

A New Style of Health Care

by Ian Miller

ABSTRACT

- 1. The current system is not working – evidenced by the number of people who are less well than they could be.*
- 2. People must take more responsibility for their own health. However, they cannot do this until they have been educated as to how well they can feel and the possible ways to achieve this.*
- 3. The training of doctors must be expanded to deal with causes.*

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Some say that the collapse of many retail companies in 2020 was not due to Covid19, but that the virus highlighted underlying problems in these companies before the virus started. Therefore, is it possible that the number of virus sufferers has highlighted an underlying low level of health in the world population? In other words, their health was not optimal. Now there is an opportunity for a totally new approach to healthcare.

Let us have a worldwide discussion to re-evaluate the effectiveness of the current health model and how it can be improved. This model seems to be characterised by not dealing with causes of ill-health, treating symptoms to suppress them, and using only one therapeutic method of chemical pharmaceutical drugs, all of which have some side effects. Society puts more effort into determining the cause of death of each person than effort directed to ascertaining causes of illness. Similarly every crash of an aircraft is thoroughly investigated to ensure that the same cause is not repeated.

Health: Consider some definitions of health. The definition of health used by the World Health Organisation is “Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.” My preferred definition includes a few more words to include all aspects of being a human. Thus “Health is not just the absence of pain or disease, but is a positive sense of well-being physically, **emotionally**, mentally and **spiritually**. In addition, health means having a body which functions optimally.” Emotions and spirit are often overlooked when discussing health. Mind and emotions are referred to as though they are the same, but they are different.

Health is also a measure of the ability of the body to **adapt** to changes. Via the nervous system the body is constantly monitoring the environment both outside and inside the body and then making appropriate responses to muscles and organs.

Health can also be described as the ability of your body to handle physical, chemical and emotional stress without losing your physical, chemical and emotional balance.

Assessing Health: Assessing health by only “freedom from pain” is a poor measure. Pain or disease is usually the end of a process. Assessment based on how one feels depends

on how sensitive each person is to their body. One of the best ways of assessing health is to consider and measure **function**.

If interviewing a medical expert to look after your health, consider questions such as: How well did your training equip you to teach patients to maintain health as compared to only treating diseases? How much do you understand positive health as compared with merely freedom from disease?

Consider a car that has travelled 50,000 miles without servicing: who would expect that car to travel much further-without a high risk of breakdown? Why then expect a body to function optimally for 90 years or more without any servicing? Maintaining good function of a vehicle is so important that the Government has legislated that when cars reach the age of three years, specified functions must be checked. Why not apply the same principles and care to our bodies?

Good doctors are needed when we suffer a health crisis. In the meantime, we need to focus more on health maintenance. This means looking after the health which we have rather than waiting for a disease to form. There is a difference between health maintenance and preventive medicine. With the former one is pro-active in being aware how efficiently the body is functioning and dealing with all minor poor functions. With the latter medicine is given to reduce the risk of suffering a specific disease.

NHS Mistakes: In 2018-19 the NHS paid more than £950 million in compensation for mistakes on maternity wards, almost twice as much as the salaries of all labour doctors in England's hospitals.

Jeremy Hunt has been chair of the House of Commons Health and Social Care Committee. He said the figure was part of the health service's £2.4 billion bill for legal fees and compensation. He also revealed that 75 percent of hospitals were refusing to publish reliable data on the number of avoidable deaths of patients in their care, three years after he told them to.

On the NHS website there was an article on safety which includes the following:

- > "There are an estimated **237 million 'medication errors' per year in the NHS in England**, with 66 million of these potentially clinically significant.
- > 'definitely avoidable' adverse drug reactions collectively cost £98.5 million annually. They contribute to 1700 deaths per year and are directly responsible for approximately 700 deaths per year."

