

# DON'T DIE OF IGNORANCE

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## **DON'T DIE OF IGNORANCE**

*Be informed and make an informed and conscious decision  
regarding your health care.*

### **CHAPTER 1 - INTRODUCTION**

#### **What is your most valuable asset?**

I suggest that it is your health. When health is less than optimal, the quality of life begins to deteriorate.

The purpose of writing this article is to encourage you to make a conscious decision to be proactive in connection with maintaining your health rather than the default situation of making no decision and waiting until a crisis occurs. I have enormous job satisfaction from helping to relieve pain. However, I have always wanted to help people to avoid suffering in the way that they do; this is another reason why I have decided to write this article.

Most health books and articles seem to deal with particular ill health problems: this article is specifically about maintaining health with a view to avoiding a crisis.

In the title of this article I have used the word “die.” This is not to scare you, but it is a matter of fact that some illnesses result in death. However, and possibly more importantly for the majority of the population, lack of optimum health can start to reduce the quality of life.

In the title of this article I have also used the word “ignorance”. This is taken in the sense of being un-educated or uninformed. Think about all the education which you have received in your life whether it was compulsory at school or voluntary education after leaving school. Now consider how much you know about the following topics:

1. How does your body work?
2. The rules for healthy living.
3. How to recognise the early warning signs of the body functioning less than perfectly.
4. What you can do and what services are available to help correct those early warning imbalances when you do become aware of them.
5. The need to budget for expenditure on health care. See page 15

Another purpose of this article is to help you become aware of indicators of minor problems so that you are empowered to know more about your own body and have an opportunity to do something about it. If we deal with little problems, they are less likely to grow into big ones or a crisis. Very many people become aware of dysfunction only when they are in pain.

Points to consider:

What is health?

Why should you do anything? If it isn't broke, don't fix it.

What can you do to help yourself?

I have always known that chiropractic treatment has a preventive aspect because I always felt better after receiving a treatment, even when I was symptom free beforehand. With the greater knowledge I now have of the nervous system I can test very many specific functions of the body, and make interventions to improve function. This enables both me and a client to identify specific changes in function as distinct from merely noting how the client feels.

It was in the summer of 1979 when I first read about the possibility of treating headaches in ways other than with a chemical pharmaceutical drug. Later that year I came across the poem called “A Fence or an Ambulance” printed below. For me this poem epitomises the philosophy of complementary medicine with emphasis not only on prevention, but also on being pro-active to maintain health: this can be compared with building the fence. We need ambulances for emergencies but we also need many more fences to reduce the number of emergencies arising.

The following poem, believed to have been written in 1895, is still just as true today as then.

## **A FENCE OR AN AMBULANCE?**

By Joseph Malins (1844-1926)

‘Twas a dangerous cliff, as they freely confessed, though to walk near its crest was so pleasant;  
But over its terrible edge there had slipped a duke, and full many a peasant;  
So the people said something would have to be done, but their projects did not at all tally.  
Some said, “Put a fence ‘round the edge of the cliff”, some, “An ambulance down in the valley.”

But the cry for the ambulance carried the day, for it spread through the neighbouring city.  
A fence may be useful or not, it is true, but each heart became brimful of pity,  
For those who slipped over that dangerous cliff; and the dwellers in highway and alley,  
Gave pounds or gave pence, not to put up a fence, but an ambulance down in the valley.

“For the cliff is all right if you’re careful,” they said, “And if folks even slip and are dropping,  
It isn’t the slipping that hurts them so much as the shock down below when they’re stopping”.  
So day after day as those mishaps occurred, quick forth would these rescuers sally,  
To pick up the victims who fell off the cliff with the ambulance down in the valley.

Then an old sage remarked, “It’s a marvel to me that people give far more attention  
To repairing results than to stopping the cause, when they’d much better aim at prevention.  
Let us stop at its source all this mischief,” cried he; “Come, neighbours and friends let us rally;  
If the cliff we will fence, we might almost dispense with the ambulance down in the valley.”

“Oh he’s a fanatic,” the others rejoined; “Dispense with the ambulance? Never!  
He’d dispense with all charities too if he could. No, no! We’ll support them forever!  
Aren’t we picking up folks just as fast as they fall? And shall this man dictate to us? Shall he?  
Why should people of sense stop to put up a fence while their ambulance works in the valley?”

But a sensible few, who are practical too, will not bear with such nonsense much longer.  
They believe that prevention is better than cure; and their party will soon be the stronger.  
Encourage them then, with your purse, voice, and pen, and (while other philanthropists dally)  
They will scorn all pretence and put a stout fence on the cliff that hangs over the valley.

Better guide well the young than reclaim them when old, for the voice of true wisdom is calling;  
To rescue the fallen is good, but ‘tis best to prevent other people from falling;  
Better close up the source of temptation and crime than deliver from dungeon or galley;  
Better put a strong fence ‘round the top of the cliff, than an ambulance down in the valley.

## CHAPTER 2 - WHAT IS HEALTH?

The definition of health used by the World Health Organisation is “Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.” My preferred definition includes a few more words to include all aspects of being a human. Thus “Health is not just the absence of pain or disease, but is a positive sense of well-being physically, **emotionally**, mentally and **spiritually**. In addition health means having a body which functions optimally.” Emotions and spirit are often overlooked when discussing health. Mind and emotions are referred to as though they are the same, but they are different. Mental processes take place in the head, BUT emotions are felt in different places in the body, such as LOVE in the heart or we may speak of a gut feeling.

Health is also a measure of the ability of the body to **adapt** to changes. Via the nervous system the body is constantly monitoring the environment both outside and inside the body and then making appropriate responses to muscles and organs.

Health can also be described as the ability of your body to handle physical, chemical and emotional stress without losing your physical, chemical and emotional balance.

“**Optimal health**” means being as healthy as is possible at that point in time, bearing in mind all of the following factors:

Your genetic make-up (even this is changeable).

Age

Nutrition quality

History of physical traumas

History of surgical interventions

History of therapeutic drugs taken

History of use of nicotine, alcohol, recreational drugs and even excess of substances that may be regarded as “food” such as sugar.

“*The goal of rehabilitation is to achieve an **optimal function** outcome ....*” This phrase is in the section on stroke rehabilitation from “Taber’s Cyclopedic Medical Dictionary” published by F. A. Davis Company, Philadelphia USA ISBN 13:978-0-8036-1207-5. What I am doing is suggesting that, rather than waiting for a crisis, we work to maintain optimal function for as long as possible. Why wait for a crisis before even beginning to think about our health? Taber’s second definition of “medicine” is “*The act of maintenance of health, and prevention and treatment of disease and illness.*”

### **Where does health come from?**

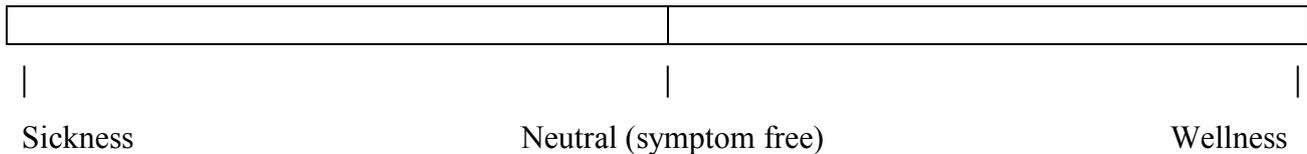
Having considered what health is, now let us consider where it comes from. Health comes from within as do qualities such as happiness, honesty, integrity, confidence, etc. The body is designed as a **self-repairing** mechanism. If you cut your skin or break a bone, **it is the body that does the healing**. However, if there is some impediment to the healing process, then healing may not be 100% or the process may take longer than it should. If you lose any aspect of health, you cannot buy health from a shop or from any person.

### **Who is responsible for your health?**

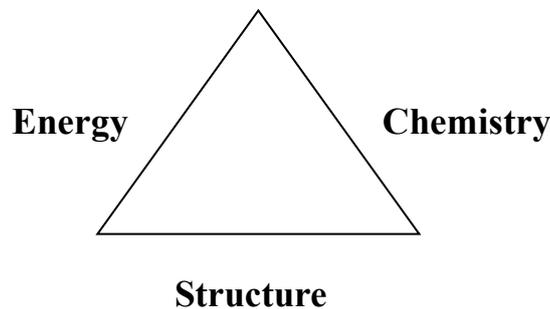
YOU ARE. Doctors and other health care practitioners have knowledge and skills to assist you and your body, but no one can help you unless you ask for help. So it is important that you listen to your body and action the messages that it is sending to you. The more you become aware of minor imbalances, the sooner you can take appropriate action (on your own or with help), the less likely it is that the problem will grow into a big one.

