

ABOUT THIS BOOKLET

Congratulations on being interested in maintaining or obtaining good health.

Keep in mind while reading this information that health is not an absence of disease. (The reverse *is* true however: the presence of symptoms does indicate some problem in one's overall health.) Rather, health is the correct functioning of and balance between all systems of the body. What is often meant by "health" and "health care" in our society is actually disease management, which is the treatment of symptoms of a classified disease process. Treating symptoms produces varying degrees of relief, but does not produce health.

1

Health is the robust, balanced, and correctly functioning state of being.

2

Disease management is the systematic attempt to alleviate symptoms.

One benefit of increased health is that disease processes have a harder time establishing themselves. In other words, robust health means that one doesn't need to experience an annual flu or cold or whatnot. Robust health also results in fewer of the health declines usually associated with aging.

NOTES

In the medical and health insurance industries, the primary approach is not health but disease management. Prevention education and practices are typically nonexistent; those that do exist are often directed at minimizing the spread of disease organisms rather than eliminating the fields in which they thrive (unhealthy bodies). Disease management consists of several steps. Disease processes are classified according to sets of usual symptoms. The doctor cross-references the pharmaceutical and disease/symptom lists to determine drugs that may treat these symptoms. By trial-and-error applications, a drug or drug combination is hopefully found that alleviates the symptoms. This approach has proven very valuable for those who are interested strictly in a decrease of pain or other symptoms, but is not so helpful for those interested in robust health.

The crucial point is this: health is almost entirely about the person and virtually nothing about disease. An exception is that true health care also entails the efforts to keep disease organism populations from becoming overwhelmingly large, e.g. reducing e-coli through sanitation. Disease is opportunistic and may be able to exist in the healthy person but cannot thrive there. Illness occurs when disease thrives, getting the better of the body. Exposure to disease organisms is an inherent part of life; having good enough health to prevent them from establishing and multiplying is a choice. Implementation of this choice is dealt with throughout this booklet.

3

*Disease management is no substitute
for the pursuit of good health.*

NOTES



This booklet has been designed to address some of the broad health concepts that are important for the portion of the lay public that desires long-term health. The presented material, which is informational and not medical advice, is necessarily general in nature; exceptions to this material may exist but not be included. The information is best applied to a long-range health outlook; health is a cumulative result of persistent effort.

The 72 things mentioned in the title are found in boxes located throughout the text (you've encountered the first three already!) Each boxed point represents a short summary of the text preceding it or offers a related observation. The boxed points may be used as references or index tools to later relocate the larger explanation.

The booklet is broken down into significant conceptual areas, alphabetically arranged, and marked along the side of each page. In addition to the current chapter, these areas are:

- ▶ Adaptation
- ▶ Casts and Crutches
- ▶ Doctors
- ▶ Exercise
- ▶ Food
- ▶ Health Insurance
- ▶ Pharmaceuticals
- ▶ Rest and Stress
- ▶ Totality of Being
- ▶ Variety
- ▶ Wrap-Up

In top-level examinations of health such as this, no topic is exhaustively explored, and other topics and views exist that are not given. The intent of this presentation is to expose the reader to pertinent ideas about health, so that the reader might be guided to topics for further exploration. The evaluation and implementation of these ideas as they apply to individual circumstance is up to the reader.

The information contained within this text is like the human body, a unit with all parts contributing to the whole. And while the possibility exists to examine any piece separately, the greatest benefit is achieved, as in health, through consideration of the whole.

4

*A human being is a unit of interlaced parts ...
health can only be achieved by
taking all parts into consideration.*

If this material is new to the reader, or if reading such information is an unaccustomed activity, taking in the information of this booklet is best accomplished through several sittings. (The reasons why are found in the Adaptation section of this booklet!)

Room has been provided throughout the booklet to allow the reader to make notes. The material presented is often from a different viewpoint than most people are accustomed to. Readers are encouraged to have a pen handy, if that is their style, to jot down insights or other thoughts that may arise, while such thoughts are still fresh on the mind.

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