

WELLNESS COMMUNITIES NEWSLETTER

Sustaining The Golden Triangle Of Wellness

WELLNESS
COMMUNITIES
NEWSLETTER:

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WELLNESS COMMUNITIES R&D

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HOORAY FOR WELLNESS!
REGARDLESS OF DENOMINATION

My sources indicate the wellness real estate sector of the economy is emerging as a distinct and increasingly influential asset class. Recent findings from the Global Wellness Institute report strong growth through the 2018–2021 period, with continuing excellent momentum driven by both consumer demand and institutional interest.

This trajectory reflects a growing body of science-based evidence confirming the measurable impact of built environments and land stewardship on human health, well-being, and productivity.

Especially in the past 30 years, there has also been a rapidly expanding class of home owners that see clear connections between human longevity, optimized land use and the architecture we live in. As the wellness real estate sector integrates into the integrative medicine and broader wellness marketplace, Wellness Communities R&D stands ready to advance the conversation among niche stakeholders—land owners, developers, architects, health professionals, land wellness experts, investors and others.

The Wellness Communities Newsletter serves as a voice-box to inform, engage, and advocate for real estate development strategies delivering proven outcomes in health, longevity, and financial performance. Future editions will cover:

- The Importance of Vision-making
- The Golden Triangle of Wellness
- What are the local market conditions
- Be Inspired, Get Motivated and Do Good

SOME OF OUR SERVICES→ **Report No. 1:**

[6-Page Preliminary Report](#)

[Production Time: 10 days](#)

[Cost: \\$800](#)

→ **Report No. 2:**

15-page Mini-Plan Report

Production Time: 20 days

Cost: \$2000

→ **Primary Sources:**

◆ [\\$500 Billion Wellness Industry Starts Working Out With Housing | Forbes](#)

◆ [The Allure of Wellness Communities : Organic Spa Magazine](#)

◆ [How the world's blue zones are inspiring a new, multipurpose development | Peet Forestville: Community living | The Guardian](#)

→ **AI Podcasts:**

DelMar Ranch Development

• https://drive.google.com/file/d/1zAJSBPPZFwtxpjY2R2a3vv9deMklNooP/view?usp=drive_link

WELCOME TO WELLNESS COMMUNITIES R&D

Wellness Communities R&D publishes technical research and forward-looking development intelligence at the intersection of wellness real estate, land stewardship, and integrative human health. We call these three sectors, “The Golden Triangle Of Wellness.”

We produce detailed documentation including in-depth implementation resources, technical data amalgamation, and report publications that drive the advancement of projects in this market niche. The methodology we use combines primary research, internet-based sources, subject matter scans, and applied industry experience. This multi-source approach enables us to create credible, decision-ready insights across projects of varying scale and complexity.



The organization’s research discipline is grounded in the rigorous academic training and publications of Marty Mimmack. In 1996, he completed a Master’s Thesis in Education, complementing his undergraduate studies in Philosophy at Santa Clara University. This early academic work relied on research platforms such as ERIC, LEXIS/NEXIS, the U.S. Archives and the Library of Congress. Mimmack quickly established a skill-set in structured inquiry, data validation, and evidence-based technical writing. Later, he augmented this preparation with practical knowledge in real estate leading to a highly refined capacity for analysis, evaluation and synthesis of complex information in the wider wellness economy.

Our work adds value to early-stage vision/decision-making, and puts the focus on wellness development projects critical for meeting market demand, increasing absorption rates, and building inter-generational wealth and engagement. Wellness Communities R&D serves as your strategic partner in the preliminary phases of master planning. Our deliverables and reports clarify opportunities, reduce uncertainty and align municipalities, coastal districts, investors and other stakeholders around a coherent, data-driven vision. The result is a disciplined pathway from concept to implementation.

