



HEALTH SPECTRUM: The 9 Levels to Peak Performance

As the great Roman poet Virgil once said, “the greatest wealth, is health” – it’s difficult to counter this simple statement, which comes from way back in the Augustan period, or sometime between 70 and 90 BC.

Quite simply put, without good health it doesn’t matter how much money we have.

Disease doesn’t just manifest in the body all of a sudden, rather it is caused by a combination of factors. These could be genetic predisposition, but in many cases they are lifestyle factors, which can be modified.

This is why it’s critical to address health issues early, before they progress and start costing more time, and money.

Together with a team of experts, and the knowledge incorporated from 5000 years of Chinese Medicine, Ayurveda, meditation and yoga, we created the Health

Spectrum.

This Spectrum clearly sets out nine levels of health – from optimal health down to chronic disease. It links together the medical industry (which focuses on the lowest levels, or sickness) the wellness community (which focuses at the middle levels) and the mindfulness industry (which is somewhere in the top levels).

With the right help, it’s not difficult to find out where you are on the Health Spectrum. Here’s a brief explanation of the levels:

Optimal health: At this place not only is the body completely healthy, but so is the mind. This free flow of in the body leads to the ability to reach detachment and

a place of observation on a daily basis.

Ultimate health: Here the body, spirit and mind have reached the highest level of consciousness. It takes many years of practice to get to this point and life is easy and happy.

Good health: At this level the body is in balance, senses are sharp and emotions are pure. Thinking is clear and there is plenty of energy, with few signs of stress.

Accumulation: From this point down, the bottom six levels link to the Six Stages of Disease in Ayurvedic Medicine. At this level

there is an imbalance in the body and it might show up in the small intestines or stomach as constipation, abdominal distention or gases in the colon. For some people this could mean intense hunger, dark or yellow coloured urine, discoloration in the whites of the eyes, heaviness, lethargy or cravings. Most people don't take notice of the imbalance at this point, believing stress and minor health complaints can be ignored or treated with a band-aid approach.

Aggravation: At this level the ongoing imbalance – whether through diet or lifestyle or stress – has gone from a quantitative imbalance to one that is qualitative. With most disease originating in the gut, the abdominal pain and discomfort starts to intensify causing heartburn, reflux, asthma, sinus congestion or excess mucous. At this stage few take notice of the problem, perhaps only visiting a pharmacy to get medications for short-term relief.

Spreading: Now symptoms and imbalances start to spread to other parts of the body, via the bloodstream and circulation leading to aches, pains and low energy. It can affect the body with fatigue but also the mind with depression or anxiety. Symptoms might be cold hands, dry skin, palpitations, rashes, burning, congestion and water retention.

Localising: Here imbalances settle into a weak part of the body – perhaps due to previous trauma, genetic predisposition, accumulated emotional stress, repressed emotions or other factors. This is when many people start to see doctors, who are often not able to name the disease, or they begin to look into their lifestyle as a result of the visible symptoms they're feeling.

Disease: At this level the body has clearly come down with some sickness. The Western medical industry gives the disease a name and attempts to treat it – so that might be high cholesterol, heart disease or diabetes – however this can be problematic as the

underlying cause of the disease haven't been treated.

Chronicity: It usually takes many years of an untreated disease to get to this level. At this point the disease has become so strong that the body's natural healing system can't reverse it and it might progress into an autoimmune disease or even cancer – both reaching epidemic numbers now.

Some diseases will be untreatable, however in many instances they can be treated with the help of qualified doctors and health practitioners and it is possible to move back up the health spectrum.

The earlier the symptoms are

identified, and treated, in the Health Spectrum, the quicker recovery will be. When you know where you are at, you can have a personal strategy and will be able to move up the spectrum. **BFM**

Clinical director of Back to Health, Jo Formosa specialises in Ayurveda and neuro strategies. Along with a team of highly qualified therapists, she offers a number of modalities to achieve optimal health in high-pressure environments, which include Ayurvedic medicine, acupuncture/ Chinese medicine, remedial massage, neuro strategies and clinical testing. For more information and to do the Health Spectrum test, visit <http://healthspectrum.geniusu.com>

THE Health Spectrum

