



# life & Health

## *Two Models for Health*

**T**wo models for health have co-existed over the past century—the Natural Health Model and the Medical Health Model. The Natural Health Model is the older of the two approaches to health as this model dates back many centuries. During the 1900's, however, the Medical Health Model established dominance to the point where an understanding of the Natural Health Model has been lost to most of society.

Here's an outline of the two models highlighting the difference in the approach to health and disease:

### ***NATURAL HEALTH MODEL***

#### ***What creates disease?***

We create disease—how we deal with life, our lifestyle and exposure to environmental toxins over time creates disease. The ability of germs or microbes to create disease depends on conditions within the body.

#### ***How the body is viewed:***

All aspects of the individual—physical, emotional, mental & spiritual are recognized as affecting health. The body is seen as a whole. For example, if cancer erupts in one part of the body, it reflects a problem that involves the whole body.

#### ***How do you restore health?***

The goal is to learn how to create health before disease manifests. Once disease

### ***MEDICAL HEALTH MODEL***

#### ***What creates disease?***

Disease is often viewed as something that just happens to us—genetics and microbes dominate research into the causes of disease. Lifestyle is gaining acceptance as a cause.

#### ***How the body is viewed:***

The body is viewed in parts. Specialists become experts for a disease or an area of the body—heart specialist, brain specialist, oncologist, etc. For example, if cancer erupts in one part of the body, as long as it is treated, it is not seen as a problem for the rest of the body.

#### ***How do you restore health?***

The goal is to diagnose disease as early as possible. Symptoms and tests are

symptoms appear, radical cleansing therapies are more important than diagnosing a condition or disease. The body has the ability to heal itself if given the proper tools. The key to helping one person may not be the key that works for another, however all gentle therapies, are a stepping stone to improving health.

### *What type of research is accepted?*

Creating health is a personal journey for each of us so we determine effectiveness by word-of-mouth, practitioner experience, testimonials, books, intuition, lectures, case studies and personal experience. It is rare that only one therapy is the answer as everything we do either creates or destroys health. It is not possible, therefore, to determine effectiveness using the Medical Model. Natural health therapies are based on the dictum, "Do no harm," as they are meant to help the body heal itself. Although therapies are designed to work with the body and tend to be safe, safety needs to be proven. Safety may be established through historical or empirical evidence.

### *Who is the practitioner and what is their role?*

Practitioners acquire education or training in one or more natural health approaches. The role of the practitioner is determined by the individual—they may act as the authority, as a consultant or as a facilitator.

used in order to diagnose a condition or disease. The emphasis is on drugs, surgery and radiation as tools used to heal the body or to manage the symptoms. Therapies are considered to work consistently for a specific condition--individual differences are not recognized.

### *What type of research is accepted?*

Formal double blind studies to prove safety and effectiveness are the only recognized research method. Many medical treatments have not, however, been subjected to this standard of research. Effectiveness needs to be proven because a therapy must work consistently for a particular condition. Many therapies have harmful side-effects. Safety levels must be established as therapies used are often toxic to the body and can do harm. Studies must be conducted to determine efficacy because safety and the potential for harm is a risk. Efficacy is weighed in relation to harm.

### *Who is the practitioner and what is their role?*

Practitioners must qualify as a medical doctor. The doctor is the authority on what is needed to restore health and may specialize in a particular area of the body or in a particular disease.

### *What is the role of the individual?*

To recognize the role we play in creating health or creating disease. To seek out practitioners and therapies that help.

### *What is health?*

Health is having abundant energy—physically, emotionally, mentally and spiritually. Health is a long-term process and commitment.

### *How does the government view this model?*

Government tends to view natural health practitioners and suppliers of natural products as quacks who prey on the sick. They risk being charged with practicing medicine without a license or risk being shut down. Individuals are seen as gullible and desperate victims.

### *What is the role of the individual?*

Individuals are expected to follow the doctor's advice.

### *What is health?*

Health is viewed as an absence of symptoms or diagnostic evidence.

### *How does the government view this model?*

Government tends to view the medical health model as the only legitimate approach to health care. As a result, this system has total power and control over our health care system. Medical doctors who adopt the principles of the Natural Health Model risk losing their licenses.

### *What is the truth?*

Most health practitioners and suppliers within both models are caring individuals who want to help others. Proponents of each model view the other with skepticism and mistrust. Both models are valid and can provide effective health care. Both models should be allowed to exist without either model being accountable to the other. Should we as a society be able to restrict the beliefs and freedoms of others? This is what is happening now. Some questions to ask ourselves are: "Do I give others freedom in all areas of life? Do I allow others freedom of choice on controversial issues such as political beliefs, religious beliefs, and on environmental issues?" "Do I recognize that my freedom ends where another's begins?" When enough of us can say, "Yes, I do," and are willing to be accountable and ask others to be accountable, we gradually open the door to allow greater freedom.