

MODELS OF GOOD HEALTH

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MODELS OF GOOD HEALTH

THE SEVEN HABITS OF FIT AND HEALTHY PEOPLE

When it comes to health, our objective is to keep the major body systems in good nick, from the individual cells to all the other systems that support their normal, healthy function - including the mind, nervous, immune, endocrine, elimination (including various mechanisms), cardio-vascular, respiratory, digestive, reproductive, dermal and musculo-skeletal systems. Keeping these systems in good condition depends on how well we apply the **seven habits of fit and healthy people**.

Aerobic Fitness	Strength	Flexibility	Diet	Life Stress	Work Stress	Meditation
<p>Keep yourself aerobically fit.</p> <ul style="list-style-type: none"> • 'Cool down' over-stimulated sympathetic nervous system. • Stimulate elimination. • Get more oxygen into the body. 	<p>Keep yourself strong.</p> <ul style="list-style-type: none"> • Support and stabilize musculo-skeletal system. 	<p>Keep yourself flexible.</p> <ul style="list-style-type: none"> • Keep bones in alignment. 	<p>Eat from the top of the Hourglass.</p> <ul style="list-style-type: none"> • Drink water • Balance fat, protein, and CHO intake. • Maintain energy balance • Supply essential <ul style="list-style-type: none"> - vitamins - minerals - fatty acids - glycoproteins - nutraceuticals • Include fibre • Restrict intake of junk, and chemicals. 	<p>Manage the stress of your life.</p> <ul style="list-style-type: none"> • Personal power in relation to your Self and your <ul style="list-style-type: none"> - thinking - understanding of how the world works. - family - health and fitness - finances - other people. • Distract yourself from being busy and miserable. 	<p>Manage the stress of your work.</p> <ul style="list-style-type: none"> • Personal power in relation to your work. • Being in the right job. • Being able to manage work-place change. • Success at managing up, out and down. 	<p>Meditate</p> <ul style="list-style-type: none"> • 'Warm up' para-sympathetic nervous system. • Reduce tension. • Relax muscles. • Dilate blood vessels. • Clear the mind. • Get more oxygen into the body. • Achieve peace of mind. • Sleep better.

HEALTH MANAGEMENT - 80:20

Health is more than the absence of disease.

If you want to be fit and healthy, do what fit and healthy people do! Most of us have an 80% chance of the major systems of the body becoming dysfunctional, unless we do the things we need to do to keep ourselves fit and healthy. And for 80% of people there's an 80% chance they can get themselves back to 80% of good nick if they're diligent.

The things that are needed to be done vary from individual to individual, but basically it boils down to keeping fit, eating wisely, managing the stress of your life and your work and meditating. Couple that with doing the job you'd love to do so much you'd do it for nothing and living the life you'd like to live so passionately and you're on the way to good health.

On an optimistic note, I believe that 80% of us have the ability to fix up 80% of our body system dysfunctions to at least 80% of normal function, providing we consistently work at it.

People who feel good about themselves are well adjusted to dealing with their internal and external environments. They take charge of situations instead of letting situations take charge of them. They deal with the stresses of life rather than being overtaken by them. They take responsibility for themselves rather than blaming other people. Importantly they have an ability to give back to their *Self* and take time out to do the things that give balance to their life. They set aside time to do the things they need to do to stay fit and healthy.

People who are physically fit are less likely to become depressed. They are more likely to have strong immune systems and to have autonomic nervous systems that successfully manage key physiological responses. They are healthy; they are happy; they have normal blood pressure; they sleep like logs, are about their ideal weight, rarely, if ever, get a headache and don't have a crook back or a crook guts.

Regrettably, it's becoming harder and harder to find such a person, particularly one over 50. In a very short space of time, the nation that started off 'hard and tough and wiry' like the mountain pony belonging to the Man from Snowy River has become fat, weak and depressed.

