

The Four Pillars of Family Health”

The Four Pillars of Family Health

1. Prevention Before Treatment

Daily hygiene, sanitation, nutrition, and cleanliness are the first shield against illness.

2. Care Before Crisis

Address small problems early—hydration, minor cuts, rest—before they become emergencies.

3. Compassion Before Efficiency

The sick are not burdens; they are the heart of the covenant. Care is an act of strength.

4. Knowledge Before Fear

Calm understanding of symptoms, risks, and limits prevents panic and guides wise choices.