I have the impression that in old age many people die of an illness which has developed over a period of many years. If minor imbalances are not corrected, then eventually the body may not be able to adapt to that imbalance with the result that something breaks down and does not function as well as it could do. Perhaps this did not have to be the quality of later life if the person had been aware of early signs of some imbalance in the function of the body.

How do we know how healthy we are? I suspect that most people assess their health only by reference to pain. However, referring to my above definition of health, you must consider how well your body functions and how well you feel physically, emotionally, mentally and spiritually. Remember how you feel when you are ill. The difference between feeling ill and your normal state of being can be as great as the difference between your normal state and feeling super well.



**HEALTH TRIANGLE:** I like the image of health as an equal sided triangle where the base represents the structure of the body. One side of the triangle represents chemistry and the other side represents energy including emotions and mental attitudes. In order to be very healthy each part of the triangle must be well balanced. Because the body works as an integrated whole unit, working on one part of the triangle can improve the other two parts.



## **CHAPTER 3 - HOW HEALTHY ARE YOU?**

### Factors to be aware of when assessing your individual health

Assessing your health by being aware of pain or no pain is a poor measure of health. This is because in many cases by the time you feel pain, there are probably one or more functions in your body which are less than optimal. If you assess health based on what you feel, the usefulness of this depends on how aware you are of your body and how sensitive you are to knowing that something is less than perfect.

A far better measure of health is to assess body function. In support of this statement I would mention that in USA there is a group of doctors and other health care professionals who have formed The Institute for Functional Medicine [www.functionalmedicine.org](http://www.functionalmedicine.org). In this chapter I have taken many aspects of body function and given questions you can ask yourself.

## FUNCTION

Are there any restrictions on your activities of daily living, or your hobbies or sporting activities?

## BREATHING

This should be deep, quiet and require little effort. In order to breathe well, all of the following need to be functioning well:

- The alignment of all the rib bones at their junctions with the vertebrae in the spine and the breast bone at the front of the body;
- The diaphragm muscle must be free of tension;
- The nerve supply to the diaphragm muscle must function optimally;
- The ligaments which hold the abdominal organs in place must be free of tension, otherwise there may be restriction of the descent of the diaphragm and thus less than full inhalation.

## SLEEP PATTERNS

- Do you go to sleep easily?
- Do you stay asleep through the night?
- Do you awake to urinate; if so, how many times?
- When you awake in the morning, do you feel refreshed and ready to get up and start the day (or do you not feel this until you have washed or had a cup of coffee!)?
- We should awake with energy and a mind that works

## POSTURE

At home stand in front of a mirror and look at yourself or ask someone else to look at you and tell you if you are well aligned or standing straight. Firstly look at **horizontal** alignment with regard to the following:

- Head should be horizontal when looking at either top of head or base of skull. Note if head is tilted with one ear closer to shoulder on the same side.
- Tops of shoulders
- Tops of shoulder blades
- Waist
- Tops of pelvic bones at sides of body
- Ends of fingers when arms resting at sides of body
- Knees

Secondly look at **vertical** alignment. When viewed from the front and the back, there should be a straight vertical line from neck, down spine, between buttocks and midway between feet.

When viewed from side, there should be a straight line:-

- From ear lobe to middle of shoulder joint
- To middle of hip joint
- Knee
- "Ankle" bone

When viewed from the front, note:

- With the eyes looking straight ahead, the face should also point forwards with equal space between outside of eye sockets and ears.
- Is your head rotated slightly with one side of your face and one ear more visible than the other when viewed from the front?

Ask someone to take a photo of you both from front and side views standing and sitting. Stand and look at yourself in a mirror.

- Are sides of pelvis vertical and equal distance from midline of body? Look at evenness of space between body trunk and arms.
- Are thumb sides of arms pointing forwards or is one or both arms rotated inwards, even a

little?

- Are fingers curled just a little?

When a man wears a jacket and is standing, check:

- The bottom of the jacket should be the same distance above the floor all around.
- If the bottom of the jacket is higher at the back than at the sides, you may be bending your upper back too far forwards.

Look at how you stand.

- Do you stand with more weight on one leg and tend to favour one leg more than the other?
- Do you stand with legs crossed?

How attractive we look depends on what we were born with AND how well we hold ourselves upright and how well we use our bodies.

STABILITY and risk of falling.

- Do you tend to fall or trip?

A large proportion of the nervous system must function well for you to have an excellent sense of balance. I can perform some very simple tests to assess your stability, with the potential to do some simple treatments to improve function and reduce the risk of falling.

WALKING

- When you walk, is your posture upright?
- Do the fronts of both legs point forwards? The feet may splay out a few degrees, but I see many people walking along the street with the legs rotated outwards so much that the inside edge of one or both feet are pointing forwards!
- Can you put both heels to the ground.
- When you walk or run, are the tops of both shoulders parallel (the same distance above the ground), or are you rocking from side to side?
- If you run, is there an excess of energy used in vertical movement? Some of this energy could be more usefully spent on a faster forward motion.
- When you walk do your upper and lower legs follow the same pathway through the air, or are you bandy legged or do you have knocked-knees? If so, your legs may be rotated too far outwards or inwards in the hip socket.

Co-ordination of movements: All normal movements should be free of restriction, have a **fluid** quality and be **integrated**. Some people can walk or hit a tennis ball with a fluid movement, but their movement still looks unintegrated.

DIZZINESS or FAINTING PROBLEMS

Do you have either of these?

SENSE OF BALANCE. How good is your Sense of Balance?

Symptoms: Indicators of imperfect function of sense of balance include:

1. Tendency to be clumsy such as bumping into things.
2. Tendency to trip or fall more frequently than most people (when sense of balance is working very well the body can react quickly to prevent a fall).
3. Waddling gait.
4. Some postural imperfections. If the brain incorrectly senses that the head is held further backwards than it really is, then the brain will make a subconscious compensation to move the head further forwards than it should be. One of the most common postural imperfections in humans is for the head to be too far forwards.
5. Some low back pain may be due to poor posture. One year ago I treated a 35 year old lady who presented with this symptom. In addition she said that most of the weight of her body was on the balls of her feet and she found it hard to keep her heels on the ground. After one

treatment to improve the function of her sense of balance she can now stand upright with the weight of her body spread evenly over the whole of each foot. Having treated the cause of her low back pain, she no longer suffers.

6. Difficulty standing in the shower when water or soap in the eyes is obstructing vision. Difficulty standing on one leg in the shower while washing the other leg.

Try the following test for a rough assessment of your sense of balance.

Test:

On a level surface, stand without shoes. Be aware of the underside of your feet.

In particular, is there equal pressure under both feet?

Is there equal pressure between the inside and outside of each foot?

Is there equal pressure under your heels and the balls of your feet?

Results:

If you can't feel any differences, this does not necessarily indicate that your sense of balance is working perfectly. I can do many more sophisticated tests in my office. If you would like an assessment for no charge, then call me on **01483-304744**.

If you can't answer "Yes" to all three things, then it is likely that one or more parts of your nervous system are not working properly. Your sense of balance is determined by:

- a) the sum total of information received by your brain from your feet, eyes, inner ear canals and where your body perceives itself to be in space; and
- b) how well the brain integrates all that information and the messages which the brain then sends out to your muscles.
- c) how effectively the messages sent from the brain reach your muscles.

**WHY IS THIS IMPORTANT TO YOU?**

Sense of balance does not affect only whether or not you fall. It is also important if you tend to **knock into things** AND if your **posture** is not good. Constant or repetitive pain may be due to poor posture, which in turn may be due to poor sense of balance.

For a detailed assessment of your sense of balance call me on **01483-304744**.