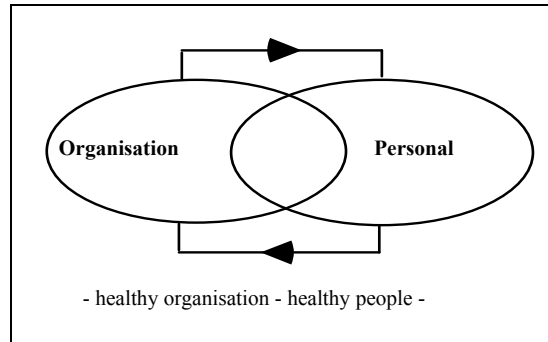
In the last 30 years of the 20th Century, Australia became a society characterized by an epidemic of *affluenza*, an inability of people to live in balanced harmony with an affluent environment.

PERSONAL AND CORPORATE WELL-BEING

People feel good when they are fit and healthy, when they have a clear idea of what they want for their lives and a belief that they are on the way to getting it.

Things go well when you're going well. Generally speaking, people say morale is good at their workplace when *their* morale is good. When you're not going well, when you're not fit and healthy, the personal cost is high and so is the cost to the organisation for which you work. In fact in most organisations the cost of poor health far exceeds the cost of poor safety.

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Personal change and organisational change go hand in hand. It's hard fitting into an organisation that's changing if you're not changing. And by the same token it's hard to develop a healthy organisation if the people who work in it aren't healthy.

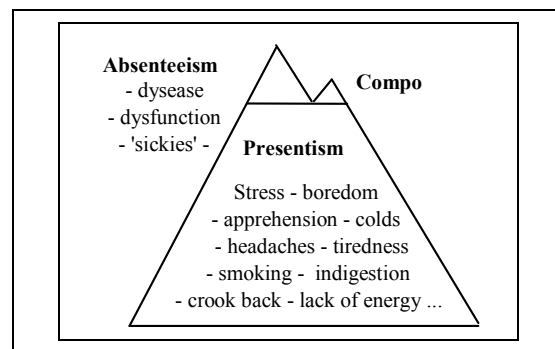
ABSENTEEISM PRESENTEEISM AND WORKERS COMPENSATION

There are very few people who would wish it on themselves to suffer from *dysease** or dysfunction, or who would wish for an unhappy life or a miserable job.

There are very few employers who would wish their productivity to decrease.

The increased costs of reduced productivity are reflected in three areas, workers compensation, absenteeism and presentism.

Contrary to popular opinion it is *presentism*, not absenteeism or workers compensation that forms the greatest of these threats to productivity.



Presentism occurs when people come to work and for one health-related reason or another find it difficult to give their full attention to the job.

Presentism is the productivity that is lost through people being stressed at work or at home or because they are not in the right job. It is the productivity lost when people feel uncomfortable because they have a cold, a headache, are tired, feel miserable, a crook guts or their trousers are too tight. It is the productivity lost when people take time off to feed their addictions. And if you think the cost of absenteeism and workers compensation is high, the cost of presentism is astronomical.

VITALITY, ENTHUSIASM, PRODUCTIVITY

By taking part in the assessments in this book you can obtain a benchmark of your personal vitality, enthusiasm and productivity and gain an appreciation of how you can improve it.

OCCUPATIONAL HEALTH, FITNESS AND WELLBEING

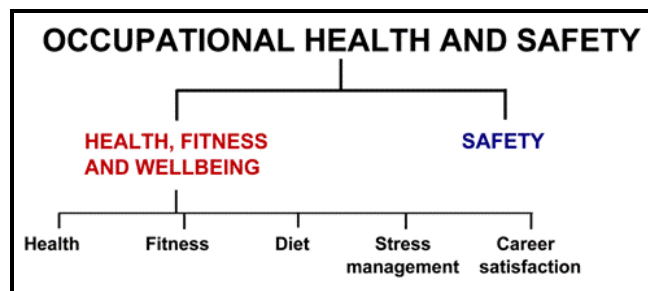
Contrary to popular opinion it is not unsafe workplaces that are the major contributors to the current spate of absenteeism, presentism and worker's compensation claims; on the contrary, it is body system dysfunction caused in large part by motion starvation and lack of personal development - people get crook backs and stressed out of their brains!

*DYSEASE

The word 'health' comes from an old German word meaning 'to be whole'. When we have lost some of that wholeness we are said to be dis-at-ease. Gradually over the years, the use of the word 'disease' has changed. It now most frequently refers to cellular dysfunction, usually of indeterminate cause, rather than the result of some lifestyle change that has brought about an inability of the body to stay functional, or at ease.