Why is the testing of pharmaceutical drugs with double-blind trials considered the best standard of assessing medical therapies? Bear in mind all drugs have potential side effects. Why dismiss the benefits that so many people worldwide experience from other therapeutic approaches? Many of these are not suitable for double-blind trials. Double-blind trials seem to be emphasising that doctors are interested **ONLY** in one remedy for all people suffering the same ill-health problem whereas people have different starting points regarding health.

Other Therapies: The Government recognises the following and some doctors have qualified in these subjects:

Acupuncture, Chiropractic, Herbal medicine, Homeopathy and Osteopathy.

However, in practical terms these therapies are not readily available to the public under the NHS.

Be aware that the cost of professional indemnity insurance for doctors is very many times that paid by practitioners of complementary medicine, reflecting the vast difference in risk to patients.

The body is designed to heal itself given the correct conditions. This is evidenced by the fact that if a bone is broken or skin is cut, then the body will work its miracles and heal itself. Similarly the body has an immune system to fight bacteria and viruses. If the body has not started to heal within two weeks, then it is highly likely that it will benefit from assistance. If the body does not self-heal then there must be some impediment to that process. When a person is unwell, instead of prescribing a pharmaceutical drug, wouldn't it be better to ascertain firstly why a particular body is not self-healing. What is blocking the self-healing process? Any of the following can be an impediment to self-healing:

- > Imbalance of chemicals in the body - either a deficiency of some nutrient or an excess of something that is unhelpful from the body's point of view
- > Toxicity
- > Excessive tension stored in muscles or other soft tissues
- > Misalignment of a bone
- > Nervous system functioning less than optimally
- > Unbalanced emotions
- > Negative thoughts.

Many diseases are caused by a deficiency or an excess. A simple example of a deficiency is scurvy caused by a lack of vitamin C. An example of an excess is being drunk due to too much of alcohol. An excess of sugar can result in excess weight and diabetes. Wouldn't it be useful if more ill-health conditions were analysed in the same way?

What is our most valuable possession? It must be health. Without good health, life becomes difficult. Ill-health affects everything you do and everyone you know.

Health must be managed with as much effort as we use to manage money, career, pension, motor vehicles, buildings, computers and equipment (e.g. boilers). People must be able to manage their own health and take responsibility for this. They can refer to a doctor when they need assistance.

The current system of healthcare in which there is little meaningful education on the rules for healthy living, causes of ill-health are ignored and the government says to the public "Give us the money and we will look after you" has led to a culture of dependency by the public who are depending on doctors to fix them when they are unwell. It is easier to believe the government's message than it is to learn the basics about the body and the rules for healthy living. No human being can make you healthy. Healing comes from within, or not at all. Health is like honesty, integrity and courage which all come from within you and cannot be given or bought. Americans spend more money than anyone else on healthcare. Despite this they have very low outcomes. Some of the most common causes of death in USA are:

- > Heart disease
- > Cancer
- > Unintentional injuries
- > Chronic lower respiratory disease
- > Stroke and cerebrovascular diseases.

It could be argued that those people who are not being pro-active in managing their health are gamblers (gambling with their health) but they do not know it because they have not been educated about maintaining health.

I never criticise doctors, only the limitations of their training.

Health links with awareness.

In order for people to take more responsibility they will need to be educated in:

- > The basics of how the body works
- > The rules for healthy living
- > How to be aware if the body is starting to become out of balance
- > The options available to deal with a problem as it arises.

If we deal with little problems, then they are less likely to grow into big ones. You can do what you want in life but there will be consequences. The choice that you make now determines the choices next available to you.

The education of doctors must be widened to empower them to deal with causes of illness. One thing out of balance in a body can cause say ten different health problems in different people. Conversely one health problem can have possibly ten different causes in different people. Headaches are an excellent example of this. Headaches are not due to a deficiency of aspirin; something in the body is out of balance.

Headaches could be due to:

- > Tension
- > Neck vertebrae out of alignment
- > Digestive system problems
- > Excess alcohol.

Two examples of health maintenance; many people have one or more falls during their lives. The common human reaction is to get up, say "I'm all right" and carry on with their lives as if nothing has happened. What they are UNAWARE of is that one or more bones may have been knocked out of alignment. This may cause other problems such as excessive wear of joints.

