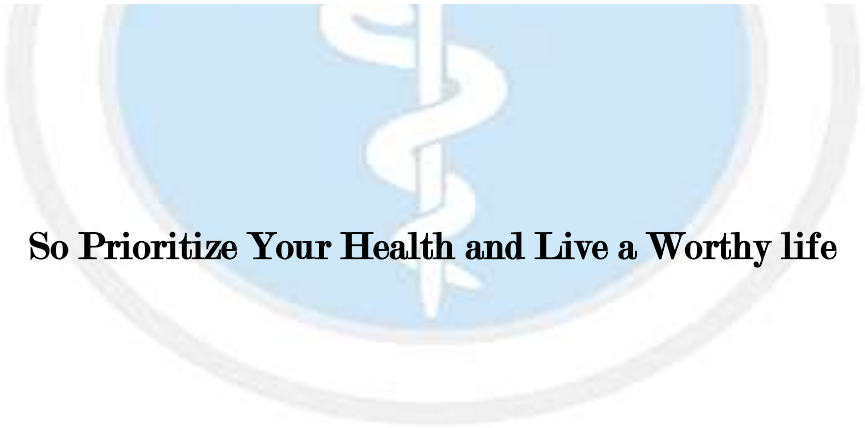


# **My Health Companion**

## *Your Personal Daily Wellness Coach*

### ***Invest In Your Health***

**“Good Health is Worthier than pieces of Gold & Silver; (Rumi, M.J)”**



**So Prioritize Your Health and Live a Worthy life**

**First Edition**

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## **Serving Human Is Serving God**



*Passionate Liberia Physician*

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**First Edition**



**Your Health Matters Are Our Top Priority**



*A Committed Liberian Physician*

## Dedication

I lovingly dedicate this book to the blessed memory of my late parents, **Mr. Fayiah Kamanda & Mrs. Charmie N'ngelie Kamanda**, the true architects of my life. Through God's divine will, I came into this world through them.

My beloved mother - Mama N'ngelie, was my beacon of hope, & the guiding light who nurtured me through her unwavering love, holistic care, unshakable faith in God, and a resilient spirit that has forever shaped my path. Mama, your sacrifices to humanity, tender love, care, and prayers molded my destiny, and career pathway. So I will carry your memory deep within my heart for as long as I live Mama.

I also dedicate this work to my cherished late guardians, Pastor Malikie and Mother Mattu Fayia, whose vision and generosity gave wings to my dreams. You recognized my potential, invested your love, finances, and bore the full cost of developing me to reach where I stand today. Without your sacrifices, motivation, financial investment, and unconditional devotion, both my life & professional journey would never have become a reality.

This book, therefore, is more than just my work; it is a tribute to my dear parents, and loving guidance, whose prayers, love, care, supports and every sacrifice built the very foundation of the person I have become.

***Dr. J. Samuel Kamanda***

## About the Author

**Dr. J. Samuel Kamanda** is a proud Liberian from Lofa County, Liberia. He was born on November 12, 1981, to Mr. Fayiah Kamanda and Mrs. Charmie N'gellie Kamanda. Raised with strong values of resilience, dedication, integrity, and service, he developed a passion for medicine from an early age, laying the foundation for a lifelong commitment to healthcare, research, and community development.

Dr. Kamanda is a veteran General Medical Practitioner with extensive experience in medicine, surgery, and preventive medicine. His professional journey reflects an unwavering commitment to continuous learning and excellence. He earned an Associate Diploma in Clinical Medicine (Medicine and Surgery) in 2012, followed by a Bachelor of Science (Hons) in Preventive Medicine in 2017.

In 2023, he obtained both a Master of Science (MSc) and a Master of Public Health (MPH) (Hons) in Preventive Medicine from the IAMA Center of Excellence, Noida, India, affiliated with the IAMA International Open University of Florida, USA. These qualifications further strengthened his expertise and passion for preventive healthcare.

Driven by a desire for advanced specialization, Dr. Kamanda enrolled at Saffron Medical College & Research Institute, Mumbai, India, in 2022, where he pursued a Doctor of Philosophy (PhD) in Alternative Systems of Medicine with emphasis on the general management of diabetes, successfully completing the program in December 2025. While in India, he also enrolled at Desh Bhagat University, Punjab, in June 2023 for a second PhD specializing in cardiovascular health and disease risk, which he completed in 2026.

Throughout his academic journey, Dr. Kamanda earned numerous professional certificates and diplomas in medical and allied health sciences. His dedication to academic excellence has been

recognized through several awards from national and international academic and healthcare institutions.

Beyond clinical practice, Dr. Kamanda is passionate about scientific research, health education, entrepreneurship, and authorship. In addition to this book, he has written several others, including ***Defying the Odds: My Journey of Resilience and Triumph***, ***Nourish to Flourish: Let Food Be Your Everyday Medicine***, and ***Revealing the Secrets to a Flourishing Marriage***, a practical guide designed to strengthen marriages and prepare couples for lifelong healthy relationships. His desire to see families flourish inspired him to share both personal experiences and practical insights on building resilient marriages.

To advance these passions, he founded two visionary organizations: ***Couples Corner: A Hub for Developing and Flourishing Marriages***, dedicated to promoting healthy marriages through counseling, seminars, training, and retreats; and the ***Alliance for Medical Practitioners and Researchers (AMPAR)***, established to strengthen medical practice, promote collaborative research, and provide professional development opportunities for healthcare professionals, scholars, and researchers.

Dr. Kamanda has authored and co-authored numerous scientific papers published in internationally recognized journals. He has also delivered lectures in medical and health sciences at several local and international universities and medical schools. Between 2024 and 2026, he served as a Research Fellow at Desh Bhagat University, Punjab, India, where he taught courses in Allied Healthcare Sciences, Medicine, and Dentistry.

His service extends beyond medicine into Christian ministry. A devoted Evangelist and ordained Deacon in the Pentecostal Church, Dr. Kamanda has faithfully served in various leadership and administrative roles at God's Glory Free Pentecostal Church Inc. in Liberia. From 2023 to 2026, while studying in India, he led the Desh Bhagat University Christian Fellowship (DBUCF),

providing spiritual guidance, encouragement, and support to Christian students.

Dr. Kamanda is happily married to his beloved wife, Mrs. Ruth F. Kamanda, whom he married on December 26, 2010. A woman of prayer, virtue, loyalty, resilience, and unwavering support, she has remained a constant source of encouragement throughout his academic and professional journey. Together, they are blessed with three wonderful children—Stephen, Rusame, and Martin—and reside in Monrovia, Liberia.

Today, Dr. Kamanda continues to pursue excellence as a medical specialist, researcher, author, aspiring marriage counselor, and evangelist. He remains committed to improving lives through healthcare, education, research, and faith-based service. He also welcomes partnerships and collaborations that will help advance his vision and expand the impact of his humanitarian and professional initiatives.

Through unwavering faith, perseverance, and lifelong learning, Dr. J. Samuel Kamanda exemplifies the power of resilience, knowledge, and compassionate service. His inspiring journey stands as a testimony that dedication, vision, and commitment can transform lives and positively impact communities across generations.

***The Author,  
Dr. J. Samuel Kamanda***

## Acknowledgement

Writing *My Health Companion: Your Personal Daily Wellness Coach*; has been both a rewarding learning experience and a collaborative journey that required dedication, perseverance, and the support of many individuals.

First and foremost, I give all glory and honor to Almighty God, whose wisdom, strength, understanding, and guidance enabled me to transform this vision into reality. Lord, I am deeply grateful for Your unfailing grace throughout this journey.

I extend my sincere appreciation to the publishing institution for believing in this project and providing the opportunity to share these health and wellness insights with readers.

My heartfelt gratitude goes to my fellow medical professionals for their valuable contributions. I am especially thankful to Dr. Eric K. Elliason, my research guide Dr. Kuvir Singh, and Dr. Provan Kumar for their academic guidance, professional expertise, and scholarly insights, which greatly enriched the quality and credibility of this book.

I also acknowledge all those whose names are not mentioned but who generously shared their personal health and wellness experiences. Your willingness to contribute added both practical value and social relevance to this work.

I owe a special debt of gratitude to my beloved wife, Mrs. Ruth F. M. Kamanda, and our wonderful children, Stephen S. Kamanda, Rusame T. S. Kamanda, and Martin T. Kamanda, for their unwavering love, prayers, moral support, and encouragement throughout this journey. Your sacrifices and steadfast belief in me made this accomplishment possible. I am truly blessed to have you not only as my family but also as my closest friends.

My sincere appreciation also goes to Mr. Martine Kpehe and Mrs. Annie Kpehe for their generous financial support and constant moral encouragement.

I am equally grateful to my dear friends and colleagues for your continued support, confidence, and encouragement during both the challenging and rewarding moments of this endeavor.

Finally, to the esteemed readers of *My Health Companion*, thank you for choosing this book. It is my sincere hope that it will serve as a trusted companion on your journey toward achieving better health, wellness, and a healthier, more fulfilling life.

**With Deep appreciation!**



## Preface

Hello and welcome to "***My Health Companion: Your Personal Daily Health Wellness Coach.***" This book has been created to serve as a trusted guide for your daily life or as a mentor in managing the many complexities of maintaining your health at its peak and managing health problems effectively on a daily basis. The information in this book will be a powerful tool for reducing your health burden and the social economic effects, which are negative impacting the community in general.

In the current world of speed and pace in which health issues are everywhere or are abounding, medical information is often overwhelming. Therefore, having a trusted companion to guide you through your journey to health is essential or essential. If you're trying to make healthier lifestyle choices and managing chronic ailments or needing advice regarding preventive health the book has been designed to meet your specific health requirements.

"My Health Companion" is not merely another health-related resource, like the other materials available for resources It is a complete, customized instrument for your medical empowerment and overall well-being. Within its pages, readers will find helpful advice practical strategies, as well as scientifically based information that will assist you in reaching your health goals and dealing with health issues with confidence. If you are able to achieve your health goals for medical reasons through this book, you have become a steward of your own health, and a promote healthy living in your neighbourhood or in your environment too.

From the medical and health tips listed in this book, you will guided in balancing your eating hobbits, and best exercise that will aid you in preventing many diseases, and managing acute or chronic illnesses; and to navigating healthcare systems we discussed in chapters of this book. Each chapter is carefully designed to offer complete information and resources can be incorporated into your routine.

I'll tell you that for free, making your health a priority and putting in the effort to take the steps suggested within pages of this book will not only provide you the best quality of life you deserve, but will also become an ambassador to flourish your health status, regardless of your professional background or field of work.

In the learning curve, whether formal or informal, when you do what you have learned it means you know it. And the more you practice, the perfect you become. Thus, by thoroughly reading through this book and putting its contents into practice or following all the health or medical tips provided here, will make you a perfect agent of health the world can depend on.

I remember over the (20) twenty years of my clinical experience, I witnessed many patients who died from preventable illnesses, and endured medical crises or complications due to the inability to make their safety and health the top prioritization.

My dear readers, let's take a quick look at a typical scenario that is common in most regions of the world. It's known as three (3) delays; which normally result into the deaths of lots of people; especially when the delay has caused medical complications that will produce medical emergency. They three (3) delays are:

**(a). Delay in Seeking HealthCare:** This delay occurs when a patient or his/her relatives hesitates to seek medical assistance promptly when symptoms of illness developed or acute complications develop. Common causes for such delay could be based on; lack of awareness about early warning signs & symptoms of illness/disease, cultural beliefs, economic limitations as well as distance to medical facilities.