For this reason I've coined the word 'dysease', to match the word 'dysfunction' because most of the things that happen to our individual body systems are dysfunctions. And being dysfunctions, many of them are eminently fixable.

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We've reached the point in workplace history where the costs associated with poor health are exceeding the costs associated with poor safety. It's time to focus on the health side of the OH&S equation.

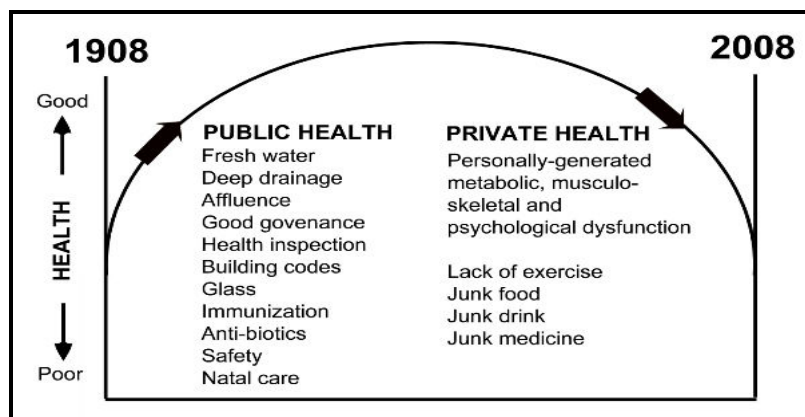
The reason for adding '**fitness**' to 'health' is that in a sedentary culture it is a very big ask expecting to stay healthy without keeping oneself fit. The great advances in community health made in the first 80 years of the 20th Century are being eroded dramatically by a sedentary lifestyle.

The reason for adding the word '**wellbeing**' is to further broaden the definition of 'health' to give it a psychological perspective.

DECLINING HEALTH STATUS

It is a fact that the health status of the Australian community is declining - the increase in medical expenditure confirms this. It's obvious; if people were becoming healthier, medical bills would be coming down. After the Second World War the health of the country improved dramatically, for the reasons outlined in the diagram below. The improvements were led by good public health outcomes.

In the 1950's most people in this country were in reasonable health due to these public health measures. They walked a more - because they didn't have a car. Many grew their own vegetables. There were a few mitigating factors. More than 50% of men smoked. A high proportion suffered from the post traumatic stress of war which was self-medicated in hotels. From then on though the health of the country started declining, particularly as people stripped physical activity out of their lives and subsisted on a diet high in flour and sugar. But whereas much of the improvement in health was driven by good public health practice, the decline was stimulated by poor private health practice.



Nowadays, of course, not only do people want the Government to continue to invest in the public health infrastructure, they also want it to pay to patch up their personally-generated dysfunctions.

The level of poor health has reached epidemic proportions. Government subsidy of medical treatments for these personally-generated dysfunctions, coupled with massive protection of the medical and pharmaceutical industries is threatening to bankrupt the country. This subsidization and protection, coupled with the merging of the welfare and health systems (with an all up cost of \$60B a year) has fuelled the growth of poor health, not good.

Workplaces are being effected by this trend. At the same time as they have become safer, they've also become unhealthier. My assessment is that poor health is now the most prominent driver of OH&S costs.

BODY SYSTEM DYSFUNCTION

There is an epidemic of personally-generated body system dysfunctions. When we talk about 'poor health', it becomes easier to grasp the concept when we define it as '**body system dysfunction**'. Most of the diseases that plagued the country 100 years ago have disappeared. The current illhealth epidemic relates to life-style induced dysfunctions. It's a private health issue, not a public health issue.

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These dysfunctions are driven principally by

- a sedentary way of life
- inappropriate food choices
- an inability to cope with the normal stresses of life (and work), and
- a toxic environment

The good news about this is that if personal lifestyle choice is the major cause of the problem, then personal lifestyle choice can be a major influence in the solution.

There are three principal categories of dysfunction,

- metabolic
- musculo-skeletal
- psychological.

