

Active Health!

Everybody believes that exercise is good. I believe we should be exercising **all** parts of our physical and psychological body. Hygiene protects from sickness but it also prevents exercise of the immune system. Children growing up in a somewhat dirty environment might actually be healthier in the end. There is a danger in living in a hygienic environment. When you are finally exposed to a disease, your body may not be ready for it.

In my model of active health the goal is not just to stay passively healthy. Instead we should expose ourselves once in a while to unhealthy situations (drugs, germs, stress, junk food, ...).

The key is in the timing. By exposing ourselves early, when we are healthy, according to our own schedule, we will then be ready for the unfavorable conditions. A classical example is vaccination. We expose ourselves to weakened germs so that our immune system gets to recognize them. When the infection finally hits us at a random time, we are ready.

Active health is the ability to recover from unfavorable conditions and not the ability to stay in favorable conditions. If the poison was too strong and the body is not able to recover safely then we need to be able to aid the body from the outside.

What is needed is monitoring equipment that anybody can use at home. For example:

- Microscopes could be used to monitor your blood and check the progress of an infectious disease. The challenge is to make the equipment user friendly.
- Infrared cameras can be used to check circulation. ...

Questions:

- What are safe ways to exercise the immune system?
- What are safe ways to exercise your psychological resourcefulness?
- What are easy ways to monitor your health?

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