**(b). Delay in Reaching the HealthCare Facility:** This kind of delay is caused by obstacles that hinder a patient from reaching a health facility promptly when they decide to seek medical attention. These obstacles could include insufficient transportation, deplorable motor-road network, geographical isolation, and financial constraints.

**(c). Delay in Receiving Prompt Medical Attention:** This occurs when a person who is sick arrives at the healthcare facility but has issues in receiving appropriate and prompt medical treatment or attention. The causes could include inadequate medical supplies and equipment, inadequate staffing in facilities as well as inadequate training for health professionals, and suboptimal quality of medical care.

The need to address the complex health issues is vital to improving health outcomes across the globe and reducing morbidity from disease and health problems. To achieve this, the health guides included in this book are one of the most effective instruments

So, when you set out on this adventure or journey through the pages of "My Health Companion," keep in mind that you're not on your own. You may be seeking answers to specific health issues or are simply seeking motivation to live an active and healthy lifestyle this book is there to help you through each step of the way.

Together, we can get on this journey and strive to reach this goal, getting the benefits of sustainable, high-quality healthy and optimal well-being, one day at time.

**Warm Regards,**

## Purpose of This Book

A lot of people have put their health on the back burner in today's fast-paced world. This is causing a lot of deaths that could be avoided. As a result, it is important to provide health anecdotes, share medical tips or advice, and make a complete guide in order to make the global health care delivery system better. So, having this knowledge and putting our health first by following all the steps in this book can have a big positive effect on our overall health.

Based on this, **"My Health Companion: Your Personal Daily Wellness Coach"** was written on purpose to be your health tool or companion that will help you take charge of your health as a manager. The main goal of this book is to be your health companion no matter where you are or where you want to go in this world. That is, if you read and follow the instructions carefully, you will automatically become the boss of your own health and medical problems. Reading this book will also help you feel better about yourself, be more resilient, and be more self-reliant as you work to improve your health every day.

This book is a set of tools that will help you deal with serious medical or health problems that could lead to complications or death. We all know that getting sick or dying can lead to a lot of social and economic problems for you, your family, and your community.

So, the rich health journey companion has accurate, up-to-date medical information that you can trust and use every day to help you stay healthy in a high-quality way. This will not only help you live a healthy or good life, but it will also have a positive effect on the health of your neighborhood, community, country, and the world as a whole.

## The Significance of this Book

"My Health Companion: Your Personal Daily Health Coach" is more than just a book; it's a helpful tool for developing a proactive approach to improving your daily health management.

This book contains information on many important medical topics that are essential to the daily upkeep of your multifunctional, intricate human system. Therefore, gaining a thorough understanding of the material presented here and incorporating it into your daily routine will not only improve your quality of life but also raise your chances of living a long life.

God Himself expressed in the Bible that He cares about you and me being healthy and prosperous in order to emphasize the value of good health (*Proverbs 17:27, Jeremiah 30:17, & 33:6*). So why can't we put our health first if God, our Creator, cares about it? This basic health information were developed as a working tool to help you shape the future of your health issues; because the author is interested in this divine principle. For your convenience, the important information in this book has been divided into smaller comprehensive topics. Therefore, you will become your own health manager by carefully reading and applying these health tips provided.

Every topic on the medical field is significant and deserving of discussion. However, this book prioritized certain areas of medical care that are available, accessible, acceptable, and affordable for everyone, based on the author's goals of being more proactive in an attempt to mitigate these medical issues that can be easily and conveniently controlled. These medical guidelines consist of, but are not restricted to:

- a) **Nutrition & Exercise - Dynamic Duo or a powerful pairs**
- b) **Naturopathy, which focuses on natural remedies**
- c) **Rest and sleep, which are important factors in the risk of CVDs**

- d) Managing stress and psychological well-being**
- e) Life Style and how it affects health.**
- f) Personal Hygiene and environmental sanitation**
- g) Routine medical examinations to avoid health issues**

This book contains all of the lessons mentioned above as well as many more, all of which have been carefully compiled to meet your daily needs as a health companion. Therefore, all you have to do is take your time and get the benefit that will improve your health and overall well-being.



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## INTRODUCTION



According to Persian poet and philosopher, **Maulana Jalaluddin Rumi**, good health is the greatest worth, than all the pieces of silver and gold. Indeed, you are more deserving and content if you are healthy than if you have all the gold and silver but are ill. Therefore, being healthy makes you feel worthy and content, which will have a positive impact on your community and society. Many people and communities around the world, particularly those in sub-Saharan nations, are experiencing severe health problems, which require knowledge of how to alleviate.

This book, "**My Health Companion: Your Personal Daily Health Coach**," was created based on this observation and innovation for health improvement and promotion. It includes up-to-date health information and tips that will give you a thorough understanding of health issues, as well as creative ideas that you can rely on to give you the tools you need to improve and promote your well-being.

Additionally, this book will sufficiently assist you in acquiring that concrete notion you require to bring quality to your health that will enhance your longevity and also ser.

Health has many different definitions, which have been employed for various reasons throughout history. Health may be enhanced by facilitating healthful behaviors, such as a regular physical workout and sufficient sleep, and limiting or avoiding unhealthful habits, like smoking or overemphasized stress (*Wikipedia*).

To thus gain the complete comprehension of this idea of your personal and community health, you must be acquainted or familiar with some of these terminologies. Some of these terminologies are; medical, health and care. They are cardinal to know by definition, as follows:

**I. Health** - is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity (WHO).

This definition advocated for the first time that, besides physical and mental health, social welfare is an intrinsic part of the overall health, since health has close connections with the social environment, working and living conditions.

**II. Medical Care** - as Medical News Today defines it - is any condition involving illness, a person's injuries, and prevention or treatment. Such condition, based on intensity and severity, may impose the person's health and some socio-economic toll on the family and community.

Medical Care – can also be defined as the delivery of what is needed to sustain a person's health and well-being by a physician, nurse, or other medical professional (*Oxford Living Dictionary*).

**III. Health Care** - is the enhancement of health through the prevention, diagnosis, treatment, improvement or alleviation or cure of disease, illness, injury, and other physical and mental incapacities in individuals.

Human body can be likened to a sophisticated machine, having numerous delegated structures that continue various functions. Therefore, for the upkeep of the longevity of this machine it is a question of must or a duty to take care, service and enhance the well-being of this machine. So the main concern and priority of every human being is to take care of your body, mind, social and spiritual welfare. You can accomplish this through performing your usual medical check-up, consuming nutritional balance diet, performing routine exercise, taking care to the maximum extent any medical condition you might develop, and doing all you can to avoid disease infection. Through these, mean, you have placed more value on your health and well-being.

In the last decades, the WHO definition of health has been continually modified and complemented by the fourth dimension, known as **spiritual health**.

Overall, spiritual well-being is an existential feeling of satisfaction and completeness with ourselves, value system, self-esteem and self-assurance, awareness and being present, serenity and calmness with dynamic emotional stability, both inward and toward the world, goodness and honesty, selflessness, pleasantness, empathy and desire to help and assist other people, responsibility and contribution to the common good, and effective handling of daily life issues and pressures and social stress.

You are thus encouraged to adhere to the step by step instructions given in this book, which will be your daily personal health coach and companion that in assist you to take charge of your own health management. Recall the world is counting on you to make your contribution in disease burden reduction and delivery of basic healthcare services.

# CHAPTER I

## Understanding Your Health Landscape

### I.1 Embarking on Your Journey

### I.2 Why Do You Need Health Companion as Your Health Guide?

### I.3 The Significance of Doing Regular Medical Check-up

This chapter is divided into sub-sections to provide you with a detailed understanding of your health and how to enhance its boundaries for healthy living. Creating Proactive health management, along with your healthcare providers and frequently re-evaluating and modifying your strategy is required and warranted for maximum well-being. Therefore the sub-topics in this chapter to be elaborated here are the above mentioned sub-topics. But first, you must know what it means to comprehend your health landscape. As stated earlier, understanding your health landscape means awareness of your physical, mental, and emotional well-being.



Your health is not shaped by a single factor—it is the result of a dynamic interaction between multiple dimensions that together form your *health landscape*. Think of this landscape as a living system, constantly evolving based on your daily choices, environment, and internal biology.

At the center of this framework is You- the individual. Every decision you make, consciously or unconsciously, contributes to your overall well-being. Surrounding you are four key pillars:

### **1. Lifestyle Choices**

These are the most powerful and controllable factors influencing your health. They include your nutrition, physical activity, sleep patterns, stress management, and habits such as smoking or alcohol consumption. Consistent, positive lifestyle behaviors act as protective shields against chronic diseases.

### **2. Biological Factors (Genetics & Physiology)**

Your genetic makeup, age, sex, and underlying physiological conditions form the foundation of your health. While you cannot change your genes, understanding them empowers you to make smarter lifestyle decisions that can either mitigate or amplify health risks.

### **3. Environmental Influences**

The environment you live in—air quality, sanitation, housing conditions, workplace safety, and community infrastructure—plays a significant role in shaping health outcomes. A supportive environment promotes wellness, while a harmful one increases vulnerability to disease.

### **4. Healthcare Access & Support Systems**

Access to quality healthcare services, preventive screenings, vaccinations, and health education determines how effectively diseases are prevented, detected, and managed. Social support systems, including family and community, also contribute to emotional and mental resilience.

## **How the System Works Together**

These four components are interconnected, not isolated. For example, a person with a genetic predisposition to hypertension can significantly reduce their risk through healthy lifestyle choices. Similarly, even the best personal habits can be challenged by poor environmental conditions or limited healthcare access.

## **This interconnectedness highlights a critical truth**

Health is not merely the absence of disease, it is a balanced state of physical, mental, and social well-being shaped by daily decisions and surrounding influences. **Your Journey Begins Here....**

That is, Embarking on your health journey means becoming aware of these interacting factors and taking intentional steps to improve them. It is not about perfection, but about progress, consistency, and informed choices.

As you move forward in this book, you will learn how to:

- ❖ Evaluate your current health landscape
- ❖ Identify risk factors and opportunities for improvement
- ❖ Apply practical, evidence-based strategies to transform your well-being

Your journey is personal, but the principles are universal. The moment you begin to understand your health landscape is the moment you begin to take control of it.

## **1.1 Embarking on Your Journey**

Embarking on a health journey is a significant and empowering step towards improving one's overall well-being. Whether you're aiming to enhance your physical fitness, adopt healthier eating habits, prioritize mental wellness, or all of the above, your journey begins with a commitment to self-care and positive change.

Here are some key steps to consider as you embark on your health journey and also illustrated in figure no. 1.

## **I. Set Clear Goals**

As any other project you wish to accomplish your aim, undertaking your own health journey is not an exception. Set clear, realistic goals which correlate with your general vision for wellness and health.

And that's why this book is written to act as your companion in assisting you to accomplish your health aim. A few examples of self-clear health goals include:

- Losing weight
- Improving flexibility
- Managing stress,
- Enhancing your **nutrition etc.**

By you having well-defined objectives in your health journey give direction and inspiration.

## **II. Educate Yourself**

Take time to read and study about various health dimensions.