Also many older people fall due to poor sense of balance. This may be due to low blood pressure and/or poor function of the nervous system. The sense of balance uses a huge proportion of the whole nervous system. It appears that there are no pharmaceutical drugs to improve FUNCTION of the nervous system, but function can be improved with several of the complementary therapies.

Our health is as strong as the weakest link. As the weakest links present themselves during our lifetime, we can work to improve them in order to maintain optimal health.

The Government and medical profession say they work with evidence based medicine but seem unable to provide any evidence to support the current system which is characterised by:

- > No attempt to deal with causes

- > No education of the public on how to stay healthy
- > No education on the rules for healthy living
- > Only one therapeutic approach is allowed. (Pharmaceutical chemical drugs which treat the symptoms, do not deal with causes and all have some side effects).

Other therapeutic methods must be included in the system. It is often said that there is no evidence that complementary therapies can treat diseases. Even if true, they may be able to help with maintaining health.

The main control and communication system of the body is the nervous system but there do not appear to be any drugs to improve its function. All drugs for the nervous system seem to be to treat specific diseases affecting this system!

Several books have been written by doctors criticising the present system and drawing attention to its shortcomings, but nothing has changed.

Now there is no one person who is in a position to make significant changes to health care in UK. We need one person who understands health (not just disease) to be in overall charge of the health of the nation. This person must be in a position to implement changes over a long period of time. Therefore a politician would be unsuitable for this task as that person may be out of power in five years or less.

If the body is less than optimally healthy, then the body will be using some of its energy to try to heal what is out of balance, therefore there will be less energy available to deal with an invading virus.

The poor state of the health of the nation is CLEAR evidence that the current system of health care is also poor. It does not help each person to reach their full health potential. We were not born to be sick. We just have not learnt how to stay healthy.

During the pandemic some people said that they have put on weight. What has happened to common sense? If one is living a less active lifestyle, then the volume of food consumed must be reduced. During the pandemic, not many people took the opportunity to read about the immune system: how it works, how it interacts with other systems in the body and how dependent those systems are on the effectiveness of the immune system, and what can be done to ensure that it works at maximum efficiency.

It must be borne in mind that many people consult and receive treatment from the growing number of practitioners of complementary medicine. People would not pay (out of taxed income) for the cost of these treatments unless they were obtaining some benefit.

It is incredible that doctors are not taught the rules for healthy living. If they had been they would not have needed to wait for scientific proof that smoking is bad for your health. Rule No.1 is "We need clean fresh air to breathe." If doctors had been taught these rules, perhaps one or more of them would have strongly advised coal miners to wear a face mask while working.

A human being is as complex as the universe, therefore no one person can know everything about humans and health. This cannot be an excuse for not trying. We must work to learn as much as we each can understand about maintaining health. Our aim must be to maintain our optimal health.

In the same way that when investigating a murder mystery, the question has to be asked “Who gains from the murder?”. Another important question is “Who is gaining from the present medical/healthcare system?”

Food: People may forget or may be unaware of what food to buy to eat. Have you ever seen any advertisements promoting the qualities of fruit and vegetables?

One of the best summaries of elements of a healthy style of eating is set out below. This comes from the book *Medical Herbalism* by David Hoffmann, FNIMH, AHG published by Inner Traditions International and Bear & Company, ©2003. All rights reserved. <http://www.Innertraditions.com> Reprinted with permission of publisher.

*“Eat fresh nutritious foods in season, in a form as close as possible to the original
Enjoy appealing and tasty foods, rotating the foods eaten for variety
Eat moderately and regularly
Balance different types of foods to ensure a nutritionally well-rounded diet
Eat with your senses, with full attention and with gusto
Eat less rather than more
Appreciate simple foods
Eat vegetable, especially cruciferous vegetables.”*

In addition, be aware that we are all different. For example, some people need a diet of low carbohydrates, whereas some people involved in intense activity need high levels of carbohydrates. Particularly when one is unwell, the highest quality food is required.

