

# [When is a method of life, rather](https://assignbuster.com/when-is-a-method-of-life-rather/)

[Life](https://assignbuster.com/essay-subjects/life/), [Emotions](https://assignbuster.com/essay-subjects/life/emotions/)

When exploring what is health, it looks at the idea of an individual being free from illness or injuries. According to the World Health Organization (1948), there are also different aspects that contribute and impact a person health such as their: family and friends, education or job, body, spirit and mind, and these all need to balance to ensure good health (health context, 2018). Holistic health looks at all the methods of healthcare from conventional medication to different therapies to care for a person who needs it. An example is when someone is experiencing problems with a migraine headache, holistic approach will not focus solely on medication.

It will look at potential factors that may cause the person a headache such as other health issues, diet, sleep habits, stress, own problems. Holistic health is a method of life, rather than dealing with illnesses or an exact part of the body, this ancient method considers the whole person how they cooperate with the environment. Holistic approach emphases the connection between optimal health and wellness. The perception amongst the idea of holistic health deliver a process for investigation and monitoring wellness instead of bad health. Holistic health thinks that health is maintained or reduced by the decision you make every day in all areas of your life and this could: emotional, mental, physical, or spiritual and these four functions help us go through the day and keep us going. Wellness is described as the accomplishment of success in these four areas or more. This is the reason why holistic health is not like allopathic health which focuses on the physical disease.

Holistic health approach considers these four factors: physical health which considers if a person is active, they do not get unwell regularly, has physical strength and, they have a lot of energy. When talking about the physical health of someone it applies to how a person’s body responds to diseases and the body’s condition, when the body responds to diseases, it is essential that a person looks after their body.    1,                                             Collin Ncube.                                          Access to Health. People who suffer from a mental health can put their attention on a task for a long period of time, the understanding to think easily, the individual is alert, able to listen and think and the individual’s ability to make good decisions. This is important to a person’s health and well-being.   Emotional health is the understanding to realize emotion such as joy, fear, anger, grief and to show what you think, also the understanding to manage things such as anxiety and stress, it also looks at managing a persons work and several other activities ; however an individual who has control over their emotions health can control their behavior as they have a positive attitude about themselves and their relationship with other people around them.

Additionally, spiritual health looks at a person’s religious beliefs, their sense of value and their capacity to exercise what they believe is right, these factors can contribute to their health and well-being (health context, 2018). Holistic health offers us with ways of testing and improving healthy lifestyle patterns, wellness practices and life stability of these four in such a way to provide sensible ideas for improvement and encouragement of wellness practice (American Holistic Health Association 2018). There is a difference between the medical model and the alternative (holistic) model of health; in medical model is just treat the illness, or disease while the holistic focus on treating an entire person, considering the mental, emotional, physical, social and spiritual state of wellbeing. Complementary and alternative therapies such as herbal remedies, massage, yoga, drinking of   green tea and acupuncture are increasing in popularity. Complementary you can combine with conventional medical treatment.

It might help a person to feel better and manage more with their condition, illness, and treatment. Alternative therapy is commonly used in place of conventional medical treatment. Complementary therapies are often concentrated on the ancestral beliefs, which is one purpose for why there is less scientific evidence obtainable about their safety and effectiveness. Healthy people use these types of therapies to attempt and to cause their immune system stronger and to feel better in general, for example people who have the disease or illness such as HIV. More people report positive results by means of complementary therapies. It is advisable to talk to your healthcare provider before you begin to use any type of treatment (Anon, 2018).

2,                                                         Collin Ncube,                                                        Access to Health. Acupuncture is an example of complementary therapy, it is a type of therapy which requires the placement of tiny, hair-thin needles into certain pressure points on the body to relieve a diversity conditions, this may help to lower stress and pain related with the certain condition and help with many additional health problems. Acupuncture is also regularly used to cure other musculoskeletal and pain conditions alongside chronic pain, such as neck pain, joint pain, dental pain.  Others report that acupuncture gives them extra energy. It is one of the oldest forms of traditional Chinese medicine and is recognized as a form of medicine in several parts of the world.

In other areas of the world, acupuncture includes stimulating sensory nerves below the skin and in the muscles of the body, resulting in the body producing natural substances, such as pain-relieving endorphins. It is possible that these naturally released substances are accountable for the beneficial effects experienced with acupuncture. Several people with HIV use Acupuncture and some believe that acupuncture can assist cure signs of HIV. Acupuncture has side effects, and this involves pain where the needles puncture the skin, blood loss or marks where the needles puncture the skin, tiredness, feeling sick, feeling dizzy or faint and deteriorating of the pre-existing symptom. For someone who has the bleeding disorder or taking other medication, it is advisable to talk to your GP.

There are no clear theories on how exactly acupuncture works; one of the theories is the Gate Theory of Pain. This was presented in 1965 and describes that acupuncture works through the nervous system to ease the pain. The theory also states that in the nervous system, there are nerves that both transfer and inhibit pain.

Acupuncture assists in pain relief by stimulating the pain inhibitory nerve fibers, which lowers the pain input and then, relieves the pain. This can describe the effectiveness of acupuncture in short-term and acute pain conditions (Marie Curie, 2018).     3,                                                                                    Collin Ncube,                                                 Access to Health. Yoga is another example of complementary, it is a set of exercise that people use to improve   their fitness, reduce stress, and increase flexibility. Yoga can involve breathing exercise, stretching and strengthening poses and meditation. Meditation is a certain way of concentration that may allow your mind and body to become very relaxed, it also helps to focus and be quiet. There are many different forms of meditation, most involve deep breathing and paying attention to your body and mind. Sometimes people sit still and close their eyes to meditate; you can meditate when you are taking a walk.

It is beneficial again to people with HIV to meditate as a way of relaxing, it can help them deal with the stress that comes with any illness. Meditation can help you to calm down and focus if you are feeling overwhelmed. Other people believe that yoga helps make them healthier in general because it can make a person’s body stronger. Yoga can also lower blood pressure and reduce insomnia. There are many different kind of yoga and several classes one can take, or one can follow the exercise on the video program. It is advisable before one can take exercises to talk with your care providers. Yoga has no many side effects, one needs to do like 30minutes per day only if someone is fit, and never does yoga when your body is tired especially your mind. Yoga is more helpful for the health in ways that current science starts to recognize, yoga therapy is now arising as a discipline.

More health care experts are starting to include yogic techniques in their method to healing and more yoga teachers give therapeutic intention to their teaching. Many people are now beginning to consider yoga in their treatment plan. Science is now beginning to document the importance of understanding the interrelation of all current things; it looks to yoga with an intrigued eye, for yoga speaks unity in every word. It is widely that yoga can enhance someone’s physical and emotional wellbeing, it can help to stop and assist the improvement from physical and mental ailments. Yoga has long been used with therapeutic intentions as the way of changing both the body and the mind. The integration of mind and body is essential for the healing process (Yogatherapyconference.

com, 2018).   In conclusion there are several definitions of health today and there is move towards   integrating complementary, alternative and conventional therapies and medicine in keeping us health.         4,                                         Collin Ncube,                                        Access to Health.

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