This book, "My Health Companion" is your companion in making you understand this. Below are the areas you can educate yourself:

- Nutrition
- Exercise
- Stress management
- Sleep hygiene.

Knowing the science behind healthy habits can empower you to make educated decisions, form good health hobbies and maintain positive change that will serve you as an individual and the community you reside in.

## **III. Create a Health Plan**

In life as a whole, existence without plan is tragic or disastrous. So health plan must always be top priority. If you don't do that, then you will not enjoy a happy life, even if you have all the worth. Good health is more valuable than all silver and gold. So, you must form a personalized health plan that includes your goals, likes, and lifestyle.

This blueprint might incorporate meal planning, exercise regimens, relaxation methods, and strategies for overcoming challenges. You can begin small with small, manageable steps to create momentum and then gradually add more intensity or complexity to your practices. Once you've done this, you are a champion of healthy living by default.

**IV. Stay Consistence**

Consistency is the cornerstone of long-term success on any health journey. Develop daily routines and habits that promote your objectives, and value self-discipline and dedication even on difficult days. Keep in mind that forward momentum is not always a straight line, & setbacks are learning opportunities for strength and resilience.



Figure I: Instillation of the Key Steps to Embark Health Journey

## **V. Listen to Your Body**

Curiosity regarding your routine body functions, to determine the aberrant developments or abnormal functioning, and voluntary regulation of those symptoms can play a major role in reducing most medical complications and avoiding contact with diseases, injuries and motility among people. Therefore, Pay heed to your body's signals and make modifications accordingly.

Respect your boundaries, do not push yourself too hard, and make rest and recovery your top priority. Notice any sensations of discomfort or injury and seek consultation with healthcare professionals as and when necessary.

## **VI. Stay Positive and Patient**

In life, it is good to maintain your thoughts, behavior, hobbies, and values positive, since these qualities of yours can turn into your destiny. Therefore, adopt a positive attitude and rejoice over your progress along the way, regardless of how small. Understand that significant change takes time and effort, and be patient with yourself along the way.

Accentuate the process itself and not merely the ultimate objective, and foster self-love and self-compassion towards the path to success. Positive thinking always fosters inner harmony which tends to alleviate myriad emotional tensions and their psychological impacts on human well-being.

## **VII. Seek Support**

All the connections you make are for a purpose. Some of the people you connect with can build or kill you. Some will use you and others will bring out the best in you. You thus have to be polite when it comes to the kind of people you connect yourself to. Always connect with those who will cater for your vision. Be surrounded by a positive group of friends, relatives, or healthcare specialists who can provide support, responsibility, and counsel.

If needed, open up to like-minded individuals, who might support your realistic goal accomplishments that you both. For example,

you can engage in groups that will advocate for your physical, emotional and mental well-being. Group like; fitness class, support group, or online club; which are extremely good for extra encouragement and camaraderie.

### **VIII. Adapt and Develop**

As you continue along your health path, remain receptive to changing your goals and methods as your needs and situation expand or shift. Remain curious and seek out new ways to wellness, and have the patience to try different practices until you discover what is most beneficial for you.

It requires dedication, resilience, and self-awareness to be supported into health. By embracing it with intention and commitment and positivity in mind, you may promote or cultivate lasting habits that nourish your body, mind, and spirit and increase happy living and longevity in years to come.

### **1.2 Why Do you Need “My Health Companion” as your Health Guide?**

As discussed previously in the said chapters, it is important to own this book that will be a useful working tool to better mold your health status and live happily.

If you want a flourishing health, "

" your daily health mentor will provide you with very important benefits for your health path, shown in figure no. 2. They are as follows:

#### **1. Comprehensive Information**

This book consisting of well-documented and current preventive health tips and other insightful medical advice is trustworthy and reliable in offering detailed information on the different facets of health and well-being, such as diet, exercise, stress management, sleep hygiene, and preventive care. It can be a one-stop guide to grasp the science of healthy habits and lifestyle choices; acting as a yard stick to help you become your own health manager.

## **2. Structured or Organized Guidance**

Furthermore, My Companion Book generally provides organized or structured guidance and doable steps towards bettering your medical well-being. You will notice these structures in the chapters that follows; which are:

- Your daily meal plans
- Your routines workout exercise that will support your health
- Constructing self-evaluation tools and goal-setting exercises to help you create a personalized health plan tailored to your medical needs and overall health goals achievements.

## **3. Educational Insights**

Apart from such practical tips, My Health Companion Book also provides educational insights regarding the human body, widespread health conditions, and evidence-based strategies of prevention and treatment.

Learning the basic principles of health and wellness enables you to make more knowledgeable decisions and empower yourself to manage your entire medical or health problems and facilitate your well-being.

## **4. Motivation and Inspiration**

This book gives a lot of motivating testimonials of individuals who had afflicted themselves with numerous medical conditions, yet have become liberated from these conditions simply because they gained the correct and credible medical or health information that they implemented with determination.

Learning from other individuals' health experiences, success stories, and how they overcame setbacks can be very inspiring and motivating. My Health Companion Book gives you support during times of health hardship, assuring you that you are not the only one who is working towards improved health and that change for the better can be achieved with persistence and determination.

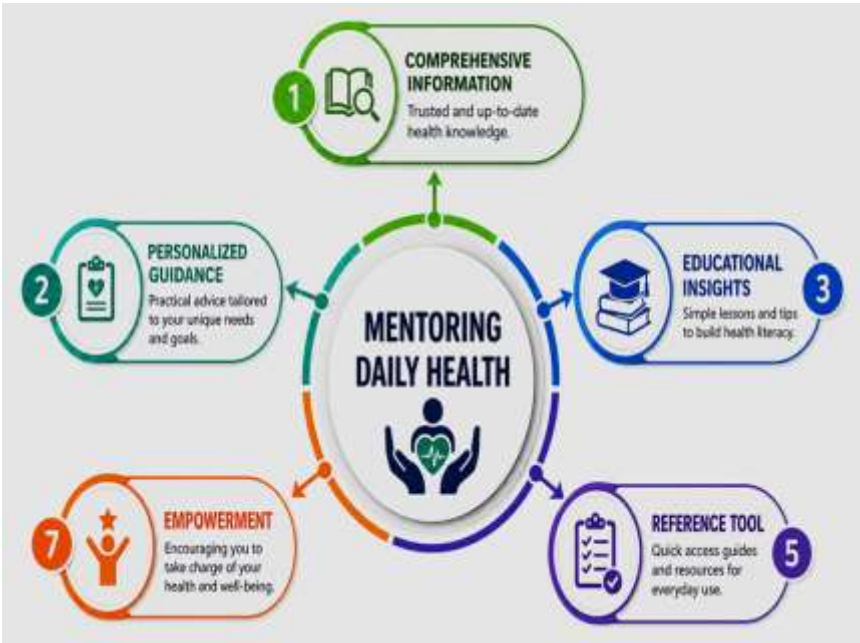


**Figure 2: Key steps for Mentoring Daily Health**

## **5. Reference Tool**

The wealth and dependable health/medical guidelines to abide by contained in this book is an important guidebook that you may keep referring to on the daily bases to prevent yourself from contracting medical conditions. You may also go back whenever you need guidance, explanation, or motivation while proceeding on your health path. You can mark significant passages, bookmark significant sections, and return to particular chapters as necessary to reinforce your understanding and remain on track with your well-being objectives.

## **6. Accountability**

Many health companion books incorporate interactive elements like progress trackers, journaling prompts, and exercises in reflection to keep you on track with your health objectives. You can track your success, find out where you need to improve and mark your achievements along the path of health journey, by

consistently working through the material in this book and monitoring your improvement.

## **7. Empowerment**

In the end, My Health Companion Book will give you the power to be in charge of your health and wellbeing. You just need to make the given instruction or health advice within this book your own companion. This can be done by providing you with information, equipment, and techniques for self-care; that will allow you to make informed decisions that benefit your physical, mental, and emotional well-being. With the advice of the reliable and trusted information in this book, you can go on a life-changing journey to a healthier, happier life, and longevity.

In short, this book, "My Health Companion: Your Personal daily health Coach", will be a useful tool, offering extensive information, guided structure, educational knowledge, motivation, inspiration, accountability, and empowerment throughout your journey in health. This can be done only by applying the wisdom and direction given in this book into your life. With determination in knowing & practicing what is mentioned in here, you can cultivate habits that will feed your body, mind, and spirit for your entire life time.

## 1.2 The Significance of Doing Regular Medical Check- up



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*Credit: Royalty-Free Stock Photo*

Human body is similar to a sophisticated machine with delegate components that require regular maintenance. This is meant to locate the parts that have been damaged or are not function as expected and replace or fix them immediately. This causes your body to keep on functioning perfectly. Regular medical check-ups are therefore a must for ensuring good health and avoiding possible health issues. Regular check-ups are highly important and are carried out for various reasons. The following are most important reasons why:

### **I. Early Detection of Health Issues/Problems**

As mentioned above, human body can be compared to an efficient machine. Its longevity or endurance is a matter of active strategy in the identification and placing under control of any danger there is to prevent this said machine operation. Therefore, the human body should be viewed.

Routine medical check-ups enable health care professionals to screen for numerous health conditions, including high blood pressure, diabetes, heart disease, cancer, and infection. Early detection allows timely intervention and treatment, which can greatly enhance outcome and avert complications.

### **II. Preventive Care**

Prevention is better than cure as the saying goes. This might begin with performing regular medical check-up whether you have come up with symptoms of any disease or not. Medical examinations usually encompass preventive tests, immunizations, and counseling to enable people to live at their best and minimize their vulnerability to developing chronic conditions. Through determining risk factors via initial diagnosis, and embracing good living habits from an early stage, people can curb their likelihood of acquiring serious medical issues later in life. This can lead to upkeep and enhancement of healthy living and blissfulness.

### **III. Health Trends Monitoring**

Follow-up visits offer the chance for medical professionals to track how a person's health changes over time. By monitoring parameters like blood pressure, cholesterol, weight, and body mass index (BMI), practitioners can spot patterns and intervene accordingly in order to prevent or control illness.

### **IV. Management of Chronic Conditions**

Each person is the master controller of his/her own health. He/she decides to either enhance it or ruin it. For those with chronic health illnesses, follow-up visits are important to track disease progression, modify treatment regimens, and manage any complications that develop. By remaining proactive in handling their ailments, individuals can maximize their quality of life and reduce the risk of acute exacerbations or hospitalizations.

### **V. Health Education and Counseling**

Knowledge is power. Understanding your health status by way of health education places you in a position of many benefits to take control of your own health. That's why you require health education by way of check-ups. Medical check-ups provide a platform for the healthcare practitioner to teach individuals on healthy lifestyle options, preventive approaches against diseases, and self-look-after habits.

Providers are able to provide tailored advice in accordance with a person's individualized health profile, enabling them to make informed choices and become responsible for their own health issues or well-being.

### **VI. Promotion of Mental Health**

Mental illness is everybody's business, something which needs to be taken seriously. Hence, routine medical examination includes not just physical health checks but also mental health condition screening for depression, anxiety, and alcohol/substance abuse.

Early identification of mental health problems can result in early intervention and care, which could enhance overall mental well-being.

#### **vii. Building a Relationship with Healthcare Providers**

Developing the relationship with your medical provider provides you with a lot of advantages; because this is one of the most effective channels you might have to talk and resolve all your health related matters.