**MOVEMENT**

In every healthy living thing there is movement. Examples include:

- Heart muscle which contracts to pump blood around the body.
- Arteries and veins need to be soft to allow blood to flow easily through them without resistance or obstruction. We know that "hardening of the arteries" is an adverse condition in the body.
- Lungs which expand on in-breath and contract on out-breath as oxygen comes in and carbon dioxide is expelled. Also the rib cage and diaphragm must move easily. Many people store tension at the front of the rib cage, unnecessarily restricting a maximum intake of breath. This can easily be improved.
- Muscles need to be free to contract when they are working and free to expand and loosen when they are not working.
- Joints are designed to have a certain range of movement.
- Waste solids must be excreted from the body and this also depends on free peristaltic action to push matter through the intestines.
- Liquids, of which we have many different kinds, must flow through the body: water, saliva, urine, lymph and blood (the last item carrying oxygen and nutrients to each cell and removing carbon dioxide and waste products). In addition there is the very important cerebro-spinal fluid that surrounds the brain and spinal cord.

In my experience working on bodies, both human and animal, I have observed that we all hold

some tension in our bodies. We may store it in different parts of our bodies, however, in the part or region of the body where we store that tension, there is less mobility. Consequences result from restricted movement or motion, thus it is in these areas that bodies tend to develop ill-health problems or become the location of the cause. For example, pain in a leg may be due to imbalances in the lower back where that person is storing tension.

Energy is required to hold muscles in a partially contracted state (i.e. in tension). Therefore energy is wasted in this situation and is also wasted when you move your body against the resistance of tension in the muscles or other soft tissues. Imagine your body is wrapped in 'clingfilm' and imagine how much more energy you use to move in this situation.

So **better health** results from keeping our bodies stretched from time to time in order to release tension and to maintain free movement and full range of movement.

PHYSICAL SENSES - good function and clarity of:

- Vision - do distinguish between good vision and the need to wear glasses which are an aid to vision where your vision is less than perfect.
- Hearing
- Smelling
- Tasting
- Touching

FREEDOM FROM PAIN, ache, discomfort or tenderness.

JOINTS

- Freedom of movement at all joints
- Range of motion
- Movement with a fluid quality

ENERGY LEVELS

Many people are tired for too much of the time

SKIN

Free of blemishes

BLOOD PRESSURE

Not only are both numbers of the reading important, but so is the difference between them.

MEDICATIONS

- Need for them
- Number of any medications taken, frequency of doses (are they being taken regularly or only infrequently when a need arises);
- Number of years same medication or same type has been taken.
- For the avoidance of doubt, I am not saying cease medication, nor am I saying there is anything wrong with them. The point is that so many people regard their health as good and seem to ignore the fact that they need medication.

RELAXATION

Able to **relax** mind and body. Be aware that when reading, every letter stimulates your nervous system as does every sound and flicker of the picture when you watch TV or a film at the cinema. There is nothing wrong with these activities but be aware that they are not fully relaxing from your body's point of view. One of the most common causes of poor sleep patterns is inability to slow

down the activity of the mind, thus learning to consciously relax when you choose to do so can be very beneficial. Consciously relaxing helps to counteract life's stress factors.

STRESS levels and how well you cope with stress

BOWEL movement

- Regular - frequency - at least once a day. Some say it should be once for every meal.
- Urination patterns - frequency, urgency, control, pressure of flow, sudden ceasing of flow or drips.

ALCOHOL (or other recreational drugs).

If you consume an excess frequently, then the questions arise:

- Why am I doing this?
- Is it to make me happy? If so, is this state of being happy sustainable in this way?
- Am I unhappy in my normal state? If so, why?
- If I am happy in my normal state of consciousness, why do I want to change this to being intoxicated?
- How sustainable is my lifestyle of excess consumption of stimulants?
- What effect are these having on my body?

OTHER FACTORS TO CONSIDER

Able to express a range of EMOTIONS in a balanced way

ACID-ALKALI balance in body. If the balance in a cell is incorrect, then the cell may not be able to function properly.

ALLERGIES or intolerances to substances

APPETITE

BELIEFS

BLOOD SUGAR LEVELS

DIGESTION

IMMUNE resistance to disease and freedom from infections

MENTAL CLARITY, Concentration

SPORTS PERFORMANCE: reaction time

STRENGTH and endurance or weakness

WEIGHT and girth

FAMILY HISTORY

Any predisposition to weak function in any part or system in the body does not necessarily mean that you will suffer the same ill-health problems. Firstly you have an opportunity to seek help to strengthen that system. Secondly you are a different person from your relative, have experienced different challenges in life, and may have had different nutrition.

WORDS

Words that we use can be a very useful indicator not only if something is out of balance, but also what is out of balance. Examples are set out below:

I feel beside myself

I have been knocked sideways

I feel I have been knocked off balance

I feel red with anger

I have the blues

I feel green with envy – such a person will use their energy wanting something they do not have. In this case, not only will that person have less energy available for living and enjoying life, but also the negative energy of envy may produce negative effects on their body.

How much of the following do you have in your life?

JOY  
HARMONY  
FULFILMENT  
PEACE

Do **distinguish** a natural state from what is common. An example to illustrate this point is arthritis which is common but is un-natural.

What may seem normal to you may not be natural. e.g. headaches at monthly intervals may be a regular pattern for you, so you adapt to accept this as normal. However, it is still un-natural to have headaches.

N.B. Remember there is a difference between the **ageing** process and the disease forming process. There is almost an epidemic of wrong thinking in our society that if you are old, then you must expect to be ill. If that is what **you believe then you will create you own realty of illness.**

It is true that the body's self-healing systems may slow down with old age but this does not mean that you have to be unwell. Many old people are sick because something or things have been out of balance in their bodies for many years. Eventually the body says it can't cope with this any longer and something breaks down. The body has reached the point beyond which it can no longer adapt to whatever is out of balance which may cause:

- Falls or accidents, even if minor
- Clumsiness
- Stiffness

Learn to distinguish good health from "I can cope or put up with that"

## CHAPTER 4 - AWARENESS

When assessing health, a sensation such as pain is a poor measure. Assessing health based only on what you feel and how you feel has several disadvantages, including:-

1. It depends on how sensitive, aware, or in tune with your body you are.
2. The body adapts to situations. If your body is experiencing pain, but you do nothing about correcting the cause, then the body adapts or compensates for the imbalance. The body still retains the cause of the imbalance, but if the symptom ceases, you may be unaware of the imbalance.
3. Pain is usually the end of a process. Less than optimal function usually shows before pain.

Checking the function of a body is a far more realistic measure for assessing health than comparing it with sensation.

When the body accommodates to imbalance, then the person becomes unaware of imbalance.

If you are having a picnic on a hillside, you have a wide and distant field of view. What information you take in depends on how much you are looking and listening. For example how sensitive you are to your body will determine how much you feel or are aware of the sense of touch of the wind blowing gently. You are less likely to see and hear distant sights and sounds if your attention is focused inwards and you are intensely engrossed with those with whom you are sharing the picnic.

I encourage you to be aware of your body. Some people have their mouth open but seem unaware of this. Some people need to breathe through their mouths but could still be aware of this.

## CHAPTER 5 - REGULAR MAINTENANCE

It is vitally important that you have regular comprehensive health checks including many functional assessments. You cannot function at your best without servicing your body. Consider that most people have their motor vehicles serviced regularly to avoid break-down. Vehicles are sold with a service manual to inform us what is required. No such manual is provided at birth! Vehicle maintenance is regarded as being so important that the government have legislated that all vehicles over three years old **MUST** be inspected by an engineer.

Consider how much maintenance is given to aircraft because safety is a high priority. This maintenance is so important that it is carefully documented. After an aircraft accident a whole team of experts is assigned to ascertain the cause of the accident. One reason for doing this is to spread word about the cause of the accident and what broke down, so that similar accidents are less likely. If only we put similar effort into maintaining human health!

Many people have their central heating boiler serviced. Even with our computers, we arrange protection against viruses coming from the internet. Also computers are serviced to an extent with the hard drive being de-fragmented to tidy up unused space. Servicing is done to maintain **optimum function**. The same can apply to machines and our bodies.

Many people have their teeth checked twice a year, even if they are symptom free. Why not look after and treat with respect the whole body?

Many people regularly have their eyes checked.

Both the Police and Fire authorities put considerable resources into prevention. I do not see the same proportion of effort put into preventing illness by maintaining health.

If we deal with little problems, they will not grow into big ones. Examples are:

1. If car tyre pressure is low, we pump up the tyre for safety reasons (i.e. good performance) and to reduce wear to a minimum.
2. If there is a minor leakage of water into a building, it may cost £100 to repair a broken gutter or pipe, but if no action is taken, a repair bill of many thousands of pounds may possibly be incurred in re-constructing that part of the building suffering damage by water being where it was not designed to be.

