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## **What is health?**

Not having a disease does not equal health. Some people always feel uncomfortable, but doctors can not diagnose this as a disease.

As defined by World Health Organization (WHO), it is a “State of complete physical, mental, and social well being, and not merely the absence of disease or infirmity.” Health is a dynamic condition resulting from a body’ s constant adjustment and adaptation in response to stresses and changes in the environment for maintaining an inner equilibrium called homoeostasis.

The following is a summary based on Traditional Chinese Medicine (TCM) theory and daily observations of some my experiences. The definition and understanding of health is for reference only:

Healthy weight BMI (body mass index) is between 18.5 and 25; No cough, phlegm and asthma; No pain, no numbness and no lumps in the body; Healthy appetite, not always feeling thirsty, normal and regular bowel movement and urination; Not waking up during the night; After getting up feeling stronger and refreshed in the morning; Alert and not always feeling tired; Having a calm, optimistic, cheerful and easy going mood; Being forgiving, not selfish and happy to help others; Don’ t need to take medicine, and only see the doctor once or twice every year.

What is health related to? It is mainly breathing, water, food, living environment, mood, exercise, sleep, job, genetics, climate and natural disasters etc.

Breathing and health. Gas exchange of oxygen and carbon dioxide takes place in the alveoli. Oxygen from the inhaled air diffuses through the walls of the alveoli and adjacent capillaries into the red blood cells. The oxygen is then carried by the blood to the body tissues. Carbon dioxide produced by the body’ s metabolism returns

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to the lung via the blood. It then diffuses across the capillary and alveolar walls into the air to be removed from the body with expiration. The depth of breathing determines the level of health.

Water is the source of life. If you don't have drink water for three days, your lips will chapped and your body's metabolic function will stop. Good water quality will make you healthy and strong. In some areas, water will cause yellow teeth. In some areas, water will cause asthma, and in other areas, water will make woman infertile.

Food is the energy of life. Eating expired foods can cause stomach pain or diarrhea and food poisoning. Eating more can cause bloating. Eating too much high-protein, high-fat, high-sugar foods and not getting enough reasonable exercise, it is easy for the body gain weight. A reasonable ratio of foods staple would be 50% of grains or rice, 15% of meat and fish, 20% of vegetables, 15% of fruits.

The relationship between the surrounding environment and health. People living in fresh air near tree pastures and watersides have a better cardiopulmonary respiration function than those living in air-contaminated areas, and their life expectancy will increase a lot. This is not controversial. The ancient East has a discipline called Feng Shui, which is the choice of people to live in a natural environment. It is a natural science. Some people do not understand it. Primitive man spent time choosing his living environment.

The impact of emotions on health. Why do people have troubles? This problem is because of desire, wanting to get something and losing something is annoying. Learning to accept what you have can make you happy. People feel angry and don't want to eat and maybe give them a stomach ache. Sadness can lead to depression, and keeping the mind and mood healthy. Will be very beneficial to health.

The impact of exercise on the body, a healthy life lies in reasonable and appropriate exercise. Running quickly will speed up

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your pulse and heartbeat, always sitting on the sofa watching TV, will cause insufficient blood supply to the brain or blockage of blood vessels because of the slow flow of blood due to inactivity. If people with poor kidney function or old people, don't try those hard activities, the body's energy will have a great impact on heart function due to imbalance of output and supply. Scientific and reasonable exercise is very important.

The effect of sleep on the body. Sleep is the way to repair and restore energy in damaged cells of the body. The time of sleep and quality are directly related to the recovery of energy. Some people need alcohol to go to sleep. Some people feel tired after getting up in the morning. Some people have difficulty falling asleep or can't fall asleep all night. Some people dream all night. These are abnormal sleeps. People with a worried will naturally not have a good sleep. If you don't sleep well, your body will become weak.

Work and health links. About a third of the day is working. The important thing is to like your work. If you don't like it, your mood will be suppressed and that can affect your body. Work environment, get along with colleagues, etc.

Genetic and health links. Current scientific research, human life, health, disease and personality have a direct relationship. For example, there is a boy who looks like his mother, and some people have the same illness as their parents and grandparents.

The relationship between climate and the body, some people will ask if you like the British climate? Most people do not like, it not enough sunshine, need to fly to Italy or Spain to enjoy the sun. When the weather is gloomy and rainy, people feel depressed, when the weather is sunny, people feel happy. Many people have this experience. People in cold regions like to drink some alcohol in a warm room, and people in the hot regions like cool drinks and sweet

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and sour food. These are the reactions of people to adapt to the natural climate.

Natural disasters. The impact of natural disasters and accidents on the human body cannot be ignored.

All of the above factors have direct and indirect relationships. Natural disasters, accidents, climate and heredity factors cannot be changed, but we can change our breathing, diet, sleep, mood, mental health, exercise and environment to improve longevity and improve health.