These dysfunctions are recognised by their symptoms

SYMPTOMS OF PERSONALLY GENERATED BODY SYSTEM DYSFUNCTIONS		
Metabolic	Musculo-skeletal	Psychological
<ul style="list-style-type: none"> - aerobically unfit - over-weight - high blood pressure - depression - sleeplessness - snoring - sleep apnoea - headache - tired, lacking energy - low libido - diabetes - elevated blood fats - elevated cholesterol - cardiac insufficiency - irritable bowel - cancer - ... 	<ul style="list-style-type: none"> - musculo-skeletal pain - bones out of alignment - arthritis - bone inflammation - lack of strength - lack of flexibility - lack of mobility - torn ligaments - torn tendons - torn muscles - bulging discs - sciatica - ... 	<ul style="list-style-type: none"> - stress - anxiety - irritability - difficulty coping - grief - sadness - vacuity - depression

THE SPECTRUM OF PERCEPTION

One of the great tragedies of modern medicine is the closing of the doors of perception about

- a. what we need to do to keep ourselves fit and healthy and
- b. what we can do to restore poor health back to good health.

It's time to open the doors of perception (Blake) about what we can do to keep ourselves fit and healthy.

JUNK MEDICINE v THE LIFESTYLE PRESCRIPTION

For many of the common lifestyle related and personally induced body system dysfunctions the prescription from a surgery has become a drug which masks symptoms and does not restore poor function to good. For instance we now subsidise the purchase of drugs for high blood pressure, when the elevation of the blood pressure in the first place was due to poor lifestyle choices and not a lack of ACE inhibitor or diuretic.

Similarly with most of the common dysfunctions; depression is not due to a lack of Zoloft, headaches are not due to a lack of Panadol, reflux is not due to a lack of Mylantin, constipation is not due to a lack of Zelnorm, diabetes is not due to a lack of Diabex, eczema is not due to a lack of Advantan, high cholesterol is certainly not due to a lack of Lipitor, arthritis is not due to a lack of Celebrex, attention deficit is not due to a lack of Ritalin any more than piles a lack of Anusol.

The narrowing of the range of perception about what we need to do to keep ourselves fit and healthy has perverted the course of modern medicine. We're in the junk medical era. Tried and true remedies that are as old as antiquity have been cast off like dirty shirts and replaced with treatments that are much less effective. The simple has become complicated, the cheap has become expensive and the obvious has become obscure.

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As professional healers we have a tendency to get locked into narrowly defined positions, first by our specialist education and then our professional associations. It is for this reason that a significant proportion of therapists will give you a narrow interpretation of what's caused your dysfunction and a narrow range of treatments to fix it up. My own profession is no less guilty than any others.

Experience suggests that if you've lost function in one or more body systems, there's a good chance that you'll be able to restore it by adopting a lifestyle that restores good function to all body systems.

My greatest encouragement is for you to listen to and read about what other people did to keep themselves fit healthy and to restore themselves to good health. If a lifestyle change or a particular therapeutic approach worked for them, maybe it will work for you too.

In this respect the internet provides a marvelous resource, providing you can get past the selective-evidence, unimodal and pharmaceutically based sites.

The body possesses wonderful recuperative powers. Who can really say they know everything about all the things that may stimulate those powers? The history of the world is still short!

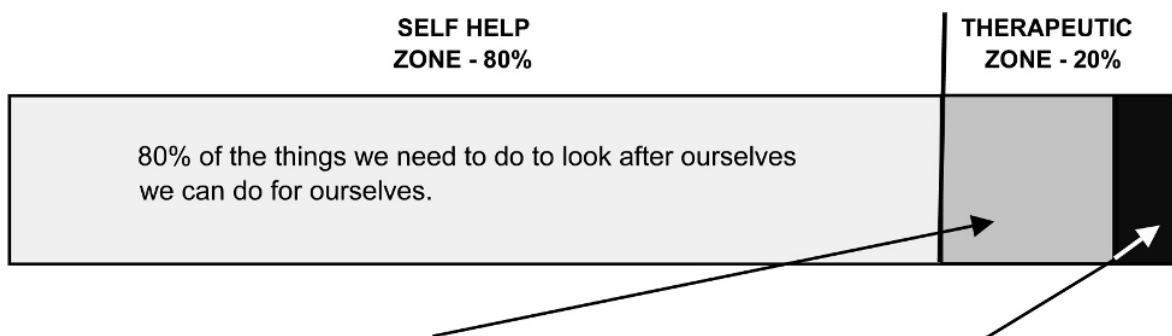
At the left hand end of the spectrum on page 6 are the things we can do for ourselves to get better - to become stronger, more flexible and healthier in both body and mind. Mencius said '*Those who follow the part of themselves which is great will become great men. Those who follow the part of themselves which is small will become small men.*' We have a choice, to put up with our dysfunctions or fix them up.