People decide to redecorate buildings even though there is nothing wrong with the existing décor. People even choose to spend money on re-fitting kitchens and bathrooms although the existing may function satisfactorily.

Why should I bother to do anything, you may ask. Take just a few minutes to reflect on the progress of human health in the developed countries. In the past, people did not wash their hands before eating. People did not know that clean drinking water is essential, hence the cholera disease in London in the 1850s before the construction of the sewers.

## CHAPTER 6 - WHAT YOU CAN DO TO HELP YOURSELF

### DO LEARN Rules for healthy living. (See Appendix A)

If this is difficult or too much trouble, remember that when cars were simpler, many people learnt car maintenance. The majority of people have learnt how to operate a computer, so we can learn if we are motivated. For me, learning computing was much more difficult than learning rules for health maintenance. Some of the rules are set out in Appendix A. At school we are not taught:

- The rules for healthy living as is the case with many life skills.
- How the body works,
- How to assess our health,
- How to recognize minor imperfections of function,
- How to maintain health,
- What services are available to assist us.

Therefore it is not surprising that most people progress through life without thinking about health until it deteriorates. Then the tendency is to want to take a pill for an instant fix of the problem. However, when health breaks down and symptoms manifest, there has usually been a process of deterioration over a period of time, just like water entering a building unseen until the ceiling falls down.

There are a variety of professional health care practitioners who can check the following for you:

- Skeletal alignment - see a gentle chiropractor at least twice a year.
- Tension can be released in many ways. Do something such as stretching, receiving cranio-sacral treatments and/or whole body massages.
- Nervous system function. I am aware of only a small number of chiropractors who specialise in this.
- Homeopathy – even if apparently symptom free, see a homeopath at least once in your life to discover what is called your “constitutional remedy”. Be aware that the appropriate remedy can change over time.
- Chemical balance of body. Consult a herbalist or nutritionist.
- Emotions – there are many therapies that can help to rebalance these.
- Energy systems. My understanding is that acupuncturists deal with ensuring good flow of energy through the acupuncture meridians. For those who think that we are just our physical bodies, consider which body part stores emotions and which part would you ask a surgeon to cut out to remove uncomfortable emotions!

Do learn to think that any time you experience a physical trauma it is best to have a check of your skeletal alignment even if there is no pain. Many people have some pain after a trauma; then as the pain subsides and ceases after a period of time, they think that all is well. However the purpose of pain is to draw your attention to the fact that some part of your body is in distress and something needs to change and/or it needs tender loving care. If you ignore the pain message, then perhaps the body becomes tired of sending that message if you are not listening. You may feel free of pain, but the cause of the recent pain may still exist.

After any fall or micro trauma, have the alignment of your whole skeleton checked. In the ideal world if you hit the kerb while driving, you would have the alignment of the wheels checked in order to avoid excess wear of the tyres which may result if the alignment is even slightly out.

Sometimes a multi-therapeutic approach is necessary to create the right conditions to allow the body to heal itself fully. For example in the case of a physical pain, in addition to physical treatment such as manipulation, you may need nutritional supplements to support the action of

some part of the body and you may need to deal with any emotional component of your health problem. For example, fear of failure or fear of lack of money or emotional support may cause tension in your body, resulting in tight muscles pulling the skeleton out of alignment.

Even when dealing with one body system such as the immune system, or when considering the chemical balance of the body, it may be useful to take supplements of different categories. For example when the immune system is challenged, one can consider taking a mixture of some of the following supplements:

- Vitamin C
- Mineral zinc
- Herb echinacea
- Amino acid L-glutamine
- Colloidal silver

The list is NOT a prescription for you, because we are all different. I have listed the above supplements merely to give an example of different categories of support.

There is a difference between being aware of your health and being a hypochondriac. I define the latter as someone who is always focused on their health problems and possibly doing too little to make changes happen.

## CHAPTER 7 - REASONS WHY PEOPLE WAIT FOR CRISIS

1. It won't happen to me (I am invincible)
2. Other people are more sick than me.
3. I don't want to bother the doctor.
4. The doctor (or other health care professional) has far more important things to do than to deal with my little problems.
5. I just get on with life.
6. I can cope with it.
7. It will go away.
8. It will get better. If the body has not healed itself, or at least started the process, within two weeks, then it is highly likely that the body will benefit from assistance
9. I don't want to know in what way my body is less than perfect. I am frightened.
10. If it ain't broke, don't fix it. When it is broken, it is much harder to repair the problem. I cannot think of any other aspect of life where people so rigidly apply this mis-guided principle.
11. Denial that something is actually wrong or at least not as good as it could be.

## CHAPTER 8 - THE GAME OF HEALTH

Maintaining health is like playing any **game** – the younger you start, the better and the more consistent effort you put in, the better results you achieve. *Is it wiser to maintain health rather than wait for a crisis?* What is your most valuable asset? Without good health, the quality of our lives is much diminished.

The game of health is the only game in which the author excels. Points are gained for pro-active action to maintain health e.g. balanced lifestyle.

Health can be compared with managing a bank account. Compare withdrawing money and doing things which are not in the best interest of the health of your body. At some point you must put something into your 'health bank' otherwise you will be overdrawn and there will be a 'painful' price to pay! Conversely points in the game will be lost by engaging in negative things such as:

- Storing excess tension in your body
- Poor breathing
- Inability to relax
- Overwork
- No exercise
- Junk food
- Etc.

## CHAPTER 9 - FINANCIAL FACTORS

Most car owners are aware that they need to allow some money for repairs and maintenance. Both government and society recognise the wisdom and good sense of ensuring that vehicles on our roads are maintained in good and safe condition for the journeys for which they were designed to travel. Consequently there is legislation providing that all vehicles over three years old must be maintained to a specified standard. Not only does the owner have to pay the cost of any repairs found to be necessary, but the owner also has to pay for the cost of the actual test.

Now imagine how healthy our society could be if the same principles of care were applied to our own bodies!

Worn out cars can be replaced with a new model. Our bodies are more valuable than cars, yet the majority of people resent spending or budgeting money for the maintenance of their own health.

With regard to what people spend money on, some pay money to the growing number of car wash businesses. Many people pay money to hairdressers merely to maintain their appearance, but money spent on hairdressing, beauty products and treatments may have short term benefit. However money invested in your health can have very long lasting benefits.

When buying a house, it is sensible to have a survey carried out. This can merely report on the structural condition or can include water, gas, electric and drainage services. Similarly a therapeutic treatment can deal with structure or include other systems in the body.

What some people spend money on one day as a luxury are later regarded as a necessity by most people, for example central heating, double glazing, holidays abroad, colour TV, mobile phones and computers. Ponder on the fact that we spend money on these essential things now, but did not 50 years ago. What some people spend money on now, more people will spend money on if a demand is created for those goods or services.

Money is spent on private health care treatment. If you make no claim on the policy, you have nothing to show for that expenditure. Money spent on pro-active health care maintenance will result in some **improvement** in how your body is functioning.

Compare the cost of maintaining health with the cost of being sick! Some employers may find it more economic to pay for treatment to assist an employee to return to good health rather than giving them sick pay to sit at home doing nothing with no encouragement to return to work as soon as is appropriate.

With the best will in the world, the NHS (National Health Service) can never provide all the care that is required by sick people, especially if people make little effort to maintain their own health. The question arises as to whether the existence of the NHS has discouraged people from taking responsibility for their own health. One day the government says that the NHS will provide the care that is required free at the point of delivery. Another day the government says that the NHS cannot afford to pay for all the pharmaceutical drugs which are available. Resources have to be rationed. Therefore we will have to pay for some of our health care treatment as is evidenced by the limited number of dentists who now provide treatment under the NHS. I suggest that we need to be educated to budget some money each year for expenditure on health care, either for correcting a problem, improving a mediocre state of health or maintaining good health. In case you are wondering, I am supportive of the NHS.

