Principles of Health Restoration
Application of biological and physiological (natural) sciences to clinical medicine for diagnosing and treating disease
Chronic diseases with greatest public health burden:

- Obesity
- Diabetes
- Cardiovascular diseases
- Cancer
- Osteoporosis
- Dental Diseases

According to the World Health Organization, chronic disease prevalence is expected to rise by 57% by the year 2020.
WHY?
### Diagnosis - Identification of Disease/Illness through Doctor's Observation and/or Specific Diagnostic Tests:
- Blood tests
- Scans
  - X-rays, S,MRI etc
- Tissue analysis
  - Pap smears, biopsies etc

### Intervention - Any Action Taken to Deal with the Disease/Illness:
- Medication
- Surgery
- Nuclear medicine
Homeostasis is health!

A property of cells, tissues, and organisms that allows the maintenance and regulation of the stability and constancy needed to function properly. **Homeostasis is a healthy state** that is maintained by the constant adjustment of biochemical and physiological pathways.
Principles of Health Restoration
Effect of principles on homeostasis

**Rationale:**
Providing the cells with what they need (RESTORATION) is necessary for the well-being of individual cells and of the entire body!
Sleep increases chromosome dynamics to enable reduction of accumulating DNA damage in single neurons.


The restorative function of sleep is nuclear maintenance!

- Muscle cells recovery
- Cardiac cell rest between heartbeats
- Liver cells adapt to cycles of day and night (University of Geneve 2017 May 4)
- Sleep deprivation reduces insulin sensitivity by 30% (Impaired insulin signalling in human adipocytes, Annals of Internal Medicine, 2012 Oct 16)
Principle: Exercise

Effect on homeostasis

Effects well known:

• Improved circulation & respiration
  • Clears toxins and provides nutrients
• Improved insulin sensitivity and weight loss
• Muscle (incl. cardiac) & bone strengthening
• Increase energy levels
• Stimulates production of hormones for mood regulation & brain health
• Postmeal walking improves 24-hour glycemic control
  • Diabetes Care 2013 Oct;36(10);3262-3268
Principle: SUNSHINE

Effect on homoeostasis

- Provides light for circadian rhythm and heat (IR)
- Production of serotonin
- Conversion of cholesterol to VitD
- Production of Nitric Oxide from health blood vessels (lowering BP)
- Germicidal properties of UVC
Principle: Temperance
Effect on homeostasis

Def: Avoiding that which is harmful; doing the healthful in moderation
- Harmful effects of illegal substances
- Harmful effects of chronic use of coffee, alcohol, refined foods, drugs
- “Potential adverse cardiovascular effects from excessive endurance exercise” Mayo Clinic Proceedings 2012 July; (87)7; 704
- Certain habits cause a “hijacking” of the brain’s reward circuitry, resulting in maladaptive behaviours (addiction) & damage/thinning of Frontal lobe cortex.
  - Dual role of nicotine in addiction and cognition: A review of neuroimaging studies in humans; Neuropharmacology; 2014 September; (84)111-122
How we feel, affects our health at a physiological level.

Feelings are physiologically:

- a combination of various chemicals (neurotransmitters and hormones)
- made by the nervous & endocrine system
- in response to our thoughts and perceptions about something (consciously or unconsciously)

There are two basic emotions:

- Fear - encompassing anxiety, hate, jealousy, depression, stress, unforgiveness, etc.
- Love - encompassing joy, happiness, enthusiasm, peace, etc.
**Principle: Oxytocin & Imagination**

**Effect on homoeostasis**

**Fear**

- Cortisol, Adrenaline, Noradrenaline
  - suppresses the immune system,
  - overworks the cardiovascular system,
  - disrupts the ability of the stomach to digest
  - raises blood sugar levels

**Love**

- Oxytocin, Dopamine, Serotonin & Endorphins
  - buffers the effects of stress,
  - reducing anxiety,
  - enhances memory, attention & social bonding
  - operates in the reward system of the brain
Up to 70% of the human body is water.

- All our physiological activities depend on water.
  - It is a vital nutrient to every cell.
  - It acts as a building material.
  - It assists in flushing out waste materials from our body (from a cellular level, right up to and preventing constipation and stone formation in the body).
The respiratory system responsible for gas exchange:

Draws in O2 needed for cellular respiration - to produce ATP for energy for body functions incl. nerve conduction.

...and pH balance by:

balancing levels of bicarbonate and CO2 through elimination of CO2 (waste product of cellular respiration).
Principle: OUTFITS
Effect on homeostasis

- Any fixtures added to the body should not:
  - Interfere with the structure and function
    - Especially blood flow, lymphatic drainage, and breathing
  - Place excessive weight or pressure
    - Pressure on abdomen and stomach affecting digestion
  - Restrict free movement.

- Shoes should give support and protection to the feet
- Clothing to allow sweating and not interfere with thermoregulation

Teach patients not to sacrifice health at the altar of fashion.
Principle: Nutrition
Effect on homoeostasis

- Our bodies need certain nutrients to function, material to repair & grow.
- Food choice to primarily depend on nutritional needs and secondarily on pleasure.
- Need to re-study the human body design... are we herbivores or carnivores?
- To teach: what, when, how, how often etc.
- Many diseases stem from: Deficiency & Toxicity.
The human body needs the following elements:

- **Macronutrients:**
  - Glucose
  - Amino acids
  - Fatty acids
- **Micronutrients** - for proper functioning of body cells and organs:
  - Vitamins - fat soluble vitamins (A, D, E & K) and water soluble (C & variety of B)
  - Minerals - 5 major minerals & 55 trace minerals, all of them essential
- **Other body needs:**
  - Fibre
  - Water & Sunlight
Practical effect of application of principles in clinical setting

A retrospective study of our own patients to be conducted.

Blue Zones project [www.bluezones.com](http://www.bluezones.com)
Recommendation:

- Inclusion of the science of lifestyle changes into medical curriculum
- Incorporation into mainstream clinical medicine practices
- Change in the diet of patients in hospitals to focus on nutrition therapy
- Adoption as a primary model of health prevention and restoration from disease
Benefits:

- Healthier, more productive communities and population
- Improved quality of life with less suffering
- Reduction in disease incidence and prevalence over time
- Reduction in cost of health care
True knowledge and understanding of the human body design, together with these principles should:

- have a renewing effect on our minds, to change our thinking and our actions as custodians of the health of the people.
- fundamentally change how we live and practice medicine.

We cannot, with impunity, continue to live outside of Truth, because there are consequences to living outside of Truth.
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