

# WHAT IS HEALTH?



What is health? How do you know if you are healthy? Most people answer that they know they are healthy if they feel good. Is this the right answer? Is “feeling good” a good indicator of health?

We all know someone who had a heart attack or discovered they had cancer who felt great the week prior. Were they healthy? Of course not, but they thought they were. They had no idea of the disease developing in their body. Conversely, throwing up from food poisoning or the symptoms from a flu are “healthy” reactions of the body trying to eliminate a toxic substance. Does it feel good?

So health has very little to do with the way you feel. The World Health Organization defines health as: **Health is a state of optimal physical, mental, and social well-being and not merely the absence of disease or infirmity. We define health as: Health is a state of wholeness in which all organs are functioning 100%, 100% of the time. Health is not just how you feel, it's how you are functioning!** Thousands of Canadians die from heart attacks each and every year and the heart attack is the first sign of the disease for many of them! You can't wait until symptoms show up before you decide to act.

Symptoms are a poor barometer of health and usually show up late in the disease process. Similarly, spinal degeneration or osteoarthritis can progress silently for years before giving symptoms. By then, extensive damage is usually present. Would you rather choose a lifestyle of wellness so your body functions at an optimal level, or live the typical North American lifestyle and unknowingly allow various diseases to progress to a level of crisis before you seek action? **Every choice you make today shapes your future.**

Where does health come from? Health comes from within. Your body has the inborn ability to heal itself naturally. **You were born to be healthy.**

The catch is, in order for your body to be able to be healthy and heal itself, it must be free from nervous system interference. The nervous system controls the function of every cell, tissue and organ of your body. When vertebrae in the spine go slightly out of alignment or lose their normal motion, they can interfere with normal nerve function. We call these subluxations. By removing your subluxations we increase your level of function, thus increasing health.

Have you and your loved ones been checked for subluxations?

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*Disclaimer: The above represents the opinion of the authors, based on extensive research and years of clinical practice. It is not intended for self-diagnosis and treatment. Please consult a health care professional as your specific condition might require different recommendations.*