



Basile Spine Sport and Wellness

Health Promotion Strategies

To Optimize Your Results, Create Better Life Performance and Greater Longevity With Chiropractic Care

Health Defined

Since our health is so vital to the quality and quantity of our life, it is important to know what health is so we know what we are aiming for. When people are asked to define health the two most common responses are "feeling good" and "being free from disease". This sounds good until you learn what the definition of health actually is. The World Health Organization definition of health is, "A state of optimal physical, mental and social well-being and not merely the absence of disease or infirmity". Webster's dictionary states that "Health is a condition of wholeness in which all the cells, tissues, and organs of the body function 100% all of the time.

When you examine these two definitions you can see that there is no mention of how you feel. Additionally, it actually states that health is not merely the absence of disease and infirmity. Finally, it states that health is when your body is functioning normally.

What does all this mean? It means that if you want to be as healthy as possible you will want to do whatever it takes to promote as close to 100% normal body function as possible. How you do this is the subject for another time. The important thing here is to understand this concept and realize that it is not just theory, but you can use this definition in practice also.

Do you think it is possible to feel

great and be very ill?

Do you know anyone with diabetes? As long as they are taking insulin they feel good, but they have a very serious disease that will shorten and affect the quality of their life.

Have you ever had a friend who felt great and went for a routine mammogram, PAP smear or even a lung x-ray only to receive bad news several days later?

Have you ever known someone who seemed to never have a sick day in his life and suddenly dropped dead of a massive heart attack? He felt great the day before. The point is that you cannot base health on how you feel, because how you feel is not a reliable guide. You can feel great and be very, very ill.

What do these three examples all have in common? Answer: a body that isn't working or functioning right.

What is

HEALTH PROMOTION?

We all want to be healthy. We are all aware that living a healthy lifestyle helps to prevent disease. But health is more than being free from disease. Optimum health means that your body is functioning at 100% all of the time. With this understanding we can actually make our aim to go beyond merely preventing disease and actually build (PROMOTE) greater levels of health. Thus, HEALTH PROMOTION. That is what we want to help you achieve which leads to better life performance and greater longevity.

How do you know if you're healthy?

I feel good, so I'm healthy.

I feel good, but I could have cancer, heart disease or even diabetes.



Which statement is true?

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