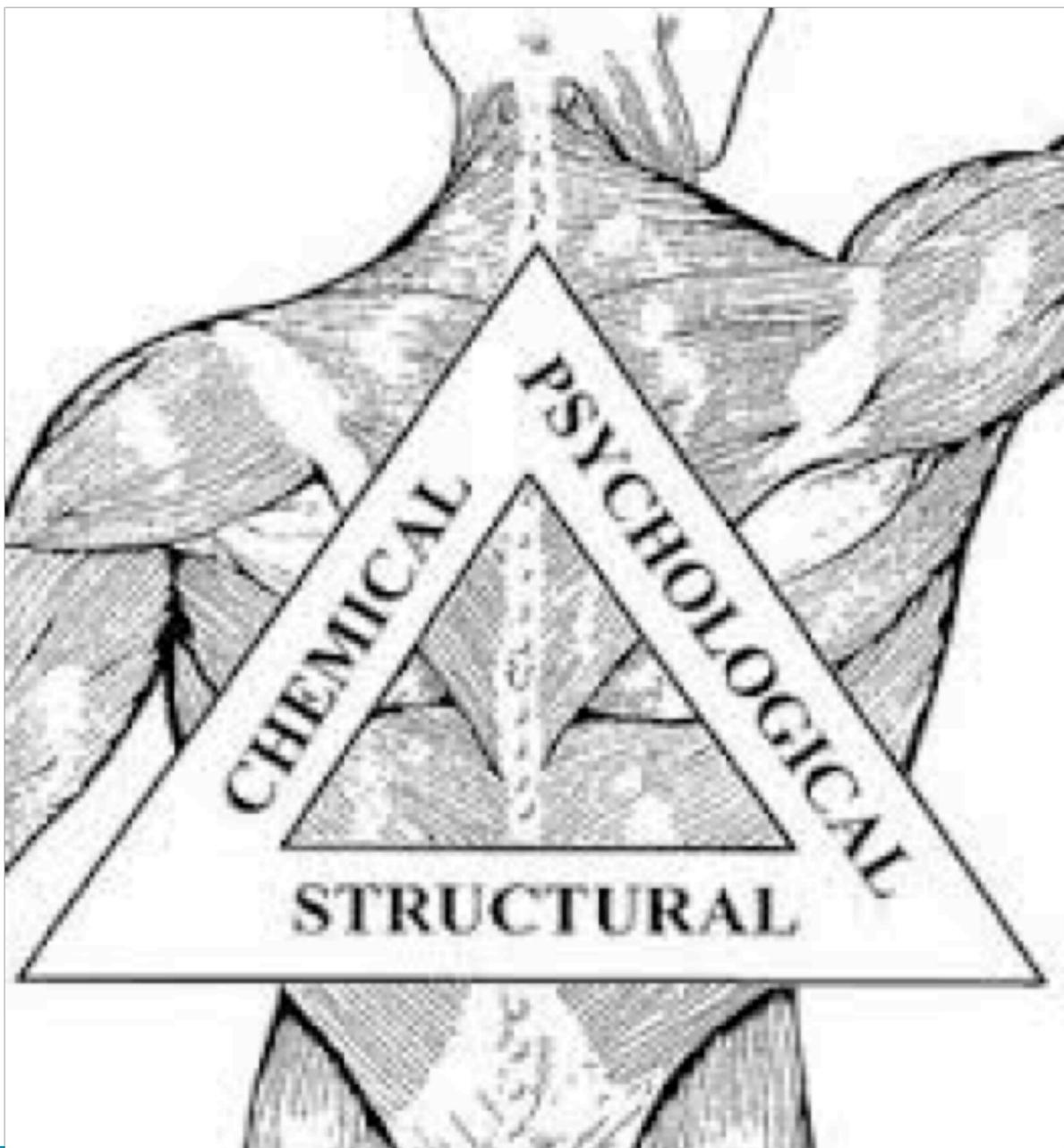

A Modern Guide to the Triad of Health

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Introduction

In most disease processes, there are usually three contributing factors that can affect the outcome of the disease. The international college of applied kinesiology calls this the triad of health. Also, when you take care of the basics of health, you can see huge changes in your disease state and feel much more solidly built overall. Sometimes, people who have advanced disease aren't able to recover by implementing the basics because they have roadblocks, for example, having too much pain to be able to find a comfortable position to sleep in at night or not having enough energy to be able to exercise. These are situations in which targeted support for systems that are not performing optimally is required before the person can get back on the right track.

Body Chemistry

Diet

There is a lot of information on diet out there, but it can be summarized in three simple rules, as outlined by author Michael Pollan:

- 1) Eat food (that is REAL food), no processed food
- 2) Don't eat too much
- 3) Eat Mostly Vegetables (at least half of your plate)(the green leafy and cruciferous vegetables are the most important*)

There are many reasons to eat more vegetables, including:

- 1) Fiber: which allows of the excretion of toxins via normal bowel movements, provides food for beneficial bacteria in the gut (that produce necessary vitamins for and detoxify our bodies)
- 2) Micronutrients: vegetables are inherently lower in calories than other food groups, but they are the richest source of micronutrients, including vitamins, minerals.
- 3) Phytonutrients can prevent damage to you body from reactive oxygen species.