With rules for healthy living, ensure that the wording is in a positive form. For example, instead of saying “Do not smoke”, say that “Your body needs clean fresh air to enter the lungs.”

Has anyone asked drug users why they started taking drugs? Are they avoiding something, feeling unhappy, and if so, why? If something could have been changed (so that they would not feel such a strong desire to take drugs), what would that change have been?

If we break a man-made law, we may escape punishment by not being caught or by receiving a not guilty verdict after a trial. Rules exist for a purpose. If buildings are constructed contrary to rules of good construction (including common sense) then buildings will collapse or burn, as happened with Grenfell Tower. Similarly, if we do not comply with Nature’s rules for healthy living, then we should not be surprised if we suffer some degree of ill-health. The most severe “punishment” for breaking these rules is death. Despite this, most people are still not yet motivated to ensure that they know the rules for healthy living.

Tension: in any of the following locations can impede efficient breathing:

- > Joints of ribs with breast bone
- > Muscles between the ribs
- > Diaphragm muscle
- > Tension inside abdomen can impede downward movement of diaphragm muscle on in breath
- > Upper back – if body is bent forward here there can be restriction on lungs expanding.

The expression “The Breath of Life” is used with good reason.

There are no pills to release tension, in same way that there are no pills to improve function of nervous system.

No one in authority is going to initiate any fundamental changes. Changes will come only if the public demand them.

SUMMARY – We need:

- Emphasis on health maintenance rather than crisis management.
- Education of both doctors and the public.
- More options for treatment.
- People must be taught to take more responsibility for their own health. Mike Tipton Professor of Extreme Physiology has said “there is an obligation on people to try to keep yourselves as fit and healthy as possible to avoid unnecessary strain on the NHS.”
- People must be taught to understand the consequences of breaking the rules for healthy living.
- Health must be managed. Health does NOT happen by chance: you have to work in co-operation with your body to maintain health (or work to improve health if you were not born healthy).

I have detailed suggestions on the above items.

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APPENDIX A

HEALTH CARE – A VISION FOR THE FUTURE

I have a vision for a system of health care which would improve health and reduce suffering. The system would incorporate ALL of the following:

1. Education of Children

I propose that for at least one hour in every academic year, all children should be taught the very basic facts regarding how the body works. The object of this would be that by the time a child leaves school they will:

- a) Understand the relationship between what we put in our mouths and the effect on our health.
- b) Know that every part of the body is designed to move and that excess tension can kill you. This is not a fanciful statement. The only medical word that relates to tension is 'hypertension' meaning high blood pressure. If some part of the body is storing excess tension that restricts the normal range of movement of the part of the body, then after a period of time (which may be decades) it is likely that the body will let you know about this by the development of a symptom.
- c) Know how to breathe properly.
- d) Know at least one technique for relaxation even if it is simple slow deep breathing.
- e) Experiment to know that thoughts and emotional feelings can affect their health
- f) Understand that the body is a finely tuned instrument which benefits from regular re-tuning. Consequently after any physical trauma, even if minor, it is worthwhile having the body checked by a professional to check skeletal alignment, tension and function.

2. Education of All Health Care Professionals

I propose that the education of doctors and all health care professionals should aim to train practitioners who will work with the following principles:

- a) Focus on health rather than disease.
- b) Learn to identify causes of ill-health and to treat causes rather than treat only symptoms.
- c) Distinguish the difference between the aging process and the disease forming process, then they would cease diminishing ill-health as "It's your age".
- d) Find what is out of balance with each patient and to treat them individually based on their individual needs. My perception is that in many cases the medical profession is attempting to treat all people suffering a particular problem with the same drug.
- e) Assess health by how well the body is functioning not merely by the presence of symptoms. A good example of this is the sense of balance. If balance is less than perfect it is often due to imperfect functioning of the nervous system. My understanding is that there are no pharmaceutical drugs that can improve function of the nervous system, but function can be improved by using one of several methods of stimulating nerve cells, such as low level laser light.