If you're not in great shape, and the Health, Fitness and Wellbeing profile and the Fitness profile will provide clues as to how healthy you are.

DON'T ASK WHAT YOUR DOCTOR CAN DO FOR YOU

The most cost effective and usually most successful treatments involve things you can do for yourself. The least effective are those that rely on other people prescribing products and services, which mask symptoms without affecting a cure. This is junk medicine. In the junk medical age, these treatments have become the prescriptions of choice for the majority of doctors. It's quick, it's easy and it's a good earner. Customers keep coming back.

HEALTH AND THE SPECTRUM OF PERCEPTION



THERAPEUTIC ASSISTANCE ZONE

- Based on experience and feeling
- Leads to the restoration of good health
- Designed to stimulate the body's own recuperative powers
- Includes a host of therapeutic modalities, from a range of traditions, both ancient and modern
- Inclusive
- Aimed at the body's thinking, moving and emotional centres
- Is educational in nature, you're taught how to look after yourself
- Inducing different responses in different people based on *their* perceptions and expectations
- High cost compared with doing things for yourself, but worthwhile if poor function is restored to good and you learn something from the experience.

THERAPEUTIC DEPENDENCE ZONE

- Selective evidence-based therapy
- Symptom masking
- Pharmaceutical based
- Dependence generating
- Condition worsening
- Isolationist diagnostic process
- Mono-modal
- Perception narrowing
- High cost now
- Higher cost in the future
- Low return on investment
- Blank Cheque
- Welfare-based
- Industry protected
- Junk medicine

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ZONE OF SELF HELP

80% of the things you need to do to keep yourself fit and healthy you can do for yourself - like keeping yourself fit, eating from the top of the Hourglass, managing the stress of your life and work and meditating.

ZONE OF THERAPEUTIC INTERVENTION

20% of the things you need to do to fix common body system dysfunctions are things other people can do for you.

Of this 20%, 80% can be broken into two parts –firstly **treatments** that actually do fix problems. There are such treatments around, though not many of them. Secondly is the **advice** some therapists will give you about the things *you* need to do to restore good function to good.

The final 20% are the therapies where someone does something to you – in particular giving you a pill instead of a lifestyle prescription. Poor function is not restored to good – the condition worsens. These therapies will lead to dependence on treatments that mask symptoms, contribute to a declining level of function and fail to stimulate the body's own recuperative power.

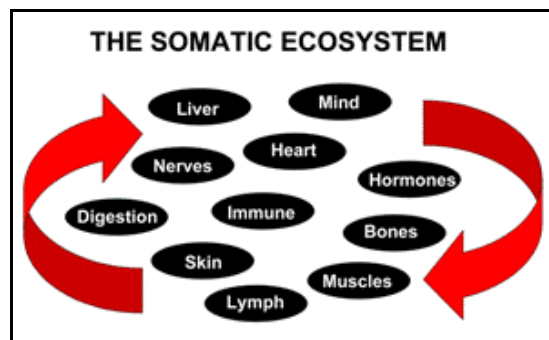
There is no doubt that by working *on* yourself *and* using *some* of the therapeutic modalities you can dramatically speed up the rehab process.

In a nutshell, it's a big ask expecting to stay healthy without keeping yourself fit. It's an even bigger ask expecting to get better by having someone do something to you; sooner or later you have to do something to yourself.

THE BODY AS AN ECOSYSTEM

Soma - the body

The body is an ecosystem and the major body systems within it are intimately related. If we knew more about Chinese and other traditional forms of medicine we would be better able to recognise these inter-relationships.