It is cheaper to be pro-active to stay healthy rather than reach a crisis which requires expensive surgery or long term care. Also less effort and energy is required to maintain optimal health and there is less suffering. I am not an economist, but it would be interesting for an economist to calculate the cost of ill-health. The factors that I am aware of which need to be taken into account are:

1. Cost of any treatment received.
2. Cost of any medicines or remedies taken.
3. Cost of your time visiting specialists plus your time spent travelling to the appointments.
4. Travelling costs to visit specialists or pharmacies.
5. Cost of engaging any extra help needed to nurse the sick person or to help the family; for example, looking after children or taxi fare to take them to school if the person who normally does this is unwell.
6. Loss of any income during the period of ill health. This item is even more important for the self-employed. Even for many who receive sick pay from an employer, this may relate to basic pay excluding any overtime regularly worked and therefore relied upon. Also sick pay may be paid for only a limited period of time. For some prolonged periods of ill health, the contract of employment may be terminated. So to the cost of ill health must be added the cost of finding new employment.
7. The value to yourself of your time. While they are unwell, most people will be unable to do the things which they would normally choose to do in life.
8. From an employer's viewpoint, it may be necessary to employ additional personnel to undertake the normal tasks of the sick employee.
9. Cost to others, such as cost of travel of relatives or friends visiting you in hospital plus cost of their time. See No. 7 above.

When people say that they cannot afford to pay much money for treatment, I think how can they not afford to pay for treatment which is likely to speed their return:

- a) to health,
- b) to income earning (especially if self-employed),
- c) to ability to perform their normal roles in life, and
- d) to cease paying out money on the cost of being unwell

After an initial course of treatment, to correct an accumulation of imbalances, health maintenance with my style of treatment can cost as little as £45 for a 30 minute appointment every 6 months.

## CHAPTER 10 - HOW CAN I HELP YOU?

We need to be best at being who we are. I work on three systems in your body:

1. **Skeleton.** I check the alignment of your whole skeleton: I gently adjust any bones that are out of alignment. Good alignment is necessary for mechanical function of the joints between the bones. In addition to the spinal column (neck, rib cage section, lumbar and sacrum), I check the pelvis, skull bones, ribs, collar bones, shoulders, hip joints, knees, ankles, elbows and wrists.

2. **Muscles.** I feel the soft tissues in your body to identify areas of tension and work gently by hand to allow the body to release the stored tension. Sometimes I also use electrical instruments to assist this process. Soft tissues includes muscles, tendons, ligaments and fascia. All bones have soft tissues attached to them. All people store some tension in their bodies. Unless there has been a physical trauma which has pushed bones out of alignment, it must be tension in the muscles or other soft tissues that has pulled bones out of alignment, (or held a bone out of alignment while other adjacent bones move). Some muscles have nerves passing through them, so if the muscle is tight there can be an adverse affect on the nerve. The importance of soft tissues can also be understood when one considers that if there were none, then all the bones would fall to the ground.

In addition to releasing tension from muscles, I check that the muscles are working efficiently when we want them to work.

I have referred above to fascia. I feel the need to explain what this is because it is so important and often overlooked. Fascia is a connective tissue which surrounds and envelops every part of the body. Every muscle, organ, bone, nerve and blood vessel is covered in a thin film of fascia (a delicate sheet of tissue not unlike clingfilm); all these fascial pockets are interconnected to form a continuous, integrated sheath travelling throughout the whole body from the top of the head to the tips of the toes. The relevance of the fascial network is that it transmits pulls, strains and restrictions from one part of the body to other distant parts of the body. To help understand the bunching and reduced mobility which may result from fascial restrictions, take hold of a sheet or blanket and bunch up one corner. Lines of tension will be seen radiating out in all directions, all pulling towards the contracted corner.

3. **Nervous system.** The nervous system can have interferences due to one or more of the following causes:

1. Mis-aligned bones
2. Tension in muscles through which the nerve is passing
3. Chemical imbalances including toxicity
4. Comparing the nervous system with an electrical circuit, many people have experienced a computer not working perfectly after a few years of use. Similarly there may be electrical glitches in the nervous system which have nothing to do with bones out of alignment or with tension in muscles.

For a message to travel efficiently from the brain to a muscle, the message must travel along the **correct nerve pathway** AND at the **correct speed**. Imagine the telegraph system shown in cowboy films; if the sender transmitted the message too fast, either the person receiving would not receive the message or it would be inaccurate. In fact with the nervous system, the relevance of the speed factor is that if the messages are travelling too slowly, then uncomfortable symptoms may be experienced.

When the nervous system is functioning optimally (including firing at the correct speed) **less effort** is required to work a muscle and the body response or **reaction time is quicker**. Another advantage is the body is more stable and the **risk of falling is reduced**.

Imagine that at any particular time, you have 100 units of energy available. If your body is using more energy than necessary for performing one (or more) functions, then there will be insufficient energy available for performing other necessary functions or for optimal performance.

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**I am able to test the function of all major nerves in the body and to improve less than optimal function by the use of low level laser light or light emitting diodes.**

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In the same way that no one is perfectly balanced emotionally or chemically, no one is perfectly balanced neurologically, as a result there is no one who cannot benefit from a treatment to optimise nervous system function. Similarly the majority of adults are not perfectly balanced structurally and would benefit from a treatment to correct this.

When the body is functioning optimally, it is able to prevent disease. The purpose of care is to restore the whole person, rather than to treat isolated symptoms. There must be active participation of the client. So there is a co-operative relationship and teamwork involving the client, the client's body and the practitioner. The role of the practitioner is to facilitate health by helping the natural healing ability of the body. It is the client who gets well and not the "doctor" who makes him well. Health comes from within or not at all. Health cannot be given by one person to another, nor can it be bought. In this respect it can be compared to courage, integrity and wisdom.

The fact that you cannot buy health is evidenced by the fact that in USA more money is spent on "health care" than any other country, yet the state of the health of the nation is very low compared with other developed countries.

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**Have the efficiency of function of your nervous system checked and improved now. No one has a perfect system from a functional point of view. The nervous system is the main control and communication system in the body, so optimal functioning is important for maintenance of optimal health. The better the nervous system works, the better the whole body works.**

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**Why is the nervous system so important? It:**

- Sends messages to muscles enabling you to move.
- Sends messages to muscles to control structural stability of the skeleton.
- Helps regulate heart rate and blood pressure.
- Regulates rate of breathing and depth of breathing.
- Regulates digestive activity.
- Controls every organ in the body.
- Continuously monitors the environment internally and externally, integrates all information received and makes appropriate responses.

Described below are analogies with the nervous system. You may not understand them all, but hopefully one of them will be meaningful to you.

➤ In our buildings we have electrical circuits. Power comes into the building and a wiring system distributes it to many locations where that power is used for performing a wide range of functions. Imagine coming home from work feeling tired and there is no power supply to boil a kettle. Electricity is used for central heating (to fire a gas boiler and run the water pump), to power computers, for lighting and media entertainment.

➤ If the lights are slightly dim or cooking takes a little longer than normal, would you notice unless you do a specific test or trial to assess the efficiency of the electrical circuits? Would you ignore a minor problem until a crisis occurs when something breaks down?

**Is your nervous system functioning as it should like a fast broadband connection to the internet, or is it transferring information like a slow analogue connection?**

➤ A well functioning nervous system can be likened to a television picture that is a super quality of high definition, compared with a less sharp or poor picture.

➤ A well functioning nervous system can be compared to listening to a radio station with a receiver which is perfectly tuned. If the tuning is less than perfect, the experience of listening is marred by static noise and/or unclear communication. In this situation, you may miss words. Imagine the effect on your body if part of the message is not received from the brain.

➤ Now imagine you go into a house. You can see out of the windows, but your field of vision will be limited to the size of the window. Next imagine the glass is changed to double glazing and with closed windows you will hear less sound. Further imagine that the glass is changed to frosted glass and consequently you will hardly see anything out of the window. You may sense movement of a close object past the window. Inside the house, you will not smell the aroma of the wild flowers, nor will you feel the quality of the grass under your bare feet.

For each interference in your nervous system, some part of your body will be inhibited from receiving or transferring information. Therefore it is good and sensible health maintenance practice to regularly, (not necessarily frequently) have the function of your nervous system checked. Poor function can be detected before dysfunction and dysfunction usually shows before breakdown and first experience of pain.

## CHAPTER 11- CASE HISTORIES

I will set out two testimonials. Ann J. from Leatherhead (aged 42) said at the end of her first treatment “What you have done to my body, I felt should have been done when I was aged 10 or 20.”

Louise P. from Guildford (aged 40) said after two treatments focusing on improving her nervous system “I have been feeling the best I have been for a long time.”