Regular medical evaluation helps to provide regular communication and trust or confidence among people and their medical providers. Having a good doctor-patient relationship helps to provide open communication, supports teamwork in healthcare decision-making, and supports continuity of routine care.

#### **viii. Peace of Mind**

Negligent and false assumptions regarding health or medical condition have led numerous people to die unnecessarily. Such death might be through anxiety over medical issues that could get complicated. Routine medical check-up provide reassurance and peace of mind regarding their health condition. When one person is aware that the medical practitioners are actively checking on his or her well-being and resolving any issue in time, their anxiety is relieved and hence ensuring well-being of such person.

Finally, routine medical check-ups are essential for staying in good health, avoiding disease, managing chronic illness, maintaining mental health, and ensuring a healthy partnership between a patient and his or her healthcare provider. By making regular check-ups an integral part of their healthcare regimen, individuals can take positive measures towards protecting their health and having a better quality of life.

## CHAPTER 2

### Managing Your Physical Health

**2.1 Nutrition & Exercise – The Dynamic Duo/Couple**

**2.2 Sleep and Rest – Its Medical/Health Benefits**

**2.3 Naturopathy – Natural way of Medical Treatment**



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#### **i. What is Physical Health?**

**Physical health** is the normal operation of your body. As one aspect of overall well-being, physical health is a matter of how your body develops, feels, moves, the ways in which you treat it, and what you feed it.

Physical wellness is not just the lack of disease and illness, but it is the general welfare of the body. It matters because it is intricately or progressively associated with other dimensions of well-being. Corporal health, mental health, and social health, are affected by physical health.

Physical health was originally defined traditionally as the lack of disease or serious illness (Braden, 2023).

Yet, in recent years, contemporary medicine has transformed this perspective.

The World Health Organization (WHO) has broadened the concept of health beyond the realm of disease and sickness.

The WHO presently defines health in the context of an individual's overall well-being, physical, mental, and social. These elements are connected closely with each other, and a person's health encompasses all of them.

### **How Do You Manage Your Physical Health?**



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Physical health can be controlled by integrating some main elements into life. These are quality sleep, sound nutrition, regular exercise, proper hygiene, relaxation and routine preventive care.

In one sense, good physical health management is a matter of holistic practice that includes exercise, nutrition, sleep, stress management, regular check-ups, substance control, posture maintenance, hygiene habits, seeking professional assistance when needed, and sustainable lifestyle changes.

To be healthy and happy, you must make regular exercise including cardiovascular, strength, and flexibility training a priority, along with a balanced diet that includes plenty of fruits, vegetables, lean proteins, and healthy fats and watches portion sizes.

You will also have to get enough sleep, 7-9 hours a night, practice stress-reduction methods, go for regular health check-ups, and not use tobacco, alcohol, and drugs.

In addition, practice proper posture, hygiene, and have your health issues attended to by a qualified doctor. Implement slow lifestyle changes for long-term sustainable health improvements.

Having stated the above, let us now see some of chapter two details. Chapter two has sub-topics aimed at providing you with clear insight into how to take care of your body to be healthy and boost happy living. See the following sub-topics and detailed discussion beginning with photo views.

### **Food Is Your Everyday Medicine**



*Credit: Royalty-Free Stock Photo*

## Maintain the Quality of Your Health with Food



*Credit: Royalty-Free Stock Photo*

Along with the other parts of healthy living promotion and maintenance, the matter of nutrition, exercise, sleep and rest among the rest, must be considered seriously. Here now follows the detail discussion on these relevant headings:

### **2.1 Nutrition and Exercise – The Dynamic Duo**

Nutrition and Exercise are considered as "Dynamic Duo" or twin healthy practice. The term is used to represent the strong duo of correct eating and consistent exercise in facilitating whole body health and wellness. Here, "dynamic duo" or "dynamic couple" implies that these two factors act synergistically together, each one facilitating the health benefits of the other. Thus, as the term imply, you are encouraged to practice balance diet and exercise, if you want to flourish your health.

Dear reader please read further to better understand the meaning of nutrition and its significance to the promotion, and maintaining the quality of your health and the over-all well-being of the society.

## Exercise & Balanced Diet Flourish Your Health



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**Nutrition** supplies the body with all the necessary nutrients, energizing physical exercise and facilitating normal body functions, whereas exercise ensures the optimal usage of nutrients, better metabolism, and overall fitness.

Combined, they constitute a sound basis for living a healthy life, avoiding chronic illness, controlling body weight, and living longer. (*Large language model, 2024*).

## A. What Is Nutrition?



*Credit: Royalty -Free Photo*

**Nutrition**, according to Britannica Encyclopedia, is defined as the assimilation or absorption of food substance by living things that allow them to develop, sustain themselves, and reproduce.

While discussing nutrition, we have to support little bit in knowing what food is and how it contributes to nutrition.

**Food** - is termed as any edible substance, hard or fluid form that can be eaten, swallowed, digested and absorbed in the body giving it necessary constituents known as **nutrients**.

These necessary nutrients in the food maintain the body healthy or well. It is the fundamental requirement of life. Food provides energy, facilitates growth, and rebuilds the tissues and organs as well.

**Food** has various roles in the majority of living organisms. For instance, food supplies materials to be metabolized to provide the energy needed for the absorption and translocation of food nutrients, synthesis of cell materials, locomotion and movement, and excretion of waste products, and for all other processes of the organism. Food supplies materials from which all the structural and catalytic elements of the living cell are built.

### **Balanced Nutrition**

**Balanced nutrition** Balanced nutrition emphasizes a balanced diet that comprises fruits, vegetables, lean proteins, whole grains, and healthy fats. Portion control is crucial in avoiding overeating and ensuring a healthy weight.

You should always be hydrated by consuming the required amount of water during the day. It is a good health habit to consume water prior to sleeping; this can ward off the rise in blood pressure; and consuming water prior to consuming food and immediately after waking up from bed. This can balance the stomach acid to prevent gastric pain. (*Carpenter 2024*).

To finalize on this, there are now commonly six major groups of food, commonly known as the "**food groups**." These groups are classified according to the kind of nutrients they contain. Below are the six classes of food, their function and sources:

#### **1. Carbohydrates**

Carbohydrates are the body's main source of energy. They are sugars, starches, and fiber contained in foods such as fruits, vegetables, grains, and legumes.

## **2. Proteins**

Proteins are needed to build and repair body tissues. They consist of amino acids and are contained in meat, poultry, fish, eggs, dairy foods, tofu, beans, and legumes.

## **3. Fats**

Fats are an energy-rich source of food and play a central role in diverse body processes, such as the synthesis of hormones and nutrient absorption. Fats occur in foods such as oils, butter, nuts, seeds, avocados, and fatty fish.

## **4. Vitamins**

Vitamins are organic substances that play a role in diverse biochemical reactions within the body. They occur in foods as varied as fruits, vegetables, dairy products, and fortified foods.

## **5. Minerals**

Minerals are inorganic substances that are vital to preserve body functions, including bone structure, fluid balance, and nerve conduction. Minerals such as calcium, iron, potassium, magnesium, and zinc can be obtained from foods such as milk products, leafy vegetables, nuts, seeds, and whole grains.

## **6. Water**

Water is necessary for life and plays a role in several body functions, such as the regulation of body temperature, transporting nutrients, and excreting waste. It may be consumed by drinking liquids and eating water-containing foods such as fruits and vegetables. Include a variety of foods that come from various food groups to get a balanced diet.

## **Mindful Eating**

Practice mindful eating by noticing hunger and fullness signals, eating slowly, and relishing food flavor and texture.

Eat without distractions like a TV or a phone to encourage mindful eating.

## **What Is Exercise?**

Exercise - refers to physical activity that is planned, structured, repetitive, and performed with the explicit intention of developing or maintaining physical fitness and health (*Haskell, 2007*).

## **Importance of Regular Exercise**

Regular exercise plays a vital role in keeping the body fit and healthy. Shoot for a mix of cardiovascular exercises, strength training, and flexibility exercises.

Regular exercise aids weight control, mood improvement, increased energy, and a decrease in the risk of chronic diseases.

## **Types of Exercise**

Exercise can be grouped into three primary types:

- ✓ Aerobic exercise
- ✓ Strength training exercises
- ✓ Flexibility exercises.

**Aerobic exercises** - like walking, jogging, swimming, or cycling, help improve cardiovascular health and endurance.

**Strength training exercises** - such as weightlifting or bodyweight exercises like squats and push-ups, contribute to muscle strength and improve bone density.

**Flexibility exercises** - like yoga or stretching routines, help improve range of motion and prevent injury.

## **Benefits of Exercise**

Regular exercise yields many health benefits/advantages, including:

- ❖ Enhance cardiovascular health and decrease risk of heart disease (*CDC 2020*).
- ❖ Increased muscular strength, endurance, and flexibility (*American College of Sports Medicine. 2021*).
- ❖ Weight control and maintenance of a healthy body composition (*Jakicic, 2016*).

- ❖ Improved mental health, such as fewer symptoms of depression and anxiety (*Schuch, 2018*).
- ❖ Improved cognitive functioning and lower risk of age-related cognitive decline (*Erickson, 2019*).
- ❖ Improved sleep quality & enhanced stress management (*National Sleep Foundation*).

### **Exercise Guidelines**

The American Heart Association encourages a minimum of 150 minutes of moderate-intensity aerobic physical activity or 75 minutes of vigorous-intensity aerobic physical activity each week, plus muscle-strengthening activities two or more times per week (*American Heart Association. 2021*).

The World Health Organization recommends similar, with a focus on the need for ongoing physical activity to enhance overall health and well-being (*WHO 2020*).

### **Safety Considerations of Exercise**

- You must begin slowly and progressively add intensity and duration of exercise, particularly for beginners or individuals with pre-existing medical conditions.
- You must hydrate adequately and heed your body's warning signs, not overdoing it or forcing your body beyond pain.
- Take proper form and technique to avoid injury, and consider consulting a fitness expert for advice, particularly when embarking on a new exercise regimen.

## **2.2 Sleep and Rest**

### **A. What Is Sleep**

**Sleep** - is a naturally repeating state of lowered consciousness and lowered bodily activity, marked by the changed brain wave patterns, lessened response to external stimuli, and reversible unawareness, (*American Academy of Sleep Medicine, 2014*).

## **Importance of Sleep**

**Sleep** is a basic physiological process that is necessary for general health and welfare. It is involved in numerous processes of the body, such as cognitive functioning, emotional control, immune functioning, and metabolism, (*Hirshkowitz, et al. 2015*).

## **Adequate Sleep**

**Quality or Good sleep** is essential for physical well-being and mental functioning. A typical adult needs to sleep **7-9 hours** every night or in every 24 hours. Develop a sleeping routine and construct a sleep-friendly environment.

## **Stages of Sleep**

Sleep is comprised of a number of stages, which are the non-rapid eye movement (NREM) sleep and rapid eye movement (REM) sleep.

- ❖ NREM sleep comprises three stages (N1, N2, & N3) with various brain wave patterns and physiologic changes.
- ❖ REM sleep is accompanied by vivid dreams, rapid eye movements, and heightened brain activity.

## **Sleep Duration Recommendations**

The National Sleep Foundation advises that adults should get 7-9 hours of sleep each night for the best possible health and well-being.