The most commonly recognised relationship is that between the mind and the rest of the body. It's known as the **psychosomatic** relationship.

The mind plays games. If someone asks you 'How'y going?' you'll probably be inclined to say 'Not Bad' or 'Pretty good' regardless of how you really feel. You might even *think* you're OK.

However the rest of the body may be telling a different story - headaches, insomnia, over weight, itchy, high cholesterol, high blood pressure ... certainly not the symptoms of an ecosystem in exceptionally good nick.

Similar relationships occur between other body systems and the rest of the body - gut-somatic, cardio-somatic and liver-somatic along with psychosomatic being the big ones.

It's interesting that in my studies musculo-skeletal dysfunction is highly and positively correlated with feeling miserable.

MILLER'S LAW

Individual body systems work well when the whole ecosystem is in good shape. People who are physically fit are less likely to become depressed. They are also more likely to have a strong immune system and an autonomic nervous system that is balanced and healthy in its management of key physiological responses. They have normal blood pressure, they sleep like logs, are about their ideal weight, rarely, if ever get a headache and don't have a crook back.

Corollary

If something's wrong with one part of your body you can bet that there are things wrong with other parts as well - more than likely it's sign that the *system* is breaking down and not just one part.

For instance being over weight or lacking aerobic fitness are two of the first signs of general metabolic dysfunction - as are high blood pressure, headaches and all the other stuff.

Also you need to consider the fact that what you think is a problem in one body system may well be a symptom of a problem somewhere else.

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It's why taking a pill to mask a symptom is not the smartest thing to do. The cause of the problem is usually not at the site where the problem is manifest.

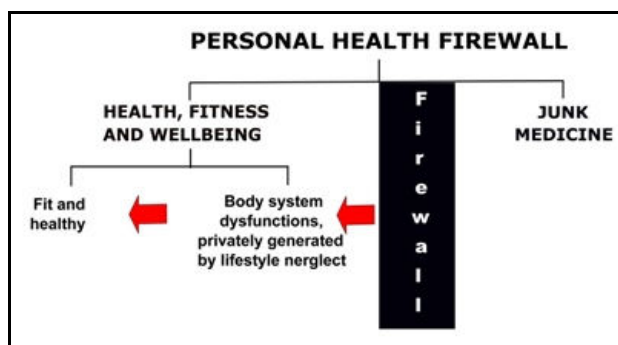
THE PERSONAL HEALTH FIREWALL

It seems to be in the natural order of things that body systems gradually run down, particularly if we don't make a special effort to keep ourselves in good shape. On a simple level we know that when we don't train our performance decreases. The same thing is going on in most other body systems – usually so slowly that we don't recognise the decline from good health to poor health.

On the other hand once dysfunction sets in you may be able to recognise the signs, things like headaches, elevated blood pressure, lack of energy, insomnia ... If you're astute you'll not only recognise these signs but you'll galvanise yourself back into action and begin the process of restoring the poor health of the somatic ecosystem back to good.

When you do that you're putting up a firewall between your personal health regime and that of the medical industry. Once you get into the medical loop, where symptoms are masked by junk pharmaceuticals you're likely to be lulled into the false sense of security that you are better; – the urgency, the imperative that you begin the process of becoming fitter is lost.

You stand a better chance of keeping yourself out of the clutches of the junk medical and pharmaceutical industries by keeping yourself on the health, fitness and wellbeing side of the personal health firewall.



Most of the body system dysfunctions caused by lifestyle neglect can be restored to good function by getting fit, eating wisely and following the rest of the seven habits of fit and healthy people.