I could have given many examples of improvements, but I have chosen not to do this for the following reasons:

1. If I described a person, condition or function which had improved after treatment from me, everyone might assume I can help all people who have the same problem. The same symptom may have different causes in other people.
2. I do not want your concept of optimal health to be limited to treating the body to help it to heal itself of various conditions. The main purpose of this article is to attempt to explain the concept of treating the body to maintain optimal health.

However, I will give one personal example to assist with understanding the difference between being symptom free and having optimal function of the body. In September 2007, I talked a friend through what to check and what to treat on my body. After that one treatment, I noticed three specific improvements.

1. When I went swimming, I noticed that I was able to continue swimming without becoming tired or breathless. This was a unique experience in my life: at age 63, I was swimming

better than I was 40 years previously. This improvement maintained for subsequent swimming sessions. Now I can choose when to stop swimming rather than being forced to stop due to exhaustion or breathlessness. Note that age is not necessarily a barrier to improvement in health or function.

2. When walking there is a more fluid movement in my right ankle although there had been no stiffness beforehand.
3. When walking on rough ground my body corrected itself instantly as soon as my foot began to roll, therefore there is less likelihood of twisting my ankle in the future.

## CHAPTER 12 - MISCELLANEOUS THOUGHTS

### Food for Thought.

1. Headaches are not due to a deficiency of aspirin: something is out of balance in your body.
2. What you do (believe, think, eat and feel) today affects how you sleep tonight and thus how you feel tomorrow. We also need congruity between all these factors.
3. In our language we talk about contracting a disease. Do we make a contract to experience a certain disease during our life-time or is the reference to contracting merely a belief in fate and that we are helpless powerless human beings who can do nothing to affect our health?
4. The body is a response mechanism. It responds to ways in which we live out of harmony with nature. If we regard symptoms of ill health as a message from our body and an opportunity to learn something, to grow or make appropriate changes, then this puts a different perspective on ill health rather than the opposite view of “why poor me?” Hopefully the above will help you appreciate that we do have some power over our health and we are not just victims of fate.
5. The choice that you make now determines the choices next available to you.

“Almost every major illness that develops in humans has been linked to chronic stress. Chronic stress is debilitating” from “Biology of Belief” by Dr Bruce Lipton.

“Our first responsibility is to oneself and only from a position of strength can we help others.”

PAIN is not the only indicator for poor health – it is an indicator of CRISIS. The purpose of pain is one way that the body can communicate with the person who inhabits that body. The message may be:

Something is wrong  
 Something needs to change  
 Some part of the body needs TLC.

Tell your children and grandchildren what you have learnt from reading this article.

On the wall in my treatment room there is a sign which reads “There is no need to SUFFER”. This is true for most people.

Whether you live on your own or with others, I suggest your **first** responsibility is to yourself. If YOU do not look after your own health, then who is going to? If you live on your own, there is no one else to look after you. If you care for others, then you cannot do this well if you do not look after yourself.

It is particularly important for mothers to be aware of this as they are so busy looking after everyone else that they tend to forget to include themselves in the list of people who need care.

The body is an instrument which is finely tuned. It senses changes in the environment, both outside itself and internally: then it sends messages around the body to initiate the appropriate changes required to deal with the prevailing circumstances.

When the body is in best health it can be compared to an orchestra where each part is functioning well and all parts are working well in harmony and cooperation with each other.

When a person is sick, the health care practitioner must assess what is it that the body needs most at that point in time. If a person is in danger of dying of thirst, then that person needs a good drink of water.

## WELLNESS CARE

This is an expression which describes receiving treatment to maintain your body in optimal health. See page 4.

- What is your relationship to your natural health care provider?
- Do you regard that person as an emergency pain relief provider when you are in crisis?
- What about planning to avoid crisis?

Would you ever consider seeing a natural health care professional when you are symptom free? It is the best SINGLE thing which I have ever done to benefit my own health. I went to consult a homeopath when I was symptom free. After taking one pill per week for 8 weeks, I was pleased to report back to the homeopath with a list of 15 positive improvements in both the function of my body and how I felt. Many of these improvements related to my interaction with life and other people. Although I did not notice an instant change in my mild dyslexia (manifesting as slow comprehension), I have a feeling that the homeopathic treatment helped to reduce the dyslexia. I feel it has been further reduced by the laser light treatment which I have received on my nervous system.

Do you seek help in crisis OR help to keep well? The benefit of maintaining health is that you avoid both crisis and suffering PLUS you feel super well.

We do not know how well we can be until we are well!

If one function in the body is less than perfect, then this is a stress factor from the body's point of view. The more imperfections we have, the more likelihood of something "breaking down" in the body and/or a disease manifesting. Conversely the more functions we maintain at optimum performance, the less stress there is in the body and less likelihood of disease developing.

A healthy body is similar to a healthy family: different parts communicate well with other parts and all parts interact in harmony with each other. Consider the opposite in a dysfunctional family where some parts do not communicate for decades.

MAXIMISE health rather than fighting disease. How can you fight a disease if it has occurred only because you have deviated from rules for healthy living and allowed circumstances to be created which are ideal for bacteria or virus?

The body is as strong as the **weakest link**. So by identifying possible weak links you have an opportunity to make some changes.

**Your health affects everything you do and everyone you know. It is your most valuable asset.**

## CHAPTER 13 - IAN'S OBSERVATIONS

1. Think of a healthy body. It is full of **movement**: see page 8.

I have observed that we all hold tension somewhere in our bodies (see page 8). In areas where tension is held or stored we find reduced or restricted movement with the consequence of ill health symptoms. As each person holds tension in a different part of the body it follows that each may develop a different problem.

As an example, is tension around a hip joint and the consequential reduced range of movement a precursor to developing arthritis in that hip joint? Yes, it could be. In May 2001 I read a book which explained the possible link between tension around the hip joint and arthritis. Every joint requires space between the bones to allow movement of the bone surfaces at the joint. If the muscles around the joint store tension, the space may become smaller resulting in extra pressuring causing excessive wear of the cartilage which lines the joint. This can result in inflammation in this area.

2. The body reveals all if we know how to read it.
3. The physical body reflects what is going on inside for the being that inhabits that body.
4. Pain in the groins and/or the outside of the legs is very often due to misalignment of the sacrum part of the spine.
5. A ticklish feeling when touched is almost certainly an indication of tension in those muscles. When the tension has been released, the ticklishness ceases.
6. There can be only two primary categories of causes of bone misalignment:
  - a. Trauma direct to the bone which is misaligned, OR
  - b. Tension in the muscles or other soft tissues (such as ligaments and fascia) is pulling the bone out of alignment. So why is not more attention paid to work on the soft tissues?

The causes of tension in the soft tissues is due to such factors as:

- Stress, both at conscious and sub-conscious levels
  - Toxicity
  - Poor posture
  - Repetitive unbalanced use of the body
  - Uneven functioning of the nervous system between left and right sides of the body.
7. Everyone whom I have met who has a tight head also has a busy mind (including worriers) and is unable to stop or even slow down the rate at which the brain is used for thinking. If only we were taught as children how to relax our minds as well as rest our physical bodies our health could be much improved.

## CHAPTER 14 - HEALTH – SOME TRUTHS

### HOW MUCH DO YOU WANT TO MAINTAIN OPTIMUM HEALTH?

If you are keen, then I want to work with you.

Most people are born healthy. The question arises: do we have a duty and responsibility to maintain the health that we were given?

For me one of the greatest joys in life is to see people grow and expand in life. Conversely one of the hardest things is to see people suffer unnecessarily or to deteriorate in life. Even if you do not want optimum health for your own benefit, consider how it might be from your partner's point of view if they have an awareness that you are not as well or functioning as well as you could be.

The National Health Service provides a service which meets the needs of many. Regardless of how good this service is in your area, it mainly deals with treating problems after they have arisen. Therefore, there is still a good case for taking charge of maintaining your own health and being proactive in your approach.

Homeopathic treatment complements chiropractic treatment. Homeopathy is energy medicine. If your energy systems are well-balanced, then your musculo-skeletal and nervous systems are more likely to function very well. Similarly if your musculo-skeletal and nervous systems are functioning optimally, then any homeopathic treatment you receive may be more effective. Many ill-health conditions will probably benefit from a multi-therapeutic approach to ensure that all body systems are functioning optimally thus enabling the body to heal itself without impediment to the healing process.

Note my description on page 21 of mild dyslexia being improved by a combination of homeopathy and laser light stimulation of the nervous system.

