

The Four Essentials of Health

Health is something you are given at birth and it should be maintained throughout your lifetime. Unfortunately, we are never taught that what we need for health and what specifically need to be maintained.

We are all born with a genetic health potential. If we understand what can interfere with that potential we can avoid such interferences and keep it at its highest level. When we buy a brand new car, we get a manual to maintain it. This tells us how to make the car last the longest possible time and run at its optimum potential with minimal problems. Yet, when children are born there is no manual in the “glove compartment” to know when to “change the oil, rotate the tires and get tuned up.” In other words, we are not taught what to maintain or how to maintain it. To understand how to obtain our highest optimum health potential we first have to know what the essentials of health are.

To understand the essential of health we need to understand the essential of life. Many things could come to mind in different categories such as physiological, psychological or social. However, in terms of basic physiological essentials for survival we can name four:

Food Water Oxygen Nerve Impulse

What makes these essential is that if any of them were to stop, you would die. If any of them were interfered with, **your health would not be at its optimum potential.**

Food

Food is the fuel and building block for growth and reproduction of cells and tissues. It consists of proteins, fats and carbohydrates. If any of these were to stop you would die. If their balance is interfered with your health potential would not be at its optimum. For example, if you ate high fat or sugar foods (french fries, doughnuts, etc.) what would be the possible condition of your arteries in 10 – 20 years? If you said more closed with fat, you are probably right. Result: lowered health potential.

Water

(Fluids) – Seventy-five percent of your body is water. It is used in almost every body reaction. If you stop fluid intake, you die. If you drink unhealthy fluids (caffeine, alcohol, additives, preservatives, dyes, etc.) or not enough fluids, your body’s health potential is decreased.

Oxygen

Oxygen is also used in almost every reaction of the body and is carried by the pulmonary (lungs) and circulatory (blood) systems. Interference to these systems could

stop oxygen and result in death. We should exercise and breathe deeply to increase our oxygenation to cells. Researchers say that oxygen deprivation can cause almost anything from fatigue to cancer. If oxygenation is not at its optimum, neither is your health potential.

Nerve impulse

Nerve impulse is the most commonly overlooked essential for life and health. Nerve impulse is an electrochemical charge transmitted by the brain through the nervous system to the body. It is the life force that keeps us alive and “charged”. All body function is dependent on this life force or brain impulse. Cells must be electrically charged in order to vibrate and function. If your brain stopped (generation these electrical impulses) you would die. In fact in order to be legally dead, brain impulse must stop. If you severed the nerve to your heart, would it stop? How about your stomach, lungs or hands? What if you just interfere with the normal nerve transmission? Would these organs and tissues function at their optimum potential?

One of the major causes for such nerve interference is a misalignment of the spine commonly termed by chiropractors as a subluxation. Subluxations can interfere with the nerve, the spinal cord and reflex nerve pathways resulting in abnormal function and a lower health potential. **If your spine is subluxated you cannot be at your optimum health potential** regardless of how good your food, water and oxygen is, because you are still interfering with one of the essentials of life and health.

Spine health

The chiropractor's primary role is to locate and correct subluxations, thus removing nerve interference and allowing the body to restore its normal function. It is not a treatment for symptoms or a cure for disease, but merely a way of improving the bodies optimum health potential, through proper nerve integrity. This is why everyone should see a chiropractor from the time they are born, and regularly throughout their lifetime. Maintenance of a healthy spine means optimum nerve integrity and optimum health potential.

So remember, to achieve and maintain optimum health potential, maintain the most optimum quality of the **essentials of life and health**:

Food **Water** **Oxygen** **Nerve Impulse**

But pay special attention to the most neglected one – nerve impulse – by having your spine checked for subluxations by a chiropractor. It could be the answer you have been searching for.