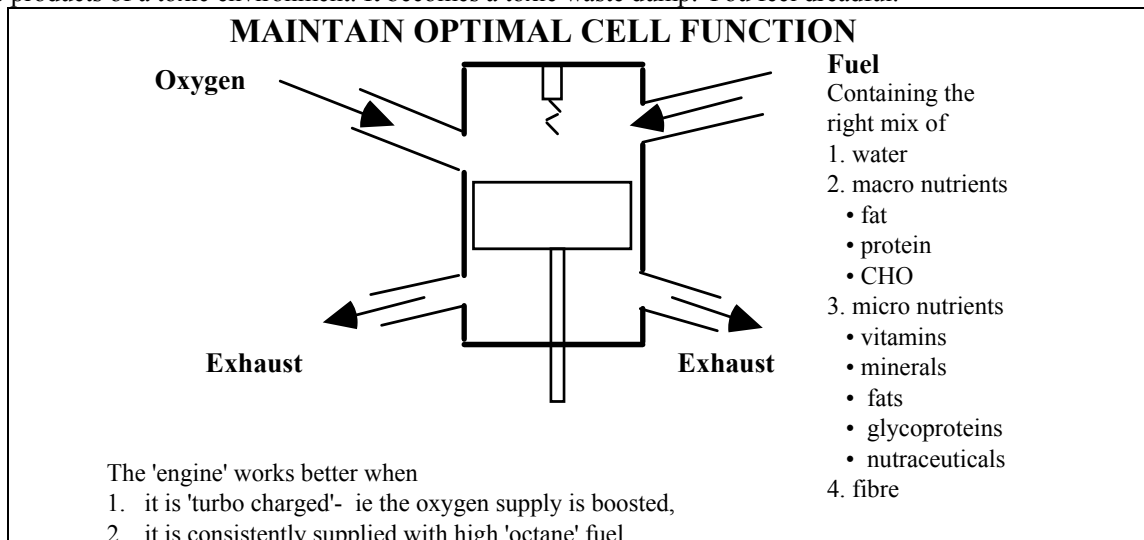
THE CELLULAR ENGINE

To function well, the individual cells of the body need a good oxygen supply; good fuel and a good exhaust system.

The oxygen is supplied by aerobic activity, the fuel by the Hourglass Diet.

An exhaust system that works well involves a well-functioning lymphatic system, circulation system, liver, kidneys, bowel, sweat glands and lungs. The efficient functioning of this system is linked with aerobic physical activity.

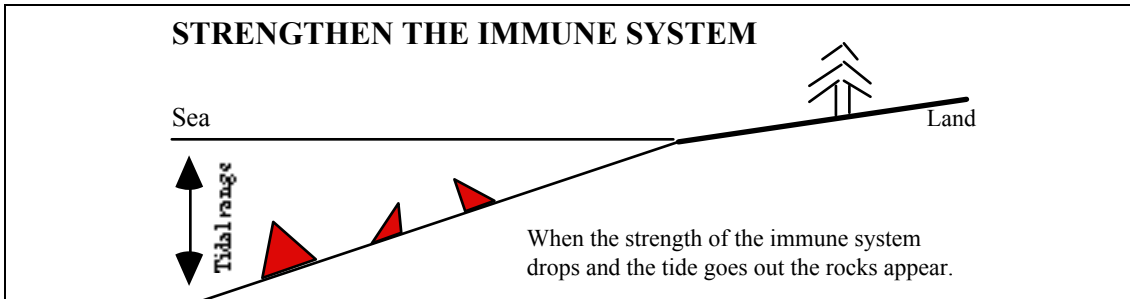
If the exhaust system doesn't work well your body cannot get rid of the waste products of your own metabolism or the waste products of a toxic environment. It becomes a toxic waste dump. You feel dreadful.



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DECLINING IMMUNE SYSTEM STRENGTH

Immune systems are getting weaker. Just as when the tide goes out we see the rocks on the seabed, so when the immune system becomes weaker we see the evidence of body system dysfunction.



We can explain what's going on using the law of too much and too little.

TOO MUCH					TOO LITTLE		
Toxic Environment	Pathogens	Eat too much of	Do too much of	Think too much of	Do too little of	Eat too little of	Think too little of
Petrol fumes Herbicides Drugs Chemical degreasers ...	Viruses Fungi	Foods which are toxic and to which we are allergic. High energy food.	Sit on our backsides	Negative thoughts	Vigorous physical activity	Food containing essential nutrients	Positive thoughts

If the doors of perception were cleansed everything would appear to man as it is: Infinite. For man has closed himself up, till he sees all things thro' narrow chinks of his cavern.

William Blake