Water and Hydration

Water is very important for all of the chemical reactions that happen in our bodies. Also, depending on your body weight, you lose around three litres of water per day through breath, bowel movements, urination, and sweat (even when you don't realize you are sweating). Therefore, the recommendation is that you drink 3 litres of water per day to replace the fluids that you are losing. This amount of water needs to be bumped up if you are sweating profusely, have diarrhea, or have an increased respiratory rate. Be advised that plain water is the only thing that counts towards your daily water requirements.

Water by itself is necessary for hydration, but there are also some other nutrients needed in order for your body to hold onto water:

1) Electrolytes

Salt is important to be ingesting, especially when a person is physically active and is sweating a lot and provides sodium and chlorine. Other electrolytes that are important for water balance and other functions in the body are calcium and potassium, the best source of which are vegetables and fruit. A great way to increase your intake of electrolytes is to make your own Gatorade. Just use some type of 100% fruit juice and dilute it with as much water as juice, and add a pinch of salt to it.

2) B- Vitamins

Riboflavin (B2) and Niacin (B3) are both necessary for the production of the hormone aldosterone in the body. Aldosterone is a steroid hormone that is released from the cortex of the adrenal gland, and controls salt and water absorption in the kidneys. These B-vitamins are used up during energy production and are also depleted by chronic stress in the body.

Supplementation

In today's modern world, supplementation is necessary for the following reasons:

1) Nutrient Content of Foods: It would be nice to be able to get all of the nutrients that we need from our food, but the truth is farming practices in the post modern world end up producing food that is not as nutritious as it used to be.

2) Genetic Defects in the processing and activation of nutrients found in foods: these cause people to need higher doses of certain nutrients. A common example of this is the MTHFr gene mutation that affects the way that folic acid is metabolized in the body. This gene mutation has been implicated in mental health conditions, allergies, addictions, heart disease, stroke, fibromyalgia, cancer, and autism.

3) Medications:

- PPIs decrease HCL production, thereby reducing mineral, protein, and fat absorption.

- the use of Oral contraceptives puts stress on liver metabolism, and increases the need for Vitamin B6.

4) Chronic Stress: Stress can cause a decrease in the production of HCl which can cause food to be not broken down properly so that we cannot derive maximum benefit from it.

Mental / Emotional / Psychological

When most people think about stress, they think about being overwhelmed by duties, projects, relationships, and other things that they can't handle. While this is an important aspect of stress, it is important to note that there additional from of stress that can be damaging, and include physical stress, chemical stress, and temperature related stress. Your body reacts the same way to all of these different types of stress. This is important because the body responds the same way whether, we are tired, hungry, dehydrated, or irritated! This is the reason that improving your overall health can increase your ability to handle the demands that are place on you in life. This being said, there are ways of thinking that can be detrimental and there are different ways to increase your mental resilience.

Metacognition

This is the ability of being able to assess and understand your own thoughts. Metacognition is what allows us to identify which thoughts and behaviors are serving us, and which are not. If you think about a child, who hasn't developed this form of mental processing yet, they may say that they have prepared enough for a test and find out that when it is placed in front of them that they are not sufficiently prepared. Most of us have the ability to identify which thoughts serve us and which do not, but it can be challenging in this modern society that is so fast paced, with little time for recreation.

One of the most powerful ways to improve metacognition is through meditation. Basic meditation can consist of focusing on the timing of your breath and letting thoughts come and go while your attention is focused on your breath. In addition to the relaxation response that your body goes through, meditation can give you a fresh perspective on what about your life is working and what isn't.

Emotional Freedom Technique

This technique is a powerful way of reprogramming your mental responses to triggers, so that you have more control over how you choose to respond to those triggers. For example, the sound of someone's voice puts you into an irritated state, regardless of what they say. This technique can allow you to not be as irritated by their voice so that you can choose to interact with them in whichever way that you choose, and is very simple to learn. You can learn the procedure at the following website: <http://emofree.com/eft-tutorial/tapping-basics/how-to-do-eft.html>.

Structure

Posture

There is a very specific change in body structure that happens when a person has poor posture. When the low back goes into flexion, bones get pulled out of place which can cause pain when walking, a decrease in the efficiency of breathing, and pain/dysfunction of the shoulder girdle. The best way to improve your posture is to focus on tilting your pelvis forward and sticking your butt out. This will allow you to adopt a more upright and healthy posture.

Viscerosomatic Reflexes

In the human body, each muscle has a relationship to an organ in the body, and the connection is made through the acupuncture system. For example, the abdominal muscles are related to the small intestine. This means that if a person has some kind of dysfunction in their gut (inflammation, bacterial overgrowth, etc.), it can affect the function of the abdominal muscles. These relationships can allow subluxations and pain syndromes that do not have a physical origin.

Injuries

Injuries in the body create certain neural pathways in order to protect the body from further injury. Once the original injury has healed, however, these neural pathways tend to persist and create dysfunction in the body. In cases where “My shoulder has never been the same since.....”, the reason could be that the body is still trying to protect the part of the body that was previously injured.

To Recap

- Eat real food, mostly vegetables, and not too much
- Drink 3 litres of water per day
- Learn to use EFT to change the way that you are triggered by stressful events
- Adopt good posture by focusing on tilting your pelvis forward and sticking your butt out.
- Find a doctor who does applied kinesiology to help you identify which organs, injuries, emotions, and deficiencies may be contributing to your disease process.

Disclaimer: This book is not intended to be a replacement for medical care. Please contact your healthcare provider if you have any health conditions.