



## Everyone is born to a healthy life.

### Part One

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Today's world, as the immediate environment of our lives, puts a lot of pressure on each and every one of us. Too many things have to be done at the same time, so the pressure makes us constantly rush in order not to spoil anything or neglect any of our duties. The atmosphere that surrounds us, oozes with stress, leading to even faster rate of our daily routines. It does apply mainly to the work place, but affects our home life, too. In consequence, it manifests itself as a variety of problems affecting our health and body condition.

When we scrutinise this a little closer, we will soon realise that the majority of the problematic situations is created by ourselves. Regrettably, we usually don't allow anyone else to do our job before it is done (so much better) by us and we do not allow other people to be better than we are. To the degree of abnormal obsession we compete with everyone who potentially threatens our personal career. It stems from our immanent feeling that we participate in a psychological run, a common but unhealthy competition. This in turn, places us in the psychological dilemma which again costs us too much. This particular type of madness usually starts fairly early in our childhood and youth, when we start attending school. What makes it more poignant, is that it is passed on and developed in us by our over-ambitious parents, child –carers and sometimes even by highly qualified teachers. It then follows us through our early stages of professional career and work when we feel a need to eliminate every potential competitor standing in our way to success. It continues until eventually, however well we manage to deal with our responsibilities, we have enough and get exhausted by it all.

Whatever the scenario, inevitably the day will come when we will be made aware of the mistakes we have made and we will realise that we have missed something more important and now irreparable: our own health and what we call a general well-being.

Fortunately, not all is lost. To the contrary, we must remember the fundamental fact that we are born to live!

The body, with all systems integrated into one organism, is created in such a way that we are able to cope adequately with problems and difficulties in every situation of our lives. We are not living to die prematurely, neither even not for to struggle, but to be well and healthy. The nature gives our bodies enough energy, that this provides sufficient strength for us to live our lives until the latest day. Number of people who reached 100 goes nowadays to hundreds of thousands and grows steadily. Majority of us have unfortunately to pay a price for self negligence by shortening our own life time.

This truth, although taught to us at school, becomes sometimes completely forgotten. Sometimes we simply carelessly ignore it.

Let us look at this subject in the right order.

Everybody knows the phenomenon of recovering from any illness, an ailment or from even a small cut. The affected place tends to cure itself properly with no after-effects or with merely a minute scar. The tissue is set to restore the lost part at any price. So, after the time of recovery, our body can again function very well.

Despite this ability, we do need to give our organism appropriate recovery time, depending on what part of body, and thus what kind of tissue is affected. Skin is one of the fastest healing parts of our bodies; so are most mucous membranes (like the inside of our mouth). By contrast, the nerve tissue takes a very long time to repair the damage. In fact, neurons usually cannot be restored completely, but are usually replaced by the surrounding neuroglial cells, cells that support the neurons. This in turn reflects on the length of time we need to take to recover, however, abstaining from our usual activities. Sometimes, if the disease prolongs, we can help the healing process, so that in the end our health is restored – a special gift for our future benefit

Our body is also capable of clearing our mind of the memories of anything unpleasant that happened to us in the past. Usually, over the period of time, we tend to forget even a very painful experience.

The way how we live, what's our diet, routines and habits, what's our rest looks like have always to be put right way, otherwise we run a risk of a consequence danger.

Bearing all this in mind, we should not put our health at risk exposing it carelessly to it. Looking after our body and mind should be our everyday main priority and we should instinctively avoid things that harm us. Wherever we live and whatever we do, this holistic body hygiene should become our common routine behaviour.

We are discussing here our indispositions, but when we fall ill, the capabilities of our organism also come into play.

A disease should not be perceived by us as a disaster, but rather as a normal situation which occurs in our lives from time to time. We should not ignore its signs by no means, but neither should we exaggerate them, acknowledging that our organism can combat almost every disease almost on its own just with an appropriate help.

It is important to recognise at first the range then the scale of a disorder and. Then if still in any doubt, let's consult with your doctor to find out what exactly it is and how to treat it.

