



Holistic Health Source

Peak Performance

By John Marshall

Peak Performance on a field or in a boardroom requires maximum equilibrium – fitness of mind and body.

The most intimate part of your anatomy, contrary to what most of you might think..... is the oral cavity.

Therein lie the most profound and subtle answers to your health and well-being.

We marvel at the almost super human performance of athletes on the field or the achievements of a corporate wizard in the boardroom and wonder how these seemingly ordinary individuals so easily perform extra ordinary feats, physical as well as mental, all while being so relaxed.

What we don't see are incredibly minute and subtle performance enhancing biomechanical functions that result in these amazing feats. Only a close examination of these great individuals reveals that each one is born with or strenuously developed a set of capabilities, which make their performance unique.

A marathon runner is able to process oxygen through his body so

efficiently that he always has more than he needs. Another gasps for air. A baseball player 'sees' the ball so clearly from the plate that he can count the stitches on it as it approaches him. For another it is a blinding flash that finishes up in the catcher's glove as he is struck out.

The human body, this unique and incredible biomechanical and chemical marvel, developed over millions of years of self correcting evolution, must be understood from the inside out. And Holistically. That is to say no single ailment or ability stands alone. Everything is connected and impacts everything else.

A pimple or a boil develops because of an inherent cause much deeper in the body and so does cancer.

A holistic approach to dentistry is one small step in the direction of a giant leap that must be made towards a holistic approach to life itself.

You cannot sport a beautiful set of teeth and be healthy while your jaw is functionally challenged. Similarly you cannot be physically fit and healthy while you are intensely sad. This is not to say one cannot improve his state of mind by improving his health and generally that is the first step.

Functionality is an important component of healthy well-being and evidence shows that by improving one's posture and relaxing the muscles a whole range of ailments (caused by the resulting stress) disappear.

There has to be a harmony of mind, body and spirit. That is the ultimate challenge of a holistic approach to life itself. And every individual strives for and has the responsibility to discover all the elements that make this harmony possible.

A medical practitioner who generally comes into play when this harmony has failed must ensure that his patients are offered a full array of options to bring about physical as well as emotional well being.

The rise of the medical and pharmaceutical industry in the last fifty years is a testament to the failure of the human body to maintain its own self-correcting, healing capabilities. This unprecedented intervention of pharmacology and medicine in the lives of the individual has done very little to enhance the quality of life even if mechanical interventions, like heart lung machines, have helped to prolong it.

The results of chemotherapy are there for all to see and now even the recipients of anti retroviral drugs are beginning to question if the consequences of treatment are worse than the disease.

An old sage has been credited as saying that all diseases emanate from the gut. And that no man shall fall sick that eats only half of what his stomach can hold and chews his food 32 times before swallowing.

The tooth is therefore the first line of defense against indigestion and all the sicknesses that results from that.

You may avoid seeing the doctor in later life if you see your dentist regularly.

John Marshall, April 2008

