



Recipe For Health

Health can be defined by a wide variety of terms and definitions. Meaning “whole” from the Old English “*hal*,” the medical dictionary defines it as “*the state of the organism when it functions optimally without evidence of disease or abnormality.*” Originally, the World Health Organization (1948) defined it as “*a state of complete physical, mental, and social well-being and not merely the absence of disease*”, but in 1984, they revised it to say, “*Health is the extent to which an individual or a group is able to realize aspirations and satisfy needs, and to change or cope with the environment.*”

“Some sports medicine folk still claim that nutrition is no magic bullet, and that all an athlete needs is three square meals a day equally selected from the four food groups; meat, dairy foods, fruits and vegetables, and grains. This false idea has been carefully promoted by the meat and dairy industries through the media, and through health and sports organizations for the last 50 years. It contradicts everything modern science has discovered about human nutrition.”

Optimum Sports Nutrition

Dr. Colgan

Dr. Emanuel Cheraskin, M.D., D.M.D., best known for his research and writing in the areas of dental health, nutrition and the role of vitamins and minerals in the maintenance of good health, described health as *“the ability to achieve what you need to do and what you want to do, with energy and enthusiasm.”* Dr. Cheraskin, who passed away in 2001, also discovered that dentists and their spouses who consume 2-3 times more protein than the US RDA, experience less health problems and require less medical attention than those who follow the RDA recommendations.

In addition, by studying naturopathic graduates over a fifteen year period from the Clayton College of Natural Health (CCNH) in Birmingham Alabama, and analyzing their lifestyle habits and medical profiles, Cheraskin has proven that men and women educated in health, nutrition and exercise, smoke less, drink less, take supplements regularly, exercise more and have fewer psychological complaints than non-educated similar mainstream population groups (Cheraskin, E., Another Reason for Change: The Distinct Philosophies of Allopathy and Naturopathy, 1998, JOM, third quarter, vol. 13, No. 3).

Dr. Malik Cotter, N.D. a proponent of Traditional Chinese medicine, defines health as *“not simply the absence of illness; it is a state of complete well-being in which we are fulfilled, creative, productive and experiencing a high quality of life.”*

In Mind-Body Harmony author Dr Terry Willard, CI.H, Ph.D states, *“Good health is the state of being whole and feeling that all the parts of self are vibrating in concert.”*

In Traditional Foods Are Your Best Medicine, Dr. Ronald Schmid provides us with his defi-

nition of physical health, *“Physical health is a body and mind that function easily. Desires for a full life are strong, as is the ability to live a full life. No signs or symptoms of distress are present – no colds, aches or pains, undue fatigue, or allergies, much less more serious conditions. There is a feeling of physical strength, endurance, and vigor, and a nonchalant assumption that one’s body should and does function perfectly and effortlessly.”*

Albert V. Szent-Gyorgyi, M.D., Ph.D., who discovered vitamin C and the flavonoids and was awarded the Nobel prize for Medicine in 1937, defines health: *“I think we must call ‘perfect health’ not the absence of scurvy or other disease, but a condition of the body in which it is capable of the highest performances, in which it shows the greatest resistance against all noxious influences, physical, chemical and biological.”*

Dr. Cory Holly defines health as follows, *“Health is a state of complete spiritual, metaphysical, emotional, mental, physical, sexual, financial and social well-being. It is an optimum state of balance and quality. Optimum health provides us with the insight necessary to define our goals and the motivation required to achieve them. When we are truly well, we are able to adapt to change and stress without significant damage.”*

As an athlete, there is nothing more frustrating than watching the game from the sidelines because of a head cold or flu, recurring infection, chronic illness or nagging injury. At the Sydney Olympic Games in 2000 for example, over 200 qualifying athletes failed to make the grade and compete due to infection and damage. Imagine the heartbreak and disappointment of not competing in the event of your lifetime after years of training with blood, sweat and tears.