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# What Is Health?



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# What Is Health?

*It is the disease of not listening...*

—William Shakespeare in Henry IV, Part 2, Act 1, scene 2, line 39

*More and more individuals are choosing healthcare approaches to maintain and enhance their health.*

**W**hen Linda McCartney died of breast cancer at age 56, *USA Today* asked Fran DuRocher, MD to comment. She said: "Breast cancer after all is a disease that affects healthy people. That's why everybody is so surprised when they get it."<sup>1</sup>

The *Journal of the American Medical Association* later published an article entitled "Stroke In A Healthy 46-Year-Old Man."<sup>2</sup>

Healthy women develop cancer? Healthy men suffer strokes? Those conditions can take months, years or even decades of body malfunction to develop. Were these people really healthy the day before their cancer was diagnosed or their stroke occurred? Of course not! So why were Ms. McCartney and the unnamed "healthy" 46-year-old considered healthy by medical doctors?

## **The Limitations Of The Medical Paradigm**

*Half of us are blind, few of us feel, and we are all deaf.*

—Attributed to Sir William Osler, MD, on physicians

When a traditional MD declares you "healthy" what he/she is really saying is that you have no symptoms or abnormalities that their training can detect. We do not mean to imply that medical diagnosis is useless, however it does have serious limitations.

Too many people live their lives silently waiting for disease to “strike” out of “nowhere.” Many people enter medical offices with fear. “What will he discover?” “A cancer?” “A blocked artery?”

### **Subtle (Preventive) Healthcare**

Instead of waiting for their health to deteriorate, getting a medical diagnosis and then intervening with the tools of medicine (drugs and surgery), people are increasingly choosing approaches to maintain and enhance their health. People are exercising, eating better, exploring natural childbirth, breast-feeding, using natural products, avoiding drugs (as much as possible), praying, meditating and turning to vitalist healing arts for their healthcare.

### **Vitalism**

Vitalist healing arts include chiropractic, homeopathy, acupuncture, Chinese medicine and other systems that take many years of highly disciplined study to master. Practitioners of these arts appear to be able to locate signs of body disturbance, malfunction or disease long before allopathic (orthodox) MDs are able to diagnose a problem.

For example, a doctor of chiropractic will undoubtedly find spinal subluxations causing nerve pressure and energy/communication blockages in “healthy” women developing breast cancer or “healthy” male candidates for stroke. Subluxations are often painless and can cause body/mind dysfunction years before disease symptoms appear.

Similarly, a practitioner of homeopathy, using the intensive case histories homeopaths are known for, would surely discover dis-ease (body malfunction) years before orthodox medical practitioners would raise concerns.

### **Ayurveda & Chinese Medicine**

Practitioners of traditional Indian medicine (Ayurveda) or traditional Chinese medicine (including acupuncture) check their patients’ pulses for subtle energy imbalances. These doctors analyze a patient’s 12 different pulses, six in each wrist, that are related to emotional and physical organ systems and energy patterns that can reveal subtle abnormalities years before diagnosable diseases may surface. With early detection, abnormalities are much more easily corrected.

Cranial osteopaths and craniosacral therapists can locate deep meningeal (inner brain and body) tension and perhaps locked emotional energies impeding the flow of energy and nutrients to important organs. A

nutritionist would surely discover nutritional deficiencies, heavy metal or chemical toxicity, dehydration or other findings orthodox MDs are not trained to locate.

*Pay attention to the subtle signs of dis-ease now; your body won't have to use serious illness to get your attention later.*



### **Health Optimization**

*If people paid attention to their small health problems they wouldn't have large health problems.*

—Chinese proverb

Are you functioning at your optimum? Do you have health—complete physical, mental and social well-being? Anything less than optimal may be a warning sign of dis-ease (body/mind malfunction). Some early signs of dis-ease are:

- Low energy
- Poor sleep
- Minor aches and pains
- Poor digestion and elimination
- Boredom
- Anxiety
- Depression

If you pay attention to the small, subtle signs of physical or mental dis-ease now, your body won't have to use serious illness to get your attention later.

*...A friend and general surgeon with more than thirty years experience once confided to me that, in retrospect, he felt the majority of surgical procedures he had performed might be classified as excisions of the “vocal apparatuses” of the inner selves of the patients. He meant that by removing certain organs or tissues, he was eliminating the bodily voices that were attempting to communicate the presence of deeper emotional or spiritual problems in need of*



**Don't wait until symptoms appear to keep your body free of subluxations.**

### **Waiting For Healing To Suddenly Strike**

*attention.*<sup>3</sup>

*People don't grow old, when they stop growing, they become old.*

—Anonymous

*Old age is always twenty years away.*

—Jack La Lanne

Practice health optimization now so you'll live free of physical and mental debilities and be active, full of energy, vitality, happiness and inspiration all the days of your long and productive life.

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