### SOCIAL DIVISIONS

In the past there were divisions between landowners and tenants. As more people owned their own properties, people were divided by social classes. Now there is division between the rich and the poor in financial terms. I predict that in the future there will be a greater divide than now between the healthy and the sick. In support of this, note that on 28 August 2008 the World Health Organisation published a report on health inequalities existing even between different parts of one city.

### HONESTY

For decades I have believed that to work for 40 years and then to expect pension provision to provide a good income for say 30 years is unrealistic and definitely unsustainable. I am pleased that in recent years there has at last been honest discussion on the subject of pensions. Similarly I believe that it is unrealistic to expect to have the best health possible during life if you adopt a policy of only crisis management. Hopefully you will agree that if we deal with little problems, they are less likely to grow into big ones; thus early intervention can be useful instead of ignoring the early signs that the body gives that it is functioning less than optimally.

Now is the time for honest discussion on the subject of attitudes and sustainability of health care policies. The government says that the NHS will provide what you need, thus there is no incentive to take personal responsibility for your own health. You give away your personal power, then when the NHS cannot provide what you want at the time you want it, you feel powerless. If the percentage of the population who are sick regularly increases, then eventually the position will be reached when the percentage of very healthy people is too low to look after the sick both in terms of

practical and financial resources.

The next step in good health care management is to be pro-active in seeking professional help to assess the level of function of your body even when symptom free or apparently symptom free. Remember others can see you from outside your body whereas your perspective is from inside your body.

## CHAPTER 15 - WHAT I CAN DO FOR YOU

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### MISSION STATEMENT

For those who wish to have treatment from me, my aim is to help each client be the best that they can be and to help each person be as healthy as possible. I will do the best that I can at the time of each treatment bearing in mind the knowledge, skills and experience I have at that time. The course of treatment is designed to meet the needs of each person individually to help you recover your maximum health potential and to avoid a recurrence of the same problem.

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### WHAT BENEFIT WILL YOU RECEIVE FROM A COURSE OF TREATMENT?

I work to assess each body to identify imbalances and to correct those imbalances with particular reference to all of the following systems:

1. Ensure the correct alignment of the whole skeleton from top of head down to toes. From a mechanical point of view, we cannot expect our bodies to function well if there are misalignments in our structure.
2. Release tension from muscles and other soft tissues, all of which attach to the skeleton. Tension in soft tissues may pull a bone out of alignment or may hold one bone in a fixed position while the adjacent bones move, thus resulting in a misalignment.
3. Improve function of the nervous system. This is important as the nervous system is the main communication and control system in the body. It is via the nervous system that we perceive what is happening outside our bodies. We have the eye organs to see with, but it is via the optic nerve that messages are transmitted from the eye to the brain. The same applies with the other senses.

For a message to travel from the brain to a muscle, the message must travel along the correct nerve pathway and at the correct speed. When the nervous system is functioning optimally, **minimal effort** is required to do work, such as contract a muscle and the response time of the body is maximised. An example of the relevance of the latter is that one is less likely to fall over or twist an ankle when walking over rough ground.

Most clients come when they are in pain in some part of their body. However, it will be seen from the above that rather than focusing treatment on presenting symptoms or complaints, I work to help create the best conditions within your body to allow self-healing to occur. Remember that it is the body which does the healing work. If you cut your skin or break a bone it is the body which knows what is required and how to form new skin or bone.

If pain is due to a misaligned bone then manipulation to correct that imbalance will create the conditions within your body such that the pain does not need to exist. However, rather than merely trying to remove pain, my aim is to remove the cause of the pain.

No one is perfectly balanced with regard to function of nervous system and totally free of tension: very few people are perfectly aligned structurally. Thus there is no one who cannot benefit from

regular (not frequent) treatments. Regular treatments can help to maintain health. Whatever you do, I encourage you to make a conscious decision with regard to your own health care. Based on my experience with my clients and my own health, I believe that it far preferable to decide to be pro-active in maintaining optimum health as distinct from the unconscious decision which most people make to deal with health issues only when there is a crisis. What else in life do you deal with on this basis?

For the avoidance of doubt, I wish to make it clear that no one can prove that regular maintenance treatments will keep you more healthy than if you did nothing. The reason for this is that it is impossible to compare a body which has received no maintenance with that same body which received regular maintenance. However, I urge you to adopt a common sense approach and if you maintain machines in your life, then why not apply the same principles to your body.

#### AS THE BODY IS DESIGNED TO HEAL ITSELF, WHY DO I NEED TREATMENT?

Normal events in life produce imbalances in the body (even minor falls when there is no injury). If this imbalance is not corrected, then the body compensates in some way. With the addition of further imbalances and/or the passing of a long time since the initial trauma, the body may be unable to adapt to the situation with the consequence that there is impaired function and eventually pain. Many people are out of balance due to what may be described as an accumulation of micro-traumas.

The body can be adversely affected by physical traumas, unresolved emotions and chemical imbalances from poor diet or toxins. Bear in mind that health can be described as the ability of the body to adapt!

## CHAPTER 16 - CONCLUSION

With a view to reducing unnecessary suffering in the world, I wish every person to be informed about the following:

- Very basic facts of how the body works
- Rules for healthy living; and the consequences of breaking those rules
- How to maintain good health
- How to recognize minor imbalance or minor imperfections in function so that each person has an opportunity to monitor their own health
- The options available for taking action to deal with minor imbalances of which you become aware – health links with awareness
- Each person will have an opportunity to be aware when some early treatment would be advisable to restore perfect function and to avoid any minor condition from deteriorating to becoming a bigger problem. Bigger problems may require more time, effort and money to correct the problem.

At present, I suspect that due to lack of knowledge, the vast majority of people do not consciously decide on a policy for dealing with health maintenance, but rather make an unconscious default decision of doing nothing until a crisis occurs. Even if you now decide to do nothing until there is a crisis, I urge you to make a conscious decision that this is your strategy. However, I now hope that I have given food for thought and that more people will decide that it is worthwhile to put some effort each year into health maintenance.

For the avoidance of doubt, it is not a guarantee that you will not get sick. However, it is taking positive action to reduce the chances of ill-health and increasing the likelihood of maintaining

optimum function (and quality of life) for as long as possible. I am not seeking to make any specific claims for the approach of pro-active health maintenance.

If you break man-made laws, you are likely to forfeit your freedom and end up in prison. If you break the rules of healthy living, you may end up in a body with reduced movement, thus restricting how you express yourself in life. This statement is not intended to imply that all sick people are responsible for their condition, but it is intended to emphasize that there are consequences and to make the point that the majority of people who are born healthy do have a responsibility to maintain their health.

I may see you in the street walking in an unbalanced manner: however, I can not tell you this. Imagine your reaction if someone came up to you and said “Excuse me, did you know that your style of walking is indicating that your nervous system is not functioning properly?” It is the responsibility of each person to want to be well or better than they are, or to maintain health and to ask for help from professionals who can see your body from a different perspective.

For decades, we have tried the health care model of seeking help predominantly only when suffering. Judge for yourself how well this model is serving you. It is now time that we adopt a new health care model of pro-actively maintaining health with the help of health care professionals who can fine-tune our bodies to maintain optimum function.

It is easier to explain health care things on a one-to-one basis when I can make the explanations meaningful and relevant to you bearing in mind the degree of optimal function in your body. If you do not agree with the things which I have written, pause to ask yourself whether the writer has failed to communicate the message or have you not received the message. Do use common sense to assess the wisdom of what I have written.

Finally, be aware that if you do nothing about your health until there is a problem, you will always be **re-acting** to circumstances. Consider, would it not be preferential to adopt a policy of being **pro-active** to maintain your health and have regular checks on your progress?

Think of body SYSTEMS rather than symptoms.

If one thing is not working easily, one or more other parts of the body may have to work harder to compensate – and possibly eventually break down. Thus if any one part of the body is out of balance, it has the potential to result in another part of the body, anywhere in the body, not working properly.

I recognise that a certain level of self-respect and self-worth are required in order to follow a path of pro-active health maintenance.

No doubt you adopt a professional attitude to your work and your play, so why not adopt a professional attitude to your own health care policy. I encourage you to make a conscious decision on the policy you wish to adopt for your own health care. Do make a decision, for if you do not, then you are making an unconscious decision to opt for crisis management. In order to reduce unnecessary suffering, I wish you to decide to maintain health rather than doing nothing until a “crisis” occurs. I trust that this article has been helpful in stimulating relevant thoughts to assist you in the decision making process.

