

Health in Theory and Practise.

Circling the square.

Ataraxia.

*A book to read – a book to refer to.
How to be well.*

This book presents the case for personal responsibility to the interested, aware, lay person; and if a person is aware, how can they not be interested in their own wellbeing?

It lays out the rationale for self-maintenance and personal growth and development through diet, exercise, and qi gong.

It offers an energetic understanding of health and disease as compared to pharmaceutical driven western medicine symptom suppression, neither are right or wrong, it is a case of suitability and appropriateness.

Not only but also – it advocates the wisdom of choosing the correct options at the correct time.

If and when disease does occur it provides solutions via dietary advice, herbal medicine, homeopathy and acupuncture / massage.

After the introduction the book consists of 9 chapters.

Chapter One

Lays out the 4 pillars of diet, exercise, positive thinking, and treatment. It explains the world as it is – the dominance of pharmaceutical driven western medical orthodoxy – and the benefits and pitfalls of that approach. It introduces the concept of an holistic, energetic, person centred alternative. The need for personal responsibility and the means of achieving that.

Chapter Two

Diet – the importance of correct re-fuelling. Historical comparisons of different dietary advice. A pragmatic approach through the many different dietary approaches; presentation of a recommended diet. The 5/6 Tastes. Energetic classifications of foods. The bare (food) necessities for life. Technical stuff - Calorific explanation, orthodox nutritional information, Amino acids, Vitamins, Minerals, and the necessary and recommended daily amounts.

Chapter Three

Exercise. The benefits that regular exercise brings. A brief overview of specific system benefits (cardiovascular, respiratory etc.) Glycaemic index and the release of energy. Exercises for specific parts – hands etc. Being child-like not childish – enjoyment, fun. Examples via YouTube site of simple practical exercises.

Chapter Four

Positive thinking – As we travel through our journey of exploration of the human condition we arrive at breath control, body control, mind control via qi gong exercises and techniques. Three-line relaxation technique, the palm cleansing exercise – again available on YouTube channel - and most importantly closing down exercises are shared. The Chinese understanding of different parts of the soul, and the necessity of “Climbing up only, without asking how high the mountain is” – perseverance.

Chapter five

Herbal medicine. The history of the oldest form of medicine known to human kind. From Shanidar Iraq 60,000 years ago onwards – brief introductions to the three main energetic traditions – Humoral medicine, TCM, and Ayurveda are introduced. Information on common over-the-counter remedies, Echinacea, Ginseng, St John's wort etc. and the most popular and accessible Chinese classic formula available as pills. The uses of specific herbs for minor conditions – 64 are covered in depth with energetic, pharmacological historical information and combinations.

Chapter six

Homeopathy – explanation for the animosity towards Homeopathy from the orthodox scientific world. Avogadro's constant and its relevance to science compared to homeopathy, the different potentiation scales and techniques of preparation. Cartesian dualism. A look at double blind randomised control trials and their dominance. The holistic argument for multifactorial intervention including the effect of personal and subjective contact as opposed to crude objective 2-dimensional analysis. Remedies.

Chapter seven

Massage / Acupressure – covers the benefits of massage; basic massage strokes (YouTube), explains Acupuncture point theory and classification, and contrasts it to western attempts to shoe horn it into a western medicine paradigm. Introduces specific acupoints and their effects.

Chapter eight

Repertory. – list of symptoms and solutions for them drawing on the previous chapters – i.e. – diet, herbal medicine, acupressure, and homeopathy.

Chapter nine

A day in the life - Putting it all together – responsible individualism. Being fundamentally anti-fundamentalist. Ataraxia. Juxtaposing the subjective heterogeneous with the objective homogenous. It's a funny thing health...