Children and teenagers usually need more sleep, ranging from 9-11 hours for school-age children to 8-10 hours for adolescents, (*Hirshkowitz, 2015*).

## **Effects of Sleep Deprivation**

Insufficient sleep or chronic sleep deprivation can have detrimental effects on mental and physical well-being. It can result in the following impacts on the body:

- ✓ Cognitive impairment
- ✓ Mood disorder

- ✓ Reduced immune function
- ✓ Increased risk of chronic diseases such as obesity
- ✓ Diabetes and cardiovascular disease
- ✓ Impaired performance and safety. (*Medic, 2017*).

### **Sleep Hygiene Practices**

**Sleep hygiene** - the daily habits and environmental conditions that encourage sound sleep. Take note of this, it is very crucial to your health. These habits include:

- Sleeping at the same time each night
- Creating a comfortable sleep environment (e.g., dark, quiet, and cool room) by staying away from stimulants such as caffeine and electronic devices before bedtime
- Practicing relaxation techniques.

### **Sleep Disorders**

**Sleep Disorders** - are illnesses that interfere with normal sleep patterns and quality, resulting in problems falling asleep, remaining asleep, or having restorative sleep. Primary sleep disorders are:

- Insomnia
- Sleep apnea
- Restless legs syndrome
- Narcolepsy
- Parasomnias (*AASM, 2014*).

### **B. Rest**

Rest/Recreation – in physical health management can be defined in different context; including its physiological, psychological, social, and philosophical implications. Let us now examine the detail of these contextual meaning as follow:

#### **Physiological Perspective**

Rest or relaxation as it is sometimes termed is an important part of keeping the body healthy and well. Relaxation is a form of therapy for dealing with numerous stress related illness.

It is the process of letting the body recover from physical activity, repair tissues and recharge energy levels (*Haack, 2005*).

Evidence indicates that proper rest is important for muscle repair, regulation of hormones, and immune function as a whole (*Cauter, 1999*).

### **Psychological Perspective**

Rest or recreation is not only physical but also psychological. It means relaxation of the mind and minimization of mental stress. The absence of psychological unrest can result in many bad decisions making. Thus, exercises like mindfulness, meditation, yoga, and deep breathing can facilitate psychological rest. Allocate time for relaxation and self-care activities (*Tang, 2015*).

Psychological rest is essential to maintain mental clarity, emotional equilibration, and general cognitive functioning. For this reason, good decision making is so interrelated with psychological recreation (*Killingsworth, 2010*).

### **Social Perspective**

Rest can also be considered on a social level, including disengagement or removal from work or social duties; meant to produce a time space for the purposes of recreational activities that are beneficial to good physical health upkeep.

Social rest can involve relaxation with loved ones, relaxation to different activities or hobbies which recharge your body. A good example of social rest is leaving your computer work or switching off all technology related devices and engage yourself in achievements such as listen to music.

Healthy social rest leads to better relationships, more social support, and overall better well-being (*Kahneman, 2004*) & (*Sonnentag, 2007*)

### **Philosophical Perspective**

Rest has been thought in many philosophical schools as a way of obtaining equilibrium and harmony in existence.

Philosophical views regarding rest center mostly on the significance of self-reflection, contemplation, and seeking meaning in life. Greek philosophers such as Aristotle, Epicurus, and Stoics have debated the role of rest in living a good life. (*Inwood, 1997*).

## **2.3. Naturopathy (Natural Approach to Medical Care)**

### **What is Naturopathy?**

**Naturopathy** - is a healthcare system that focuses on prevention, treatment, and the best state of health employing natural therapies (*Pizzorno, et al. 2007*).

Moreover, in consonance National Center for Complementary and Integrative Health (NCCIH), Naturopathy is also one of a kind primary medical system that focuses on the body's inherent healing capacity. The advantages of physical exercise, sunshine, freshwater stress management, dietary well-being, and others are the pillars of naturopathy.

Practicing naturopathy on a regular basis, will brings quick or speedy and good health results you have been searching for long. Therefore, you can believe and invest in this process throughout your life. There are no side effects in applying the naturopathic approach of medical practice. Essentially, it is a treatment method of disease that focuses on the use of natural products instead of medicine and surgery (*Boon, 2009*)



## **Toxins**

Plant and animal organisms can make chemicals referred to as toxins that are toxic to humans. Certain drugs that are good in small amounts but toxic in larger amounts can also be classified as toxins. Most of the toxins that affect human beings are made by microorganisms such as bacteria. Based on this, naturopathy is the ideal choice of maintaining your health, particularly for most individuals who might have incurred health problems due to chemicals obtained from the consumption of drugs (*Loomis, (2018)*).

Some of the Methods Employed by Naturopaths in Detoxification are as follows:

### **A. Dietary Changes or Modifications**

This is another great method of detoxification employed in nature therapy. More orange, grape, and sugarcane juice is urged to be eaten by the patients. These eliminate toxins accumulated in the body over time.

### **B. Therapy using Fruit Juice**

This is another great method of detoxification employed in nature therapy. More orange, grape, and sugarcane juice is urged to be eaten by the patients. These eliminate toxins accumulated in the body over time.

### **C. Herbal Therapy**

Toxins and impurities that accumulate in the body over time may lead to many disorders. Herbs such as cinnamon, parsley, flaxseed, primrose oil, garlic, and cayenne pepper are utilized during natural therapy in India in order to detoxify the body.

### **D. Exercise**

Exercising regularly is another naturopathic treatment which has a great effect. Exercise gets you sweating more and improves your digestive system (*Gaby. (2011)*).

Another effective naturopathic treatment practiced in natural therapy is colon hydrotherapy. This form of therapy is commonly recommended by naturopaths for detoxification.

Utilizing hot water to wash the colon is the primary element of the treatment procedure.

This cleansing method is given by professionals and is widely sought after in spas and natural health spas. The body may be full of energy when all the dirt is effectively eliminated from the colon, and immune systems of the patients will also be enhanced. Ten to twelve full glasses of water should be taken as hydrotherapy to remove all the toxins and filth from the digestive system (*Ernst, 2000* & *Green, 2000*).

## **I. Acute Diseases**

**Acute diseases** or **illnesses** often last only days or weeks and typically cease abruptly. Viruses and their infections are the most prevalent causes of acute conditions but can also be triggered by drug or medication abuse, falls, automobile accidents, or other trauma.

**Examples of such acute illnesses include:**

**A). Sinusitis (acute and chronic):** infection of the sinuses due to a virus, bacteria, or fungus

**B). Common Cold:** also due to a virus; and with usual symptoms of runny nose, congested nasal passages, and sneezing. Other symptoms are a headache, sore throat, and cough.

**C). Influenza:** A nose, throat, and lung infection, caused by virus as well. It is more infectious than most of the viral diseases. It can spread very quickly and easily and infect a lot of people.

## Some Examples of Acute Illnesses/Diseases



## II. Chronic Diseases

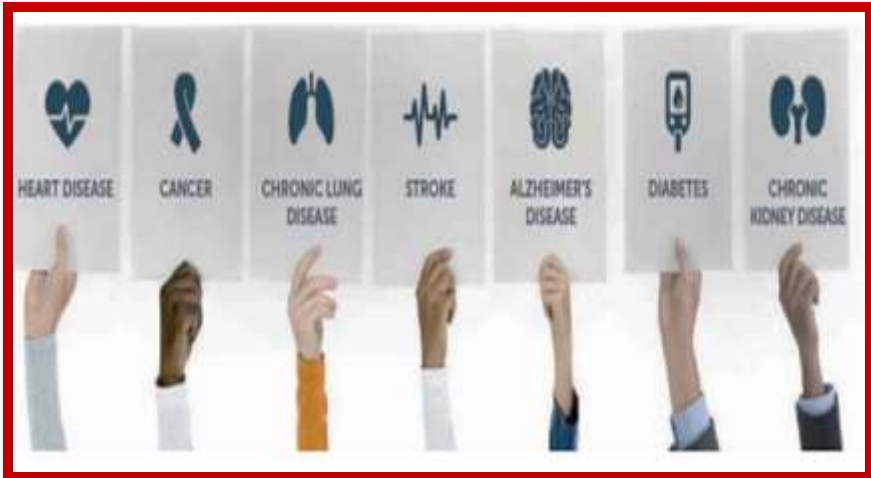
Chronic medical conditions develop over months or years and may worsen during that period. Unhealthy habits such as poor diet, lack of exercise, heavy alcohol consumption, or tobacco use are some of the causes of chronic conditions.

Besides, genetic, environmental, social, and emotional factors are grave causes of chronic diseases.

Individuals have a greater chance of acquiring one or more chronic conditions as they age. Chronic diseases take long to develop, and can grow worse over time. They might exhibit a range of warning signs or none at all. Some examples of chronic conditions include:

1. Arthritis
2. Obstructive pulmonary disease (COPD)
3. Alzheimer's disease
4. Diabetes
5. Cancer
6. High blood pressure or Hypertension & other cardiac diseases
7. Renal or kidney diseases

## Some Examples of Chronic Diseases



**Chronic diseases** - are medical conditions that individuals endure for a long period if they are acquired. In the majority of circumstances, they can be dealt with but cannot be treated like acute illnesses.

Thus, you must create a health care plan with your doctor that could be medication use, healthy eating, physical or occupational therapy, exercise, or complementary therapies such as acupuncture or meditation. This is meant to assist you in coping with the aforementioned condition that will aid in your well-being.

As earlier indicated, chronic conditions are often preventable by having and sustaining healthy active lifestyle habits, including:

- a. Eating a well-balanced and healthy diet
- b. Sustaining abstinence from excessive drugs,
- c. Avoiding excessive drugs, or smoking of drugs
- d. Avoiding sedentary life style by doing regular exercise
- e. Avoid excessive alcohol use/consumption. (*WHO (2020)*).

Principles of naturopathic are to treat the individual as a whole, to treat the cause of the disease, and to stimulate the body's own healing abilities.

Naturopathic physicians (NDs) employ an array of therapies including herbal medicine, nutrition, hydrotherapy, and counseling on lifestyle (*Boon, 2004*).

### **Therapies and Treatments**

Besides the guides to management and preventive care discussed in the pre preceding chapter of this book, treatments under Naturopathy include botanical use or plant use as medicine (herbal). Some of the following are just a few examples:

- i. Clinical nutrition
- ii. Acupuncture
- iii. Physical medicine (massage, manipulation),
- iv. Mind-body therapies (meditation, counseling).

These therapies work to enhance the body's natural healing mechanisms, restore balance, and maximize health. The treatments are frequently personalized to the patient by the naturopath, taking into account the patient's special constitution and wellness objectives (*Uberg, 2011*).

### **Efficacy and Evidence**

Although some of the naturopathic remedies have proven effective in clinical trials, others do not have strong scientific proof. Most of the research in naturopathy is conducted on individual therapies instead of the integrative practice followed by naturopathic physicians. According to critics, the absence of uniform training and regulation of naturopaths could result in variable treatment and even harm (*Busse, 2006*).

### **Regulation and Education**

Regulation of naturopathy varies from country to country, with some jurisdictions granting licensure and others recognizing it as a complementary or alternative practice.

Naturopathic education typically includes a combination of biomedical sciences, traditional healing methods, and clinical training.