When in a need, we should not postpone a visit to the specialist in addition to following the course of treatment advised by our doctor. Leaving an infection within our body will result in worse complication. And surely this is what nobody of us want.

Once we have found a good doctor, we should trust him and feel confident to discuss with him the problem and a treatment, agreeing from the start that it will begin with the least harmful means, avoiding if possible the use of any strong or radical medication carrying unnecessary side-effects.

The conventional medicine gives us today a lot of means to fight a pathogen ( illness-causing factor), however, the general rule is not to start with too strong a weapon, such as an antibiotic for instance, if there is no reasonable need for it at the moment

Usually such agreement results in mild type of treatment; We may be advised taking some herbal remedies or to boost our own immunity somehow, which enables organism to a better fight the disease, or to take a series of alternative and non-invasive treatments, like sorts of complementary treatments including hot bathing, aromatherapy massage etc.

The type of treatment always depends on the diagnosis, so if we are prescribed some medication we should complete the course of treatment as advised. We may however prefer to use a form of alternative treatment which can be offered by our therapist and if so, we should be able to discuss it with the doctor. At this point, we shouldn't be frightened to ask the doctor for this kind of therapy and for a recommended specialist. Although, sometimes doctors seem to act as if they are against it do not give up in such situations!

In such case, the therapist will need to know the history of our illness to help him decide on the type of treatment which should be recommended to us. Furthermore, we should be aware that the therapist is also allowed to consult officially with our doctor to reach the common consent regarding the methods of treatment leading to the best and fastest recovery.

Sometimes we are recommended to refrain from work until we are well; at other times we might be able to continue with parts of our job, making sure that the strain we undertake is in proportion to our abilities at the time. Our main principle should be to adjust the work load to be appropriate to the condition we are in. The bottom line is that we need to give our organism a chance to fight the bug and consequently to fully recover from it. In similar circumstances let's go to our boss and find together the best solution for both the work and to our self.

Talking about so called clinical aspects of our occasional disorders, we have to be aware of the dual nature of our body's constitution: the physical part and the inseparable spiritual or mental part.

We can be concerned about our life in general; our career, wages, financial freedom as well as our relationships with people who surround us and with whom we spend most of our working and our private life. Not always everything goes easy, so when we are getting tired and subsequently getting more nervous all that reflects on our psychological part resulting in our reactions, behaviour and patience. Such stimulations to our mind produce a lot of worries and consequently increase stress.

At this moment we have to admit, that stress is probably our biggest enemy today. It lays some kind of foundation to the majority of problems with our health and well-being! It also affects our private lives as it can result in a breakdown and indeed in the decreased happiness of our family.

How we cope with this stress is a very important issue and a subject which has to be considered as a co-factor of many physical body disorders.

When the tension of stress approaches a level of our individual threshold and remains not properly released, the amount of nervous strengths exceeds the critical point; We cannot compensate for it any more and the stress triggers an avalanche of episodes within our body.

The result is usually quite complicated, and then it is not easy to help ourselves particularly when it remains within us for a long time. Quite often it involves few disorders which combination creates a Fatigue Syndrome. Moreover, to recover from such a state is also more difficult than to recover from any "simple physical", say somatic illness. Once arisen, a vegetative neuralgia afflicts the way we run our daily activities, including problems with resting. From the heart and blood circulatory system, which usually first fall victim to an illness, follow some problems with digestion and our

hormonal regulation and immunological control of the homeostasis ( a specific balance within our body, which is responsible for its normal and healthy functioning).

Physiological indexes of our body functions are also changed, resulting in many additionally complicated disorders, and the symptoms of which seldom even seemingly contradict each other.

So stress is indeed considered to be something we really have difficulty dealing with, and a kind of fear which cannot be overcome so easily.

Let us emphasize what has already been said in different words at the beginning: stress is a reaction of our organism against everything we have contact with. It started at the beginning of life on earth. Human organism has also evolved to be ready to treat it as a special stimulator.