f) Learn to place great emphasis, in practical terms, on the fact that the body is designed to heal itself. This is evidenced because the body will self-repair cut skin or a broken bone. In the best health care service, great emphasis will be placed on teaching doctors how to utilise this power. If the body is not self healing, then the question arises “What impediment is blocking the natural healing process?” The answer may be one or more of the following:

- > Mis-alignment of one or more bones
- > Tension in the muscles or other soft tissues
- > Imperfect function of one or more muscles
- > Imperfect function of the nervous system
- > Imbalance of the body chemistry
- > Poor function of the digestive system.

One example may be useful. A male keen cyclist came off his cycle. He was concussed for 30 minutes but discharged from hospital with no neurological tests being carried out. Having done tests of several parts of his nervous system, his chiropractor identified that cerebellum function was very poor. Treatment with low level laser light significantly improved function and a second treatment helped to stabilise it. After the accident the man experienced clumsiness. Fortunately, the laser treatment rectified this. From searching the internet, I have the impression that drugs are designed to treat nervous system diseases. I am not aware of any pharmaceutical drugs which improve nervous system function. This above is a good example of treating to improve system function.

g) Think systems rather than symptoms. Health care workers will be taught to consider improving the function of systems in the body rather than focusing only on the symptoms presenting. The more systems that function optimally, the better the whole body will function. The better the nervous system works, the better the whole body will function. The better the nervous system works, the better the body will maintain its structural alignment.

3. Education of the Public

It would be very useful if people are taught:

a) The rules for healthy living.

b) To take some responsibility for their health. A doctor cannot make you healthy. You cannot buy good health. *You have to work at it your whole life.* Health comes from within. The body is designed to heal itself.

c) How to recognise the early signs of their body being out of balance so that the imbalance(s) can be corrected. On this subject alone I have written a 30 page article on maintaining health entitled “Don’t Die of Ignorance’ which can be accessed at www.health-maintenance.org by clicking on the download symbol.

d) To feel their own body and to become more aware if they are feeling tight or less than well. Ideally in the long term, people can be taught how to loosen their own tight bodies.

e) When people are aware that the body is starting to become out of balance, they are aware of all the possible things that could be done to help their bodies.

f) I believe that if we deal with the little problems, they are much less likely to grow into big ones. However, many patients are told that their condition is not severe enough to treat with medication or surgery. Too many times there is no attempt to educate the patient as to what changes may be required in order to try to restore good health. Rather there seems to be an attitude of waiting for the problem to get worse and only then to make changes by the administration of drugs or surgery.

APPENDIX B SOME RULES FOR HEALTHY LIVING

1. Breathe fresh clean unpolluted **air** (or the best available to you).
2. Drink sufficient fresh clean unpolluted **water**. Drink plenty of water on its own. This means plain water, not water mixed with other fluids. The reason for this is that the body processes water separately from other substances. A common recommendation is 1 to 2 litres per day.
3. Try to have a diet with as high a percentage as possible of **fresh** whole food including fruit and vegetables (preferably organic). The less processes it goes through, the better. With regard to the emphasis on fresh food, note the quality of a lettuce leaf which has just been pulled from the ground. Compare this with a leaf from a lettuce which was harvested two or three days previously!
Eat slowly and thoroughly chew all food before swallowing. The digestive process starts in the mouth.
4. Have regular checks to ensure that your **skeleton** is well aligned.
5. Have regular checks to ensure that your body is storing a minimum of **tension**. This is important because where tension is stored, there is some restriction of movements in the body: where this happens it is more likely that some symptom of ill-health (or its cause) will manifest itself. The importance of regularly releasing tension from the body cannot be over-emphasised.
6. Do some **exercise**. Each week take three or four exercise periods. This will help maintain the flow of energy. The importance of some regular exercise cannot be over-emphasised. A good exercise programme should include two factors, stretching and aerobic.
 - (i) Stretching may include some movements which gently and slowly stretch each part of the body. Most normal sporting activities stretch each muscle in one direction only, whereas enormous benefit can be gained from stretching a muscle by rotating the muscle.
 - (ii) Aerobic exercise means exercise that works the heart to pump blood with oxygen to all parts of the body . This involves increasing the resting heartbeat rate to speeds within upper and lower limits, the actual limits depending on the age of the individual.
7. Energy systems need to be flowing free of impediment.
8. Your electro-magnetic field should be aligned with your physical body. If this sounds strange, then consider the phrases "I feel beside myself" and "I have been knocked sideways".
9. In bed, lights out and ready to go to sleep by 10.30 pm at the latest. I have started with the end of the day, because if I started at the beginning, many people would say that was too early to start. The time we are able to start depends on what time we go to bed.
10. After essential ablutions (and dressing warmly, if necessary) spend a minimum of 15 minutes in quiet contemplation. Remember this is important because it is time for you.

