

Maintaining a healthy body

In today's world, health and maintaining ones' health can seem like a very easy thing to do - when one is well. At the same time, maintaining your' health can be one of the most important things you can do in your life. In this article, nutrition, hygiene, metabolism, immunization and the health services will be examined as essential aspects of health (1), with respect to the spheres of individual versus collective responsibility for maintaining health in the contemporary world.

A healthy body is one that functions to a required state of operational efficiency, in all of its constituent parts and as a whole, as it relates to the environment it exists within (2). Keeping fit for example and maintaining the health of a body through regular exercise, counts for a lot, but it is not enough to just to maintain health, one has to thrive during periods of health also.

Mass Culture may play an important role in your daily life, but it is much more influential than you may think. For example consider America and its' (expected) obesity epidemic, or Japan and its' healthy living standards, largely based on nutrition (3). Culture in general is the source of influence and information you will receive through your life. But health education in particular, from the television or, increasingly, the internet, should shape how you live!

The general knowledge that a cell, being the most basic living unit of the human body, obtains nutrients from food and other metabolic fuel in order to shape our bodies is an important starting point. The cell survives on the nutrition we obtain, which consists of nutrients and minerals, in the form of molecules. 'The major types of molecules found in organisms are water, carbohydrate, proteins, lipids, and nucleic acids' (4). And here, only a basic understanding of the complicated science behind nutrition is necessary.

Exercise is just as important. One does not need to be an Olympic competitor to maintain health though; on an individual level, ensuring your body has enough exercise, say, in the form of Cy-

cling, has been shown to be good for the cardiovascular system. Some scientific research informing social trends and behaviours, shows that “cardiovascular disease (CVD) is one of the most common causes of human death” and must as a result be addressed through medical intervention(5).

Metabolism is also important, as it is the process the body undertakes to digest food. As an aspect of physiology, it is essential for obtaining, processing and organising all that you consume for energy expenditure, movement and excretion. Your body is special! From all of the food resources you take on, your metabolism in alliance with your cells can create for example white blood cells or leukocytes. These leukocytes can fight and kill infections from many invading pathogenic microorganisms. This means that the body’s internal balance or homeostasis can and will remain intact (6).

The opposite of the health of a body is disease or ill health. In many instances disease can be avoided or minimised by healthy living practices such as healthy nutrition, exercise and preventive medicine. But, when these tools don’t work, the health of your body can become jeopardised and you may (at some point in your life) need interventional medicine to keep you well. For example one of the primary killers in today’s affluent world is smoking. It not only can give you cancer, ‘Smoking is bad for your Cilia’ says a leading scientific magazine: Biological Sciences review (7). Your cilia being an important organelle in the eukaryotic cells of your’ body ‘sweeps mucus and dirt out of the lungs’ (8). As a direct result, millions of pounds are spent trying to keep people who smoke, directly or indirectly, well, by means of medical intervention.

In the case of organisations’ looking after individual’s health, the United Nations is, at the time of writing this article, responsible for maintaining the health of millions of Syrian refugees, from the on-going Civil War there. Food, shelter, medicines and sanitation are being offered to those refugees, as the humanitarian effort continues and expands (9).

Summary

In conclusion, there is good evidence from multiple sources that maintaining one's health is a complicated while important business. The individual has the greater role to play in developed countries, to maintain their own health. While organisations such as the health services' have a role to play in prevention of diseases such as cardiovascular disease, obesity and even smoking; as all these diseases are major contributors to illness and even death.

If one is to manage and maintain their own individual health; most importantly this article shows that understanding the 'influences of society, culture and family' (11) is a powerful shaper of cultural trends and individual behaviour.

(1) Warrell, D. A, (Ed), 'Preventive Medicine', Page 170, Oxford Textbook of Medicine, 4th Edition, (March 2003), Oxford Press. ISBN-10: 019852787X

(2) 'Maintain', dictionary.com, <http://dictionary.reference.com/browse/maintain> , 20th September 2013.

(3) WebMD, 'Diets of the World; the Japanese diet', by Jenny Stamos Kovacs, <http://www.webmd.com/diet/features/diets-of-world-japanese-diet> 29th September 2013.

(4) Robert Wilkins, Simon Cross, Ian Megson and David Meredith (Editors), Oxford Handbook of Medical Sciences, 1st Edition, (2006), Oxford University Press, London, ISBN: 9780198528296.

(5) Dr Mamas Mama, (2013), Heart Attacks clots and balloons, Biological Sciences: review, volume number: , page 34.

(6) 'Homeostasis', Textbook of Medical Physiology, 11th Ed, Chapter 1, Funtional Organization of the Human Body and control on the "Internal Environment", Arther C. Guyton, M.D., John E. Hall, PH.D., Elsevier Saunders, 2006, ISBN: 0-7216-0240-1.

(7) Smoking is bad for your' Cilia.....

(8) Wikipedia; 'cilium': <http://en.wikipedia.org/wiki/Cilium>

(9) Debora Mackenzie, 'Lasting costs of Syrian War', New Scientist, September 14th 2013, page 8.

(10) Warrell, D. A, (Ed), 'Preventive Medicine', Oxford Textbook of Medicine, 4th Edition, (March 2003), Oxford Press. ISBN-10: 019852787X.

(11) Changing conceptions of diet and Health. Chapter Six, Sociology on the menu, 1997, p125-149, 27p, ISBN: 9780415114257.

(9) Editor: Elizabeth A. Martin MA (Oxon), Oxford concise colour Medical Dictionary, 5th Edition, (2010), Oxford University Press, 'Nutrition', ISBN: 9780199557158.

(10) 'Homeostasis', Textbook of Medical Physiology, 11th Ed, Chapter 1, Functional Organization of the Human Body and control on the "Internal Environment", Arther C. Guyton, M.D., John E. Hall, PH.D., Elsevier Saunders, 2006, ISBN: 0-7216-0240-1.

(10) 'Nutrition' page 2836, The Gale encyclopaedia of Science, Ed. K. Lee Lerner and Brenda Wilmoth Lerner. Vol. 4.3rd ed. Detroit: Gale, 2004.

(11) 'Exercise', Page 1556, The Gale Encyclopedia of Science, Ed. K. Lee Lerner and Brenda Wilmoth erner. Vol 2. 3rd ed. Detroit: Gale, 2004.

(12) Biological Sciences: review, Heart Attacks clots and balloons, page 34, Dr Mamas Mama.

(14) New Scientist, page 8-9.

(8)