

HEALTH IN THEORY AND PRACTICE

CIRCLING THE SQUARE



STEVE KIPPAX

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INTRODUCTION

H *Health in Theory and Practice* is a book to read and a book to refer to. It is a guide to living life in a healthy way and looking after oneself. If, as inevitably happens, disease occurs, then it offers a range of solutions to rapidly return to health. Health maintenance and disease resolution are achieved via the Four Pillars of diet, sensible exercise, breathing, and treatment.

Health maintenance, life enhancement, reduced frequency of disease, rapid disease recovery, leading to maximum lifespan—and of course, enjoyment ... What's not to like?

The first four chapters lay down the foundations for understanding health through holistic energetic medicine as a different approach to orthodox pharmaceutical driven disease intervention. It is not a case of either/or, it is a case of suitability. If you have a road traffic accident, you do not want to see a counsellor. Equally repetitively applying steroid creams to eczema can at times appear almost as inappropriate.

As soon as we are born the one certainty is that we will die. This book is about managing the manifestation of ego that occurs between birth and death. Life transcends this manifestation.

The next three chapters are the practical treatment options; herbal medicine, homeopathy, massage/acupressure. Chapter 8 is a repertory

where a symptom or disease can be looked up and solutions found using one or all of the different treatments as well as dietary and lifestyle advice. The final chapter provides a sample day in the life.

Health in Theory and Practice is not only a guide to maintaining health; it is also designed to be the first port of call when disease occurs.

Belief isn't necessary, compliance is

If you read and understand this book, and follow the advice given, then you will have begun to circle the square. In Chinese cosmology, the circle relates to Heaven and the square to Earth. So, circling the square is uniting Heaven and Earth; the reason why we are incarnated. Ongoing personal development and growth not only benefits the individual but helps to maintain the structure of the universe.

Informed choice

Choose the way you want to live; choices are more likely to be made correctly if you are beholden of all of the relevant information pertaining to the question in hand. Knowledge is power, the more information, understanding, and awareness you have the greater the chance of making the correct decision. While the massed ranks of the orthodox world and media are keen to surround you with their propaganda, and opinion, there are other ways of living. Don't believe the hype. Be tolerant and tranquil. Access a real source of energy which is free to all—at any time.

A journey of a thousand miles starts with one small step; over the years many have chosen to walk this way and the path is defined. The way manifests in the material world but extends above and beyond the mundane reality of it. While many of our ways may run in tandem you cannot be on someone else's path ... Question all things; life is about learning and developing.

He who pays the piper calls the tune

Why is anyone surprised when drug companies do not release data from trials they have funded if it is not in their best interests? Why was there any surprise that Facebook information had been sold to election consultancy firms? Did you really think that Facebook is just a nice, philanthropic company dedicated to keeping you in touch with your

friends? Google's business model, charmingly called Surveillance Capitalism, trawls your data and sells it to the highest bidder to target you to sell you goods you don't need at a price you cannot afford.

In the feeding frenzy that is the 21st-century celebrity-driven consumer world that they want you to live in, if something on the internet appears free then bear in mind that you are probably not the customer but the product. The big business capitalist shareholder corporate world is not altruistic, but beholden to their ultimate responsibility, which is not to you or the truth but to their shareholders with the goal of increasing profit.

Growth cannot be exponential in a finite world

Resources will run out sooner or later, and while as humans we are tremendously resourceful, versatile and adaptable, now is the time to make correct choices not just for us but also for future generations.

Faith and hope and charity

The aim of the doctor in the clinic is to get their patients better. It is obviously of interest to understand how doctors' interventions achieve this; however, the result outweighs the process. If it didn't, then up to 80% of the interventions used by doctors wouldn't be used as they don't really understand how they work. Pharmaceutical companies and the orthodox medical world believe that all medicines have side effects. For a variety of conditions there is no faith that their medicines can facilitate a cure; in fact, especially in chronic conditions, there is a tacit acceptance that the patient will be on medicine for life.

Subtle treatments such as homeopathy, cranio-sacral treatment, healing, rei ki, qi gong, acupuncture, etc., are treated with suspicion, bewilderment, and confusion, leading at times to denouncement and derision from materialistic scientists, who as yet have not found a "scientifically" acceptable mechanism to explain their actions, as these therapies can achieve effective treatment results without the spectre of side effects. The most vociferous opponents of complementary medicine are not usually clinicians but academics with chairs that need funding and journalists that have copy to place and books to sell.

Ironically the modern-day quack-busting investigator approaches their subject with all of the religious fervour of Matthew Hopkins,

the 17th-century witchfinder general. While it is no longer allowed to extract confessions via the old means of the ducking stool, cutting, the rack, or hanging it must be intensely frustrating for our reactionary zealots when the public just won't believe the "evidence" they present and continue to waste time and money visiting these latter-day witches, and charlatans in the face of good old fashioned scientific proof. Trying to measure a balloon with a ruler can be so frustrating!

The hypocrisy being of course, that if their own methods of analysis and classification are applied to their own beloved shibboleths then the grand edifice of orthodox medicine struggles to get much beyond 13% of the highest quality evidence base.

It is always good to remember that science is a method of investigation, not a belief system.

As we shall see, the track record of orthodox medicine is littered with highly lauded products and procedures which in the fullness of time flatter to deceive. Placing faith and trust (religious concepts?) in didactic materialism is surely the greatest example of mixed metaphors and misplaced loyalty the world has ever seen.

If honesty and openness are equally applied then it is more than a little disappointing for all those fanatical blinkered individuals who believe that science knows all the answers, and inevitably there will be more disappointment to come. We need glasnost—openness and perestroika—restructuring more than ever ...

Steve Kippax, March 2019, London