11. Minimise stress levels and do things to counteract life's stresses. RELAX. If you are unable to do this, find something which you enjoy doing which is relaxing.

12. Have at least two sessions per year to check the function of your nervous system and bone alignment. Also at least once consult a professional homeopath with a view to ascertaining your constitutional remedy, then review as advised.

13. Use your body in as balanced a way as possible. Repetitive use of the body in a one-sided way often eventually results in some imbalance. For example, mothers who carry a baby on the same side of the pelvis can help themselves by carrying the baby on the other side of the pelvis for some time (not necessarily equal lengths of time). Another good example is golfers, twisting their bodies in only one direction.

14. If we deal with little problems, they are much less likely to grow into big ones.

15. The more body systems that we ensure are working optimally, the better the body works.

16. Learn to love and respect your body. Be aware that there may be a difference between what **you want** and what **your body needs**.

17. Think about the acid-alkali balance of your cells. Some state that the ideal (on a scale of 0-14) is 7.44 – 7.35. The lower the number, the higher the acidity. Cells cannot function properly if the acidity is too high.

If people had been told the rules for healthy living, perhaps less people would have started smoking. I am certain that people would not have gone down coal mines without at least a face mask. For those who do not know, miners suffered from pneumoconiosis, a lung disease caused by coal dust entering the lungs faster than the lungs could remove the particles.

In ignorance of the risk of working with asbestos, many people suffered asbestosis, another lung disease.

ACTIVE MAINTENANCE avoids an unnecessary POST-MORTEM.

APPENDIX C OTHER FACTS AND THOUGHTS ABOUT HEALTH

1. We are what we eat. Everything that you put in your mouth will influence your health. This may be beneficial or detrimental.

2. The body is a finely tuned instrument which must be treated with respect. Even a stringed instrument is re-tuned when it moves from one environment to another.

3. Sometimes our body needs a multi-therapeutic approach, depending on what is out of balance and on what was the cause.

4. HEALTH DOES NOT HAPPEN BY CHANCE. IT MUST BE MANAGED PRO-ACTIVELY. Health must be managed with as much effort as we use to manage money, career, pension, motor vehicles, buildings, computers, and equipment (e.g. boilers). Imagine driving a car for 50,000 miles without any servicing. This subject is so important that the Government requires us to have cars (age three or more years) checked annually. I suggest that the difficulty with each person managing their health is that people have not been EDUCATED to know:

- > The basics of how the body works
- > How to be aware if the body is starting to become out of balance
- > The options available to deal with a problem as it arises
- > To budget for some expenditure on private health care. With the best will in the world, the NHS cannot be all things to all people.

5. What you do (believe, think, eat and feel) today affects how you sleep tonight and thus how you feel tomorrow.

6. The body is a response mechanism. It responds to ways in which we live out of harmony with nature. If we regard symptoms of ill health as messages from our body and an opportunity to learn something, grow and/or make appropriate changes, then this puts a different perspective on ill health rather than the opposite view of “why poor me?”

