

Health is a resource, a personal resource and a community resource. It is healthy people who work, produce, create. The infirm and the young in any society require care and are the highest consumers of health care. Health is vitally linked to the capacity of people to produce, to generate and to regenerate.

Health is a natural resource. Taken systemically the body has an inbuilt mechanism which acts to reach as healthy an equilibrium as it is able. Physical, emotional and social factors can contribute to supporting the natural inbuilt health function which works within the body to produce wellness. The environment, the quality and kind of food, the habits and lifestyle of the person as well as the kind of emotional and physical care which a person receives can support or disturb wellness.

Health is related to system boundaries. For instance a cut involves wounding of the skin. It heals without physical, emotional or social intervention. However once the natural health system is interfered with by physical, emotional or social factors, which destroy the natural immunities and wellness, corrective action is needed to support the return to healthy functioning. The attack upon or invasion of boundaries is called ill health. When people do not return to their previous level of functioning, despite treatment, rehabilitation and support, the loss is termed disability.

Health is a community responsibility. Health care is a service towards which every working citizen contributes.

Health care is not an industry. It does not produce health. Health care is an enormous drain upon national resources and those resources need to be used accountably. Health care is however delivered by a corporation since a corporation is an organisation with a purpose.

Health is a state of mind. It is the ability to generate a sense of wellbeing based on psychological empowering of people. A person can approach chronic illness or disability with a healthy attitude which leads to self responsibility, self management and a minimum of reliance upon health care services. A social welfare or social advocacy policy may assist towards empowering the person.

Health care is the assistance of natural processes of growth, maturation and decay with dignity and respect for the governing principle of life and consciousness. It is not a fight with death. An adversary role which is often taken by the law and by the media does not assist the process.