However, there are two kinds of stimulation depending on their effects. One is negative, which we already know about and we have to be aware of all its consequences.

But the second works positively upon us. This one seems to be responsible for all our achievements and success. In these terms, that one is quite important to keep us alert and ready for every action.

To put it in one sentence stress is inevitable and is important to keep us alert. It makes us ready to “fight or flight” actions. In a moderate strength it is a mean of our good mobilizer.

Despite its bad effects on us when it grows over a level of our individual resistance, eradicating stress would lead to a significant inability to perform any action which depends on our body and mind.

However, the addictiveness of the stress-related charges within our organism as the normal facility forces us to keep ourselves under control to both quality and quantity of the charges. It is why we have to release the stress regularly within some well organized intervals every day, during the week and to top up with seasonal holiday for a good rest. Missing this will cost us a failure within the general body condition and would also bring us a lots of specific ailments. It could cause even more serious problems if prolonging over a longer period of time.

If we get highly stressed, we need to take the very first opportunity to organise even a short break and immediately undertake some reasonable steps towards a solution which will ease that situation in the future. In such situation, never neglect a vital consultation with your doctor or one of your complementary therapists, on whom you rely. At the beginning the doctor will advise you to alleviate the tensions by some relaxing exercises, visiting swimming pools or a gym, or some regular jogging, even outings for a proper walk, or taking a break. Restoring our special relationship with a partner has no doubt of being one of the best distressing factors as well.

If the symptoms persist, the doctor can recommend some herbal sedatives to help your vegetative side. Such plant-derived remedies are totally harmless and very helpful in many cases.

Nevertheless, in more severe problems, when the symptoms turn into an unbearable insomnia, indigestion, rapid and difficult to be controlled outburst of nerves the doctor will prescribe a stronger sedative, which you will probably need only for a short time in order not to become addicted to them.

At the same time, if you go to see your therapist, he may advise you a different solution; following some of alternative medicine, but putting you in an easy co-operation, as eventually you convert all your negative stress-tension into a positive one. You have to relax the harmful stimulations in a way which will allow you to recognise and thus treat them in the future as positive ones.

Changes in your life habits and re-sorting out priorities will result in expected restoration of your self confidence, so does faith that you can deal with all your responsibilities and then growing in strengths you eventually forget all previous problems.

To achieve it is important to strictly follow all instructions received from both the doctor and your therapist.

You will need to put some performances into your regular diary for long time as none of these treatments work in one go. You also may need a kind of a support from your family.

One of the methods of treating you can be a relaxing massage. The body holistic massage, with applied herbal remedies, like an proper aromatherapy course is definitely one of those which trigger and stimulate our own biological strengths, having impact not only on our physical tension of the musculature and the kinetic system, but mainly on our mental and spiritual construction. It helps us re-gain a desire to life.

*Taking into consideration lots of other influences, every typy of massage has effect on our body but let us talk about those another time , in the second part of this article...*

However, this main focus helps us to keep conscious control over the rest of vegetative part of the body. Such every kind of complementary therapy is designed to be efficient and so effective when performed systematically over few months. As part of this kind of treatment you may be asked to change a little bit your daily diet, as well as maybe drinking different kinds of drinks and introducing a new sleeping regime.

It is highly possible to be asked to stop smoking, should it apply, or give up alcohol and, if applicable, drugs as well.

Let our personal body clock to be set up to regulate our physiology all day round.

Considering that all of these have to bring us back to a healthy condition and well-being, it is therefore vital to all our efforts.

It has to be stressed again that **our body is not created for sickness and misery!**

Whatever we say, being ill and sick is not our destiny- it shouldn't be treated as such; our destiny is a fully, healthy, productive and happy life. The biological life of our organism carries lots of potential for us. Its enormous power of biological engine constantly works to our benefit throughout many years of our life. All we need to benefit from it is within our reach – inside our organism! It is **a harmony in our active life**, which has to be maintained by us.

What our body needs is only that we allow ourselves to indulge in what we are recommended to do in order not to spoil our own successful and so unique life.