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**I can help improve function of your nervous system, release tension from your muscles and re-align your skeleton by gently tapping on your body.**

## Appendix A - Some Rules for Healthy Living

1. Breathe fresh clean unpolluted **air** (or the best you can get).
2. Drink sufficient fresh clean unpolluted **water**. Drink plenty of water on its own. This means plain water, not water mixed with other fluids. The reason for this is that the body processes water separately from other substances. A common recommendation is 1 to 2 litres per day
3. Eat much fresh **food** including fruit and vegetables (preferably organic). The less processes it goes through, the better.  
Have a diet containing much fresh natural whole food with as little processing as possible. With regard to the emphasis on fresh food, note the quality of a lettuce leaf which has just been pulled from the ground. Compare this with a leaf from a lettuce which was harvested two or three days previously!  
Eat slowly and thoroughly chew all food before swallowing. The digestive process starts in the mouth.
4. Have regular checks to ensure that your **skeleton** is well aligned.
5. Have regular checks to ensure that your body is storing a minimum of **tension**. This is important because where tension is stored, there is some restriction of movements in the body: where this happens it is more likely that some symptom of ill-health (or its cause) will manifest.
6. Do some **exercise**. Each week take three or four exercise periods. The importance of some regular exercise cannot be over-emphasised. A good exercise programme should include two factors, stretching and aerobic.
  - (i) Stretching may include some movements which gently and slowly stretch each part of the body. Most normal sporting activities stretch each muscle in one direction only, whereas enormous benefit can be gained from stretching a muscle by rotating the muscle.
  - (ii) Aerobic exercise means exercise that works the heart to pump blood to all parts of the body to take oxygen to all parts. This involves increasing the resting heart beat rate to speeds within upper and lower limits, the actual limits depending on the age of the individual.
7. Energy systems need to be flowing free of impediment.
8. Your electro-magnetic field should be aligned with your physical body. If this sounds strange, then consider the phrases "I feel beside myself" and "I have been knocked sideways".
9. In bed, lights out and ready to go to sleep by 10.30 pm at the latest. I have started with the end of the day, because if I started at the beginning, many people would say that was too early to start. The time we are able to start depends on what time we go to bed.
10. After essential ablutions (and dressing warmly, if necessary) spend a minimum of 15 minutes in quiet contemplation. Remember this is important, because it is time for you.
11. Minimise stress levels and do things to counteract life's stresses. RELAX. If you are unable to do this, find something which you enjoy doing which is relaxing.
12. Have at least two sessions per year to check the function of your nervous system and bone alignment. Also at least once consult a professional homeopath with a view to ascertaining your constitutional remedy, then review as advised.
13. Use your body in as balanced a way as possible. Repetitive use of body in a one-sided way often eventually results in some imbalance. For example mothers who carry a baby on the same side of the pelvis can help themselves by carrying the baby on the other side of the pelvis for some time (not necessarily equal lengths of time).

If people had been told the rules for healthy living perhaps less people would have started smoking. I am certain that people would not have gone down coal mines without at least a face mask. For those who do not know, miners suffered from pneumoconiosis, a lung disease caused by coal dust entering the lungs faster than the lungs could remove the particles.

In ignorance of the risk of working with asbestos, many people suffered asbestosis, another lung disease.

## Appendix B - Other minor symptoms of ill-health

This list is to be read in conjunction with chapter 3. This list is to prompt you to consider these factors when assessing your health. Inclusion in this list is not intended to imply that I can assist the problem.

Allergies or a history of allergies or skin reactions  
 Anaemia  
 Anger  
 Appetite excessive  
 Arthritic tendencies  
 Asthma, wheezing or history of bronchial infection  
 Awakening more tired than when going to sleep  
 Binge or uncontrolled eating  
 Bloating of intestines  
 Blood pressure outside of normal  
 Calm exterior with a troubled inner self  
**Carbohydrates** craved  
 Cholesterol levels high  
 Cholesterol management unresponsive to diet and medication  
 Chronic fatigue  
 Cold feeling, when others do not, particularly hands & feet  
 Concentration difficult  
 Constipation  
 Craves **salty** food – pizza, curry, crisps, peanuts etc.  
 Depressed feeling, down or sad  
 Diabetes  
 Difficulty sustaining a manipulation of the skeleton  
 Dizziness when standing up suddenly  
 Exhausted and can not get enough sleep  
 Eyes with distant look  
 Fat – soft layering of body fat  
 Fatigue relieved by eating  
 Hair dry, splitting or getting tangled  
 Hair loss, particularly from outer part of eyebrow  
 Headaches - note quality of pain and triggers such as time of day, after exercise, if meal missed  
 Heart palpitations  
 Hyperactivity in children  
 Impotence  
 Infertility unexplained  
 Iron excess known as hemochromatosis  
 Irritable before meals  
 Jaw clenching or gritting teeth when stressed  
 Legs “jelly” or weak. A tendency for leg muscles to give way  
 Low back pain chronic, made worse by fatigue or stress events  
 Memory – poor short term  
 Memory not as good as it should be  
 Menopause with troublesome symptoms  
 Menstrual disorders – consider normal – female body designed to have minimal suffering during menstruation as is evidenced by some females not suffering.  
 Menstrual period longer than it used to be  
 Menstrual periods heavier than normal  
 Menstruation lacking in young females

Menstruation more frequent  
 Miscarriages recurring with no obvious explanation  
 Morning – slow starter, tends to lose time  
 Nails breaking, splitting and becoming brittle  
 Naps in daytime  
 Night person or afternoon (tends to be)  
 OCD Obsessive compulsive disorder  
 Orgasm – failure to achieve  
 Pain after a manipulation  
 Pains and aches in joints and muscles  
 Pains in legs  
 Perspires easily – possibly PMS, peri-menopause, menopause  
 Pressure inside head  
 SAD (seasonal affective disorder) or winter blues  
 Salt applied to food before tasting  
 Sensation of “isolation” in crowds  
 Sex desire increased  
 Sex desire reduced or lacking  
 Skin itching, prickly hot skin, rashes, hives, urticaria  
 Sleep – difficulty falling asleep  
 Sleep but awake after a few hours  
 Sleep unrefreshing  
 Sleepy in afternoon  
 Snacks with sugar or coffee craved in afternoon  
 Sprained ankle tendency or “shin splints”  
 Stomach and abdominal bloating  
 Stressed tendency and difficulty calming down  
 Suffers under poor light conditions or fluorescent light  
 Sugar desire increased  
 Sugar tolerance decreased  
 Sunglasses – tends to need to wear  
**Sweets** craved  
 Swelling and puffiness in eyes, face, arms and legs  
 Swelling obvious in neck  
 Teeth grinding at night  
 Tendonitis in arms and legs  
 Thinking “slow”  
 Thirst abnormal  
 Thirst frequent  
 Tired feeling  
 Ulcers or colitis (history of)  
 Urination frequent  
 Weakness, dizzy spells  
 Weight - difficult to lose, despite proper diet and exercise  
 Weight gain all over and soft watery quality  
 Weight gain around hips  
 Weight gained inappropriately  
 Yawning in afternoon  
 Yeast infections chronic, oral fungus thrush

## Appendix C - Information about the author

When I was a young child at junior school and learning about plagues such as the Great Plague of 1665, the following questions were triggered in my mind:

- Why did some people become sick and not others?
- Of those who got sick, why did some die while some recovered their health?

I have over 60 years experience of observing people, 30 years experience studying health and healing, and 30 years experience working as a Chiropractor and natural health therapist. I have continued to learn additional methods of assisting the body to heal itself. In my work I use particularly gentle chiropractic adjusting skills to ensure the whole skeleton is well-aligned. Secondly, I work to release tension from muscles and other soft tissues, all of which attach to the skeleton. I also check that the muscles are working effectively when we want them to work. Then I check the function of all the major nerves in the body.



Most clients come when they are in crisis with pain. However I am aware that they could be more healthy with regular (not frequent) checks to tune up the function of the body. One reason for this article is to try to educate people that active management can help to maintain health.

This article has been written based both on my own experience of working to maintain my good health and on my clinical experience from helping other people. I am very aware that most people who come for help would have benefitted from treatment years earlier.

The views expressed in this article are entirely my own and others may not agree with everything I have written.

Having spent three decades helping people with a health “crisis”, I now feel that I can potentially help more people by spreading information on what is optimum health and how to maintain it.

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