



# Wellness News Network™

Your Source for Health & Wellness Information

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## A HEALTH PHILOSOPHY? WHO NEEDS IT?

Presented by: Total Health Systems

TotalHealthSystems.com

### Introduction

I often ask patients what their health philosophy is only to get that “dear in the head-lights” look. Most of us have never taken the time to consciously develop our personal health philosophy.

### What is philosophy?

Philosophy can and should be extremely practical. It involves answering these three vital questions:

- What do I believe?
- How do I know?
- What am I going to do about it?

### Why is a health philosophy so important?

Your health philosophy is important because it GUIDES every health decision that you ever make. You may not realize it, but you do have a health philosophy. I think Ayn Rand once put it best:

*“Your only choice is whether you define your philosophy by a conscious, rational, disciplined process of thought and scrupulously logical deliberation — or let your subconscious accumulate a junk heap of unwarranted conclusions, false generalizations, undefined contradictions, undigested slogans, unidentified wishes, doubts and fears, thrown together by chance, but integrated by your subconscious into a kind of mongrel philosophy and fused into a single, solid weight: self-doubt.”*

### WHERE TO BEGIN: HEALTH RESPONSIBILITY

The first step in consciously defining your health philosophy is to decide who is responsible for your health.



**QUESTION:**  
Which is NOT a symptom of sciatic nerve pain?

- A) tingling
- B) headache
- C) burning sensation
- D) dull ache

**ANSWER:**  
B) headache

**QUESTION:**  
What are some of the common causes of sciatica?

- A) lumbar spine disc herniations
- B) tumor
- C) pregnancy
- D) infection

**ANSWER:**  
A) & C) only  
B) & D) are symptoms of rare causes

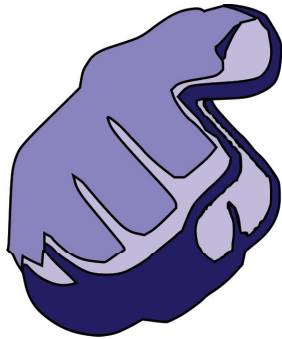
**TRUE OR FALSE:**  
The sciatic nerve begins in the middle of the back

**ANSWER:**  
False – lower back

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Do you believe that your health care is the responsibility of the government, an insurance company or your doctor? Or, do you believe that YOU and you alone are responsible for your health?



## MECHANISM vs. VITALISM

What you believe about the nature of a human being. Do you believe that you are the sum of your individual parts, much like a very complex machine? If so, you have a mechanistic philosophy. Do you believe that you are made up of more than the sum of your parts, that there is an intangible intelligence, or life-force present within? If so, you have a vitalistic philosophy.

## “OUTSIDE-IN” vs. “INSIDE-OUT” HEALTH CARE

Do you believe that health comes from the outside and in order to function normally, you need something to be added to (drugs, supplements) or taken away (surgery) from your body? Or do you believe that health naturally comes from within and that you are programmed for normal function?

This is just the start of the process of determining your full health philosophy. I encourage you to define your philosophy of health (as well as your life philosophy, parenting philosophy, relationship philosophy, etc) consciously as Rand describes above. This will provide a rock-solid foundation on which you can pro-actively take responsibility and congruently drive both your health care choices and actions.



## Quote to Inspire

*“The first wealth is health.”*

*- Ralph Waldo Emerson*

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