A useful example is cramp in a muscle. The body is giving you a message that it is deficient in the mineral magnesium. Bearing in mind that magnesium has many functions in the body, it would be sensible to take a magnesium supplement for a few weeks to build up the body's magnesium level.

Hopefully the above will help you appreciate that we do have some power over our health and we are not just victims of fate.

7. You can do what you want in life but there will be consequences and a price to pay. The choice that you make now determines the choices next available to you. If you do not bother to learn the rules for healthy living, then do not be surprised if you suffer ill health.

8. If the wheels of your car inadvertently touch the kerb while you are driving, then in the ideal world, you will have the wheel alignment checked. If alignment is poor this will cause uneven wear of the tyres and cost more money than is necessary. Contrast this way of looking after machines with how people look after their bodies. Many people have one or more falls during their lives. The common human response is to get up, say “I’m all right” and carry on with their lives as if nothing has happened. What they are UNAWARE of is that one or more bones may have been knocked out of alignment. Bones out of alignment

are likely to cause other problems such as excessive wear of joints, interference in the function of the nerves. This is one reason why chiropractic is the third largest health care profession in the world.

9. On the subject of falls, be aware that the cause may be:

- > Lack of awareness of what your feet are doing.
- > Poor co-ordination, possibly due to imperfect function of nervous system.
- > Poor sense of balance due to:
 - Low blood pressure; and/or
 - Poor function of the nervous system. The sense of balance uses a huge proportion of the whole nervous system. It appears that there are no pharmaceutical drugs to improve FUNCTION of the nervous system, but function can be improved with several of the complementary therapies.

10. Be aware that despite several books having been written by doctors criticising the current system of medicine, nothing has changed.

11. For over 40 years I have studied health. I have not yet seen, heard or read any reference to tension in the body (other than the word hypertension) which is high blood pressure. Having spent 40 years as a healthcare professional touching bodies, I cannot help being aware of the locations where each person is storing tension in their body. Excess tension should be released because EVERY part of the body is designed to move through a certain range of motion. If tension is restricting the designed range of motion, then it is highly likely that the body will develop an adverse condition after many years.

12. What is the main control and communication system in the body? It is the nervous system. This comprises the brain, spinal cord and nerves. The brain receives information from all over the body via sensory nerves. The brain integrates all this information and via motor nerves it sends appropriate messages to muscles and organs.

- > The better the nervous system, the better the whole body works/functions.
- > The better the nervous system, the better the skeleton holds together in the correct alignment.

13. Be aware that anything you put into your body that cannot be used to make a new cell or provide voltage for that cell must be eliminated from the body at some cost to the system. (Quote from book "Healing is Voltage: The Handbook" by Dr. Jerry Tennant).

14. Many people use sports coaches to maximise their performance. Why not use health coaches to maximise your health?

15. There is a difference between health maintenance and preventive medicine. With the former, one is pro-active in assessing health and function of one's body and no medicine is involved. With the latter, medicine is given to reduce the risk of suffering a specific disease. Consider the example of a person with high blood pressure. In the preventive health model, that person will be prescribed pharmaceutical drug(s) to reduce blood pressure in order to avoid a heart attack. The drugs do nothing to deal with the cause(s). In the health maintenance model, blood pressure will be monitored regularly to avoid it becoming so high that it is a risk to health. In addition, a conversation will be held with the person concerned to ensure that s/he is able to relax and to ensure that s/he is able to breathe efficiently. Many people do not breathe fully. The ability to breathe deeply, easily and without impediment due to tension in the body, is extremely useful for relaxation.

Blood pressure monitors are now available at a reasonable cost. Yes, people must learn to take more responsibility for their own health.

16. Vaccines are in the news due to Covid. The question arises – why have so many people worldwide suffered from this virus? Why are their immune systems not doing what they are designed to do? A very large number of people have previously had many vaccines for different purposes. Is it possible that they have had the effect of numbing peoples' immune systems and or impeding the development of a well-functioning immune system? What evidence is there to prove that vaccinations do not have either or both of these effects?