Naturopathic medical schools accredited by recognized bodies provide comprehensive training for aspiring naturopathic doctors (Cramer, 2015).

As in naturopathy, you are advised to schedule regular check-ups with healthcare professionals for preventive care and early detection of health issues. Avoid or limit the use of tobacco, alcohol, and recreational drugs.

Substance abuse can lead to numerous health problems, including cardiovascular disease, respiratory issues, and addiction. Maintain good hygiene habits, including regular hand washing, dental care, and bathing. Proper hygiene helps prevent the spread of infections and keeps the body healthy.

Don't be afraid to consult healthcare professionals if there are recurring symptoms or health issues. Medical advice can offer individualized advice and treatment strategies for maximum health care.

Create environmentally friendly lifestyle adjustments that enhance long-term health, including cessation of smoking, consumption of a balanced diet, and the inclusion of regular exercise in daily activities. Small increments over time tend to work better and be simpler to sustain than radical transformations.

# CHAPTER 3

## Mental and Emotional Health

### 3.1 Stress and Stress Management

### 3.2 Mind Matters – The Interplay of Mental & Emotional Well-being

### 3.3 Psychological Health Management

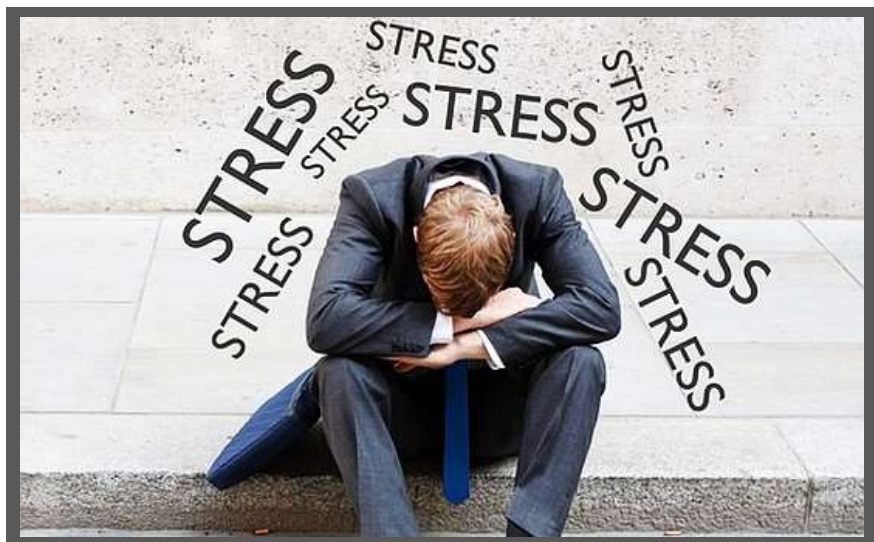
One famous Speaker of India (Dalai Lama) said “do not let the behavior of others destroy your inner peace”. Mental health and emotional health is a serious matter that concerns everybody. So this chapter will look at the details of stress management, psychological health management and the interplay of mental and emotion well-being.

#### 3.1 Stress Management

##### A. What is Stress?

**Stress** - is the body reaction to challenges or demands, be it physical, mental, or emotional. Stress can be caused by a host of factors including work pressure, relationship, finances, or changes in one's life. Chronic stress may have negative impacts on physical and mental health as well as quality of life (*Lazarus, (1984)*).





*Credit: Harold Taylor & Medifee Blog*

## **B. Causes of Stress**

Stress may be caused by many different factors. The following are some of the most prevalent causes of stress:

### **I. Work-related Stress**

This may result from excessive workloads, excessive working hours, employment insecurity, lack of autonomy, or disagreements with colleagues or managers (*American Institute of Stress*).

### **II. Financial Stress**

Money worries, debt, unemployment, or financial uncertainty may cause high levels of stress (*American Psychological Association 2020*).

### **III. Relationship Stress**

Weakened relationships with partners, relatives, or friends may be a major source of stress (*Robles, 2014*).

### **IV. Life Changes**

Significant life changes like relocating to another city, divorce, illness, or losing a loved one can result in increased stress levels (*Holmes, 1967*).

## **V. Health Concerns**

Diseases, injuries, or health issues, either personal or those of family members, may create stress (*Cohen, 2007*)

## **VI. Environmental Factors:**

Residing in a stressful situation, e.g., a crime area or in an atmosphere of constant noise or pollution, can add to stress

## **VII. Personal Expectations**

Having unrealistic expectations, perfectionism, or unfavorable comparison with others can cause stress (*Stoeber, 2006*).

## **Effects of Stress**

Stress might be seen in several forms, e.g., physical ones such as headaches, muscle tension, and digestive issues.

It can also cause psychological symptoms like irritability, anxiety, depression, and difficulty in concentrating. Chronic stress also heightens the risk of developing chronic ailments such as hypertension, heart disease, and autoimmune diseases.

(*Cohen, 2007*).

As started earlier, stress can have numerous effects on both physical and mental health. Some of the common impacts of stress on human health are described below:

### **I. Mental Health Effects/Impact**

#### **➤ Anxiety and Depression**

Chronic stress can contribute to the creation or aggravation of anxiety disorders and depression (*Kessler, 2005*).

#### **➤ Cognitive Impairment**

Extended stress can damage cognitive function, such as memory, attention, and decision-making (*Lupien, 2009*).

### **II. Physical Health Effects**

#### **➤ Cardiovascular Problems**

Stress is linked with higher risks of hypertension, heart disease, and stroke (*Rozanski, 1999*).

➤ **Immune System Suppression**

Chronic stress can suppress the immune system, and hence make the person more prone to infections and diseases (*Glaser, 2005*).

➤ **Digestive Issues**

Stress can cause gastrointestinal complaints like irritable bowel syndrome (IBS), indigestion, and worsening of ulcers (*Mawdsley, 2005*).

**III. Behavioral Effects**

➤ **Substance Abuse**

Alcohol and drug abuse

Overuse of alcohol or drugs or other substances may be a coping mechanism for stress (*Sinha, (2008)*

➤ **Sleep Disturbances**

Stress may also interfere with sleep, causing insomnia or other sleep disturbances (*Marin, (2003)*.



*Credit: Stress management Image*



*Credit: Photo & Homewatch Caregivers*

### **C. Stress Management**

Stress management can be done by putting in place measures that target the "Four As": **Avoid**, **Alter**, and **Accept**. Observe how they can be used:

#### **1. Avoid**

This entails recognizing stressors (identifying the source of the stress) and taking proactive action to eliminate or reduce contact with them where possible. This may include establishing boundaries, saying no to extra work, or steering away from situations that regularly result in stress (*Lazarus, et al. 1984*).

#### **2. Alter**

Rather than evading stressors, modifying them entails modifying the way in which you engage with or view the stressor. This may involve standing up for oneself or boldly confronting stress sources, solving problems to determine solutions, or drawing on others for help (*Carver, 1997*).

### **3. Adapt:**

Adaptation is a process of modifying your reaction to stressors through altering your expectations, attitudes, or beliefs. This can include redefining negative appraisals, being mindful or using relaxation skills, or perceiving meaning in stressful situations (*Folkman, 2004*)

### **4. Accept**

Acceptance is the aspect that sees some stressors as beyond one's control and learning to accept or live with them without resistance. This may involve self-compassion, practicing acceptance and letting go of perfectionism or concentrating on what one can control instead of what one cannot (*Hayes, 1999*)

These "Four As" offer a blueprint for dealing with stress management by targeting stressors from different directions, enabling individuals to build an effective toolkit for effectively managing stress.

## **Other Stress Management Tips**

Besides the aforementioned stress management, there are other many stress management strategies and techniques for effective stress management (*Kabat-Zinn, 1990*). They are:

### **I. Healthy Lifestyle**

Regular physical activity, healthy eating, and proper sleep can decrease stress levels and enhance overall resilience.

### **II. Mindfulness and Meditation**

Mindfulness meditation, controlled breathing, and yoga may induce relaxation and decrease stress.

### **III. Time Management**

Prioritizing, goal setting, and dividing tasks into discrete steps can minimize feelings of overwhelm.

#### **IV. Social Support**

Having strong social relationships and being able to rely on friends, family, or support groups can offer emotional support during stressful periods.

#### **V. Healthy Boundaries**

Practicing saying no, establishing boundaries, and delegating can prevent over commitment and stress reduction.

#### **Seeking Professional Help**

In other people, stress can become too much to handle and needs the care of a professional. Therapists, counselors, or psychologists can also offer methods like cognitive-behavioral therapy (CBT) to individuals so they are able to cope and be resilient.

Medication or other treatments may also be required to help with serious stress or related mental illnesses. (*American Psychological Association 2017*).

#### **Preventive Measures**

As saying goes, prevention is better than cure. Although it is not always possible to prevent stress, there are certain preventive measures that can help manage or lessen its effects. These preventive measures are as follows:

- i. Engaging in regular physical exercise to release endorphins and relieve muscles.
- ii. Relaxes with progressive muscle relaxation or guided imagery.
- iii. Developing hobbies and interests to bring about a sense of fulfillment and relief from stressors.

Establishing realistic expectations and learning to accept what cannot be changed (*McEwen, 2017*).

#### **Regular Evaluation and Adjustment**

Stress management is a continuous process that calls for regular assessment and readjustment of coping mechanisms.

Individuals must check their stress levels, establish triggers, and readjust their stress management approach accordingly.

Flexibility and receptiveness to learning new methods are the most important ways to effectively manage stress in the long term. ((NIMH). 2019).

### **3.2. Mind Matters – The Interplay of Mental & Emotional Well-being**

The title "Mind Matters–The Interplay of Mental and Emotional Well-being" captures or sums up the complex interaction between mental and emotional well-being. It signifies the significance of acknowledging and knowing the dynamic relationship between one's mental status and emotional experiences.

This interaction affects different facets of human functioning, such as cognitive processes, emotional regulation, interpersonal relationships, and global quality of life. An awareness of this interaction is necessary for enhancing integrative strategies to well-being as well as effective mental health promotion and emotional resilience strategies (*Gross. 2015*).

Comprehending the intricate association between mental and emotional well-being is vital for overall wellness (*Kashdan, 2010*).

**Mental health** - includes cognitive functioning, psychological resilience, and emotional regulation, whereas emotional well-being entails the capacity to know, feel, and manage their feelings successfully.

This interaction affects a person's perceptions, actions, and social relationships, highlighting the need to adopt comprehensive strategies towards supporting mental and emotional well-being. (*Fredrickson, 2000*).

The interaction of mental and emotional well-being goes beyond personal experience to shape social dynamics and community resilience.

By creating supportive settings where psychological safety, empathy, and compassion thrive, communities can maximize collective mental and emotional health.

By acknowledging the interaction between mental and emotional well-being at both individual and societal levels is necessary for creating flourishing communities and cultivating a culture of resilience (*Rutter, 2012*).

Lastly, incorporation of emotional and mental well-being within healthcare systems is a priority towards addressing the overall needs of individuals and communities. Through embracing person-centered strategies that are focused on prevention, early intervention, and access to mental health care, health systems can foster resilience, decrease stigma, and enhance overall well-being (*Keyes, 2007*).

