mid-twenties due to a major genetic health issue. Today he is healthy, fit and happy because of his improved health. He promotes his unique, healthy lifestyle program worldwide via *healthtype.ph360.me*. (<https://healthtype.org/the-healthtypes/>)

I learnt so much more about his work through the stories and viewpoint of our American visitors. They reminded me that one of the greatest gifts we have in life is good health and a sense of positive well-being.

I know it is God's intention that we live out His plan to be the best person we can be. Understanding ourselves better is a helpful step in that significant journey.

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GOOD NEWS IN BRIEF

“I pray that you may enjoy good health and that all may go well with you.....” 3 John 1.2

Ken Packer