Should the whole population be vaccinated? Even during the Great Plague in 1348 about 50% survived. Therefore, I assume that they had immune systems which were working effectively. The question arises “What is the effect of a vaccination on a healthy body and are there any adverse effects?” What evidence is there to support the answer to the previous question?

17. Extract from ebook on Chapman's Reflexes Page 21.

“Often we have given control of our health to medical experts and put our faith in their ability to determine the cause of our dis-ease and perform treatments that will cure our ills.”

My comment: By their own admission, doctors have stated that they do not deal with causes. What does this say about the rationality of patients who expect doctors to cure them if the doctor is not attempting to determine the cause?

18. If you think health care is expensive, try the cost of ill-health.

19. A person who breaks man-made law may escape punishment by not being caught or by being found not guilty after a trial. Ignorance of the law is no defence. Rules exist for a purpose. A person who does not comply with natural laws of healthy living can NOT escape the consequences. If buildings are constructed contrary to rules of good construction (including common sense) then buildings will collapse or burn as happened with Grenfell Tower. Similarly, if we do not comply with Nature's rules for healthy living, then we should not be surprised if we suffer some degree of ill-health. The most severe 'punishment' for breaking these rules is death. Despite this, most people are still not yet motivated to ensure that they know the rules for healthy living.

20. The UK Government indicates that you are not at fault if you are sick. However, while it may not be your fault (because no one taught you the rules), it is still your RESPONSIBILITY because you have not made sufficient effort to learn the rules.

21. It is so much easier to maintain health than treat disease.

22. If the body is using energy to deal with an underlying health issue, then it has less energy available for the immune system to deal with an attack from a virus which is new to the body.

23. There are too many people wanting to receive an organ transplant. This is a symptom. The cause is that many people have not looked after their health. Could this have been prevented with health education and earlier intervention?

24. We do not know how well we can be until we are well.

25. Disease is the end of a process.

26. Using the analogy of a bank account, if you take out more than you put in, then you will become bankrupt. If you do things which are adverse for your health from your body's point of view, then it is likely that your body will let you know by developing signs and/or symptoms. You can pay into your 'Health Bank' by doing what your body needs such as following a healthy lifestyle.

27. The government organises an army and other fighting forces to protect us from other human beings. Who is protecting us from invasion by bacteria and viruses? Our body and its immune system is our defence system, designed and created by nature. Aren't we lucky that we don't have to design, create and pay for this defence system. However, what we do have to do is to learn how to look after and maintain our immune system. Therefore, the first priority is to learn how to do no harm to our body. This brings us back to learning the Rules for Healthy Living.

28. Gardens are made to look attractive by managing them.

29. If you are trying to grow food and your crop fails, perhaps you did not follow **Nature's rules** for growing.

30. The body reveals all if we know how to read it.

31. When a human being is born, it knows nothing. People learn:

- Language and arithmetic,
- Social skills, how to do their job,
- How to drive a car,
- How to use a computer
- How to play games.

Then why is it that people do not learn the Rules for Healthy Living?

32. Many people are unaware that they have not been educated about English language grammar. Most people have NOT been educated about the Rules for Healthy Living. You may choose to ignore the former but if you ignore the latter, you increase your chances of suffering in the future.

33. If there were no rules about driving on roads, there would be chaos. Our health care system is in chaos because many people have not been complying with the rules for healthy living. Many of those people have never been taught the rules for healthy living. The Government has produced rules for using roads in "The Highway Code". The Department for Education has refused to add the Rules for Healthy Living to the national curriculum. The Department for Health continues to pay for treating sick people with almost no education to improve things.

34. YOU are responsible for everything (solid and liquid) which you put in your mouth. Similarly, YOU are responsible for the following:

- Everything which you put on your skin.
- How you breathe
- How you relax
- How you move your body.