

Chirothots™

By Kevin Donka, D.C.

Health is a Verb

The other day my kids and I were playing an educational game called *Noun or Verb?* During the game, my son Brennan noticed that some words could be both a noun *and* a verb like water, step and love. That was when we decided to think of as many *noun-verbs* as possible. After the kids went to bed, I started thinking about a phone call I had with a chiropractor in New Jersey last week where we had been discussing the definitions of many words, including the word *health*.

Most people define health mainly as the *absence* of some form of dis-ease. I have written many Chirothots on why this can not possibly be the case. I have described the fact that darkness is not the presence of something, but it is in reality the *absence* of *light energy*. I have also said that coldness is not the presence of something, but the *absence* of *heat energy*. Similarly, any manifestation of dis-ease (whether pain, spam, inflammation, cancer or ANY other “illness”) is not the presence of something; it is simply the particular and specific way that a *decrease* in the expression of your *Life Energy* has shown up in your body.

Having now reviewed this idea with you, I would like to take it a step further. In school, you may have learned about the word *homeostasis*. This describes how our bodies are constantly adapting in order to deal with changes in our environment and keep functioning at a normal level. The word homeostasis can be misleading because of the “*stasis*” part. *Stasis* literally means to *stay*. But the definition talks about how we are constantly *changing*. The truth is that health is not the *absence* of something; in fact, it isn't a physical state at all!

Health is the *ability* to adapt to most of the stresses you encounter each day and maintain your NATURAL state of EASE.

This discrepancy between the word homeostasis and its commonly accepted definition has led to one of the world's biggest misconceptions about health; namely that it is actually possible to be *either* healthy or sick. The truth is that we are continually dealing with changes in our internal and external worlds, and *we are never the same from one moment to the next*.

The fact that we are changing in every single moment means that *it is not possible to be either healthy or sick!* The truth is that in every single moment, you are either getting *stronger* and moving toward health, wellness and wholeness; or you are getting *weaker* and moving away from them. And, in order to continually get stronger and move in the direction of health and the full expression of Life, you need three things;

- 1) A Deliberate Focus on moving *toward* what you want (as opposed to trying to move *away from* what you don't want).
- 2) A Healthy Lifestyle that supplies all of your cells with everything they need to function properly, heal and continue growing.
- 3) A Clear Neurological CONNECTION between you and your body. Because your nerve system is surrounded by and intimately connected to your spine, it is necessary to keep your spine aligned and functioning properly to allow this clear neurological connection. This is the true purpose behind a program of regular chiropractic care – to keep you fully connected!

There is one more *noun-verb* that we need to look at in order to tie this all together; the word is LIFE. Most people believe that life is a noun – a thing; but the truth is that all of life is continually changing – Life is a *verb!* And, since all of life is constantly changing, and because health is a PART OF life, that means that HEALTH is also a verb! Make sure you are taking care of all three things necessary to keep moving toward the full expression of Life, and always be ready to express your Light. That way you'll always be ready to write, direct and star in your own life story...lights...camera...ACTION!