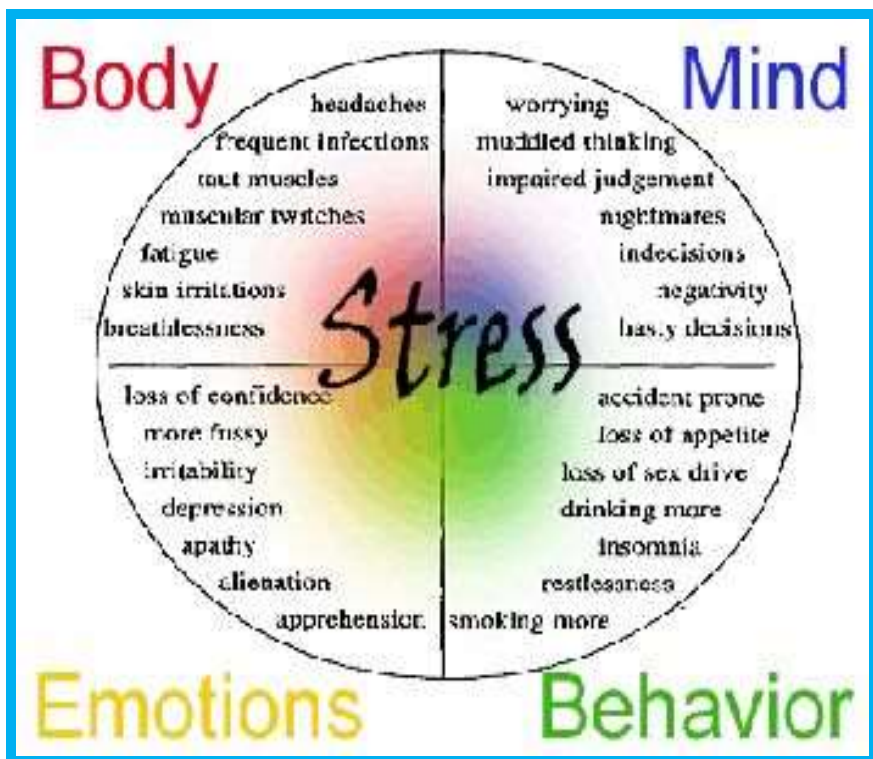
Identifying mental and emotional well-being as fundamental aspects of healthcare is necessary to attain holistic, fair, and efficient healthcare provision (*National Institute for Health Care, 2018*).

### **3.3. Psychological Health Management**

Compared to other diseases, when people are carrying emotional or psychological stress, they develop behavior symptoms, such as; social life withdrawal, nervous habits, poor work productivity etc.



*Credit: Verywell Health (VW)*



*Credit: Study.com*

As mentioned earlier, when you fail to manage stress, it will generally affect in the following ways:

- (a) Body**– headache, frequent infections, muscular twitches, fatigue, skin irritation, and breathlessness.
- (b) Mind** - worrying, muddled thinking, impair judgment, highness, indecisions, negativity and bossy decisions.
- (c) Emotions** – loss of confidence, fussy, irritability, depression, apathy, alienation, and apprehension.
- (d) Behavior** – accident prone, loose of appetite, loss of sex drive, drinking more, insomnia, restlessness, & more smoking.

You can avoid the above effects by promptly dealing with stressor.

**Psychological wellbeing management** entails taking strategies to sustain and improve mental wellness, resilience, and overall quality of life. It involves self-care practice, building supportive

relationships, and establishing coping mechanisms to deal with life challenges effectively.

By focusing on psychological well-being, people are able to develop emotional balance, mental adaptability, and a sense of direction, which translate to a more general state of satisfaction and satisfaction (*Seligman, 2000*).



***Credit: Shutterstock***

Optimal psychological health management entails the identification and response to risk indicators and signs of mental illness. It entails professional intervention when required, taking therapy or counseling, and following treatment regimens.

Further, enhancing mental health awareness and minimizing stigma about mental illness are fundamental elements of integrative psychological health management programs or creativities (*National Institute of Mental Health. 2020*).

Workplace or work site is one among the common causes of stress. Hence, enhancing psychological health at the work site is critical to employee well-being, productivity, and organizational effectiveness.



***Credit: Shutterstock***

Workers can be empowered through means such as offering mental health tools, allowing flexible work options, and creating a supportive workplace to manage stress, burnout, and mental illness. By focusing on psychological well-being in the workplace, companies can enhance positive culture and improve employee satisfaction and retention (*Centers for Disease Control and Prevention, 2019*).

In short, psychological stress management is highly significant in diminishing the complication of mental health and to enhance productivity of individuals, which can be beneficial to society and support mental health.

The above reasons thus establish the significance of managing psychological well-being and give tips on how individuals and organizations can foster mental well-being. So just do what is required and follow these tips straight away while supporting your psychological well-being or happiness.

## CHAPTER 4

### A Dance of Life Style and Health

#### 4.1 Life style and it Contribution to Health

#### 4.2 Personal Hygiene

As has been discussed in the earlier chapters of this book, life style contribution to health is what will be focused upon in this chapter. The discussion in this chapter will provide you with an insight into how much your life style influences your health promoting and well-being.

"A Dance of Lifestyle and Health" highlights the intricate intertwining of lifestyle decisions and overall well-being. Lifestyle factors including;

- diet
- physical activity
- sleep habits
- managing stress
- Social connections significantly impact health outcomes.



*Credit: Royalty-Free Photo*

Incorporating a balanced and health-supportive lifestyle entails making intentional decisions in favor of nutrition, physical activity, rest, and emotional health.

By developing healthy lifestyle behaviors, people can improve their physical, mental, and emotional well-being, resulting in an enriched and more vibrant life. (*Physical Activity Guidelines Advisory Committee 2018*).

## Healthy Lifestyle Activities



*Credit: Fcafotodigit*

A healthy lifestyle is maintained through regular exercise, which is vital for cardiovascular health, weight control, and overall wellness. Regular physical activity can help you develop better physical function, prevent chronic diseases, and improve the quality of your life by participating in a range of different physical activities, including aerobic exercise, strength training, and flexibility exercises.

By incorporating exercise into your daily routine, you are able to reap many health benefits and have a better sense of well-being (*CDC. (2021)*).

A smiling woman with long dark hair, wearing a blue and white checkered shirt, is in a kitchen. She is holding a fork with green vegetables. In front of her is a wooden table with various fresh vegetables: a head of lettuce, two carrots, green onions, and mushrooms. A glass bowl containing more green vegetables sits on the table. The background shows a white brick wall and kitchen cabinets. The text 'iStock' and 'Credit: Povoziuk' is visible on the bowl. In the bottom left corner, the word 'FOTOMAGAZ' is written.

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Healthy lifestyle does not limit only to physical health but also encompasses emotional and social welfare. Having good social relationships, effective stress management, and taking care of oneself are crucial elements of a healthy way of life.

Developing supportive relationships, pursuing stress-reducing activities, and focusing on mental health can assist people in managing life difficulties and staying healthy overall

### **Stress Relieving Activities**



*Credit: Royalty-Free photo*

By fostering all dimensions of their well-being, you can have full and rich lives. And this will not only do you good as an individual, but shall also positively contribute to the health of your surroundings (*U.S. Department of Health & Human Services. 2017*).

#### **4.1. Life style and it Contribution to Health**

Lifestyle is responsible for defining your overall well-being. Healthy lifestyle habits include numerous elements like diet, physical exercise, sleeping habits, stress coping mechanisms, and the use of substances. A healthy and balanced lifestyle can go a

long way in protecting against chronic conditions like cardiovascular diseases, diabetes, and some types of cancer.

By giving importance to healthy routines and adopting long-lasting lifestyle modification, you can maximize your physical, mental, and emotional well-being, resulting in an improved quality of life.

*(Harvard T.H. Chan School of Public Health. 2022).*

## **Health-Promoting Lifestyle**



*Credit: Royalty-Free photo*

Food habits are a basic part of one's lifestyle that heavily influence health outcomes. A healthy diet full of fruits, vegetables, whole grains, lean protein, and healthy fat supplies needed nutrients and supports proper body function. In comparison, diets with high amounts of processed foods, sugary drinks, and unhealthy fat lead to obesity, heart disease, and other chronic diseases.

Taking up a healthy and balanced diet, you can promote your general health and minimize the occurrence of diet-induced diseases *(Mozaffarian, D. (2016)).*

Regular exercise is needed to maintain overall well-being and avoid chronic diseases. Aerobic activity, strength training, and

flexibility exercises enhance cardiovascular function, muscle strength, and flexibility. Exercise also helps with weight control, improves mood, and lowers stress levels. You can benefit from many aspects of health by adding regular physical activity to your daily life (*Centers for Disease Control and Prevention (CDC) 2021*).

## 4.2. Personal Hygiene

### A. What is Personal Hygiene?

**Personal hygiene** – is the habits and routines that individuals practice to stay clean and improve general health and well-being. These may involve actions like bathing or showering regularly, hand washing prior to meals and after visiting the restroom, brushing and flossing teeth, and changing into clean attire. Good personal hygiene practice prevents the transmission of germs, infection risk, and improves physical appearance and self-esteem (*CDC (2021)*).



*Credit: Pary Rustagi*

Good personal hygiene is especially important in preventing infectious disease spread, such as respiratory infection, gastrointestinal diseases, and skin infections& (CDC. (2020).

Soap and water hand washing regularly, particularly before food preparation, eating, or taking care of others, is one of the most effective methods to lower the risk for illness transmission.

Besides the aforementioned description of personal hygiene, using proper respiratory hygiene, including covering the mouth and nose while coughing or sneezing, prevents the spread of respiratory droplets that carry infectious agents (Mayo Clinic. 2021).

Personal hygiene routines involve not only cleanliness but also skincare, grooming, and menstrual hygiene. Regular face washing, application of moisturizer, and sun protection are needed to ensure healthy skin. Good grooming behaviors, including nail cutting, shaving, and hair treatment, result in a neat and presentable look.

Also, menstrual hygiene practice for women, such as wearing clean and absorbent menstrual materials and genital cleaning, is important to the reproductive health and wellbeing of women (American College of OB/GYN. 2021)..

Overall, hygiene practice by individual involving various aspects like hand washing, respiratory hygiene, skin care, grooming, and menstrual hygiene is highly importance in attaining maximum health and wellbeing (WHO. 2017).



**Credit: Getty Images**



*Credit: Pary Rustagi*



*Credit: Adabi Stock*

## CHAPTER 5

### Preventive Health Care

#### **5.1 Regular Medical Check- up and its Significant to your health**

#### **5.2 Environmental Sanitation & Its Health Impact**

#### **5.3 Why Vaccination is Important to your health**

As the proverb goes, it is much better to prevent the disease from happening, than to struggle for cure when it happens. In short, the Author is only seeking to persuade the reader to be pro-active in avoiding you from acquiring the disease by visiting your doctor regularly to do all your medical check-up.

So this chapter will provide you with all the recipes or instructions you require following in preventing the onset of disease and thus rescuing you from avoidable preventable death/complication and its unnecessary medical financial expense. Here now is the division of the manner in which you can put the preventive health care into action.



*Credit: Swacon International Hospital*

**NOTE:**

Your body is a systemically working like a complex machine. Therefore, you must maintain your body and get it serviced regularly using Health Check.

