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abcde10. Combining Complementary Health Care with traditional medicine

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Medications can save lives and prolong life. Surgery can do the same. Risks involved with these types of treatments are high, but acceptable if the benefits are great. Prudent people weigh the risks against the benefits. They use all treatments, procedures, and techniques to minimize the risk and maximize benefits. In medical jargon a risk of one bad thing happening per 100,000 treatments is considered good if there are clear benefits to the procedure.

A one in a million risk is generally considered so small that it is not worth telling the patient about. Some professionals prefer to inform patients, even when a risk is less than one in a million, if the risk involves a serious complication. Using selected complementary health care procedures may help you lower your risks and increase your benefits.

What are some of these procedures? Spinal health has always been important ever since the human race began to walk on two legs. Ensuring efficient spinal function is necessary for effective long term use of the spine. By long term we mean more than 40 years. If you are planning on living more than 40 years then you had best pay attention to what is being taught about taking care of the spine. Headaches, neck aches, and low back pains are very common ailments and there is much you can do in the complementary health care field to minimize risks to medications for these conditions.

Nutrition may offer an effective way to lower risks to any treatment or procedure. When we eat, we force food debris into the blood. This debris has to be dealt with. Sometimes this debris is poorly broken down by the digestive system and sometimes it is properly broken down. In any case, there is a call upon the immune system to get to work every time we eat something. Lowering the food born immune stress will help any condition you may have. Eating less food is one way to lower the food stress, but avoiding certain kinds of food also helps. More about that another day.

Exercise is an effective way to lower risk. The reason exercise helps is that during exercise the body moves blood more efficiently. Blood is shunted from place to place in the body because the body is designed with more space in the blood vessels than there is blood to fill the space. This means some blood vessels are shut down part of the time. This leads to less oxygenation of those tissues. Exercise helps improve this oxygenation.

Rest and relaxation will help lower your risks to medical drugs and surgical procedures. A well-rested body functions better. A well-rested body deals with stress better. This means less tension and fewer complications. Underestimating the value of rest is very common in a fast paced

society with pressures to produce ever constant and unrelenting. Choosing to lead a lifestyle where regular rest is part of the daily routine will go a long way to lowering risk.

It can even be argued that attitude and perspective play a role in lowering risk. People with the attitude expecting the doctor to fix up all their problems, generally do poorly as patients and more often than not, are failures with any sort of passive care. Passive care is when a care giver does something to the patient. The patient is the passive receiver of some intervention by the care giver. Whatever is done for the patient is passive because the patient does nothing for themselves, other than get themselves to the treatment centre. The right kind of passive care can do wonders for many health related conditions, but the right attitude is required for the body to heal itself.

Deep fibre therapy may be thought of as the epitome of passive care. With the right patient attitude it can do wonders and bring near miracles. Without the right attitude it is next to useless, and might probably be thought of as even harmful by some poorly informed people with bad attitudes. People who want to do whatever they can to help their bodies heal, make much better patients than people who just say, okay, here I am, heal me.

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