## **Do Your Regular Medical Check-up**



*Credit: Swacon International Hospital*

### **5.1 Regular Medical Check- up and its Significant to your health**

Routine medical check-ups are regular visits to healthcare workers for checkup on one's general health condition. The primary reason for this is to identify potential health conditions at an early stage, avoid diseases, and generally be healthy (*American Heart Association. 2019*).

#### **Importance of Periodic Medical Check-ups**

##### **I. Early Detection of Health Complications**

Periodic check-ups make it easy to detect or identify potential health complications like hypertension, diabetes, and cancer, which can allow for quick or immediate intervention and treatment.

## **ii. Preventive Healthcare**

Being proactive in health care does not just help reduce the incidence of disease in your body, but can assist in detecting risk factors and taking preventive interventions, such as lifestyle changes, vaccinations, and screenings.

## **iii. Chronic Conditions Monitoring**

Chronically ill patients such as heart disease or asthma are helped by periodic follow-up visits to track disease evolution and modify therapy accordingly.

## **iv. Health Education**

Health education is one of the fundamental principles that were embraced way back in 1978, and applied by most nations around the globe to extend the basic health care services to their population. Therefore, this principle remains relevant in performing medical check-ups that offer chances for healthcare providers to educate patients on how to live a healthy life, cope with stress, and comply with prescribed drugs.

## **Frequency of Check-ups**

### **i. Age and Risk Factors**

Medical check-ups cannot go in uniform manner. The frequency of visiting your health care provider may vary based on age, gender, family history, and existing health conditions. The simple reason is the occurrence of disease process is determined by these groups varies factors. So the frequency of medical visit to your health care provider may depend on the said factors.

### **ii. General Recommendations**

In the same way, adults, children and older adults do not share the same disease incidence pattern. That is, older adults and children are at a higher risk of contracting numerous diseases and hence are groups at risks in comparison to adults.

This is because de-generative process in elderly person and immaturity of the immune system in children respectively.

Thus the yearly check-ups are usually advised for adults, though children and elderly people might need more frequent checks.

## **Elements of a Medical Check-up**

### **I. Physical Examination**

During routine regular check-up visits, your health care professional will attend to you with services such as; vital signs check, body mass index (BMI) determination, and organ system assessment, among the rest.

These boundaries of your body will be utilized to ascertain what might potentially be for you.

### **II. Screenings**

Screening is the method employed by health workers (e.g. medical physicians and other medical practitioners), to screen the patients who come to the health facility to seek for solution to their ailments. Screening may include, for instance but not limited to; blood tests, cholesterol screening, mammography, Pap smears, and colonoscopies depending on age and risk factors.

### **III. Immunizations**

Immunization is another way of stopping the disease process from arising. Thus taking full vaccination at birth and visiting for multiple doses in the course of a lifetime in accordance to health policy can stop the emergence and spreading diseases condition in the population. Thus, you are instructed to keep yourself updated to date with your vaccinations doses administration according to health guidelines.

### **IV. Counseling**

Counseling section is also a valuable element you seriously require in your interaction with your health care provider. He or she can give behavioral counseling for the quilt of smoking, modification of diet, and exercise advice; since these are pre-disposing elements to the condition of most diseases.

## **Barriers to Regular Check-ups**

### **A. Cost and Accessibility**

In most nations of the globe (particularly for low-income earners and the poor), financial constraint and unavailability of medical centers discourage frequent visits to the hospitals for check-ups. Hence, financial constraint and unavailability of healthcare centers act as a barrier to frequent visit by most individuals.

### **B. Fear and Misconceptions**

Shyness or fear of bad news or discomfort when undergoing exams will make people shy away from visiting for check-ups. For instance, most people are afraid of being informed of their medical condition (s) since they might be stigmatized. Therefore, they will rather live with it in unawareness, than have all the anxieties. This is one of the major barriers.

### **This Story Below Is My Own Experience as a Doctor:**

This story took place in 2016 at St. Joseph Catholic Hospital, Monrovia, Liberia during one of my on-call duties at the ER. This patient was admitted a day before now, and he was to do several laboratory tests. Among these tests were hepatitis-B (HbsAg) & HIV or spot tests. He consciously refused for me to run these tests on him out of fear of carrying the stigma, in case his results are positive.

He was most especially worried about HIV test result. In fact, he threatened lawsuit if anyone of us ever obtain his blood sample for such tests in any form, while he stays in our care. In his case, he was seriously counsel via our expertise, and he eventually accepted to go through the said tests. Fortunately for him, all his results were negative.

So the misconception gathered from this story; and many other factors, a lot of people are not willing to undergo their normal medical check-up. This bad mindset being practiced by many

individuals have resulted into the development of preventable diseases, and medical complications or death.

That is why I prepared this tool to assist you change this mentality and enhance your health by adhering to every bits of medical tips/information given in this book.

### **C. Time Constraints**

Another reason discouraging routine medical checkup is busy lifestyle and work schedules, which is resulting in people ignoring preventive care. This leads to the rise in disease morbidity and mortality rate. Thus, you are strongly advised to take time out for the improvement of your well-being, by regularly consulting your health care provider.

Routine medical check-ups are necessary for ensuring maximum health and wellness. Thus overcoming these challenges and emphasizing preventive care can result in improved health & enhanced quality of life (*Mayo Clinic. (2021).*)

## **5.2 Environmental Sanitation & Its Health Effects**

Environmental sanitation involves the maintenance of human and environmental health through proper waste disposal, sanitation of drinking water, and hygiene.

This area of preventive care is quite important, and an important part in averting the spread of diseases as well as encouraging general public health. The reason being that in disease transmission, environment forms one of the pillars.

There exists a connection between the healthiness of the environment and environment sanitation as per research carried out by **Henry Chan**.

The connection between environmental health and environmental sanitation is very interdependent. Environmental health is all about learning about how our environment contributes to our health,

taking into consideration factors such as air quality, water supply, sewage disposal, and exposure to toxins.

Environmental sanitation, on the other hand, means the practices of keeping our environment clean and sanitary, such as sewage disposal, waste disposal, and source of clean water.

He also added that the interaction between these two ideas is important to sustain public health. Successful environmental sanitation interventions, including waste management and sanitation facilities, help prevent disease as well as restrict the spread of infectious disease.

On the contrary, environmental health concerns such as water and air pollution being tackled through sustainability is crucial for ensuring the environment is healthy and safe. And hence the maintenance of the environment being healthy is quite important in promoting health.

### **Learn to Keep Your Community Clean**



*Credit: E/Sanitation Cartoon*

Dear reader, remember that the quality of your well-being also rely on the environment you reside in. Remember that the origin of most communicable diseases is the dirty environment. Therefore, by making the world around you healthy matters a lot to your health. Take note that prevention is better than cure.

## **Healthy Community Activities**



*Credit: E/Sanitation Cartoon*

### **Positive Impact Clean Environment on Health**

Environmental sanitation, as seen in the image above, has an important role to boost our health. Below are the four basic beneficial effects of healthy surrounding/environment on your health:

#### **I. Prevention of Waterborne Diseases**

Good sanitation, which involves availability of clean water and proper sewage systems, prevents waterborne diseases like cholera, typhoid fever, and dysentery. Therefore, it is the duty of every community member or citizen of a nation to assist in keeping your

environment and the community clean, as in the above picture. This will keep many diseases from occurring and spreading, thus improving the health status of community residents.

**Activities that keep the Community Clean & Healthy**



*Credit: E/Sanitation Cartoon*

**ii. Control of Vector-Borne Diseases**

Proper waste disposal and sanitation prevent the populations of vectors (e.g., mosquitoes, flies) from breeding, thereby lessening the spread of diseases such as **malaria**, **dengue fever**, and **Zika virus**. You are the best caretaker of your own health and wellness.

So be that good health ambassador by voluntarily engaging in waste management of your community environment to reduce the spread of disease.

### **Environmental sanitation is Everybody's Business**



*Credit: KVSG Murali Krishna*



*Credit: Jeffrey Obadaa*

### **III. Decrease of Air Pollution-Related Diseases**

Air pollution is among the environmental conditions that cause a lot of health hazards and development of many cardiovascular and respiratory diseases. Air pollution is particularly very high in settings where there are high industrial activities, courtesy of

releasing large amounts of carbon monoxide and other gases into the environment.

Based on this, good sanitation practices, including clean cooking fuels and proper disposal of waste, are responsible for lowering indoor and outdoor air pollution that is responsible for causing respiratory ailments like asthma and chronic obstructive pulmonary disease (COPD).

#### **IV. Enhance of Hygiene and Preventive Habits**

Availability of sanitation facilities encourages hygiene habits like hand washing with soap, which helps in preventing infectious diseases like diarrheal disease and respiratory infections. Apart from previous discussions on one's hygiene in this book, the disease control mechanisms of development, transmission and control begin with personal hygiene and sanitation. That is why this book was written to provide you with these significant guidelines that will make you be health manager or boss on your own.

##### **A. Components of Environmental Sanitation**

Environmental sanitation encompasses the control of human excreta, solid waste & wastewater management, and control of pest and vector. The sanitation and environmental hygiene problems should always be given due importance. Following are some of the key areas of environmental sanitation elements: (*UNICEF & WHO (2019)*).

##### **A. Safe Water Supply**

Water is life. It accounts for 75% of human body, and plays mayor role in day to day regulation of human body activities. Thus, having access to clean and potable water for drinking, cooking, and personal hygiene is so important in promoting and sustaining our overall health and well-being.

##### **B. Sanitation Facilities**

Human excreta control is so crucial in environmental sanitation control; since human excretal is reservoir and medium for the transmission of numerous diseases, such as gastro-intestinal

diseases, such as typhoid, diarrhea, cholera, dysentery and the list continues.

So it's highly essential to have proper toilets, latrines, and sewage systems to dispose of human waste and avoid water sources' contamination. This will prevent the transmission of these diseases, thus creating an individual, family and community improved health status.

### **C. Waste Management**

You should know waste is anything your body no longer need and so need to be kept away from the body contact. There are several types of wastes being generated by human from different sources on the daily bases. Waste management thus entails collection, treatment, and disposal of solid waste for preventing pollution in the environment and the breeding of disease vectors. Through this, your health will be enhanced, providing you with quality life to live happily.

### **D. Hygiene Promotion**

Health education is one of the principles that WHO derived during the conference in USSR in 1978, aimed at covering the whole world with minimum basic health care services by the year 2000. Most of the world's countries that implemented this principle succeeded in fulfilling their objectives. A common example is Ethiopia in Africa. Therefore, awareness and education programs for maintaining proper hygiene habits such as hand washing, food hygiene, and menstrual hygiene management are still essential in controlling your medical health.

## **Challenges and Solutions**

Even though there are extensive efforts to encourage environmental sanitation, there are yet enormous challenges towards achieving this objective to the maximum. Below here are some of the challenges and the solutions to counteract these challenges.

### **I. Limited Access to Sanitation Facilities**

There is limited access to sanitation facilities, which are mostly found in low-income and rural settings. So what can be the solution of this issue? Out of many solutions that might come to your mind the best solutions include enhancing infrastructure and introducing community-based sanitation programs.

## **II. Pollution and Environmental Degradation**

There are numerous health hazards linked to environmental pollution. Respiratory diseases, (eg. Asthma), and cardiovascular diseases, (eg. myocardia infection) are directly related to environmental pollution. Reducing these health hazards and enhancing the quality of our environmental health can be achieved by solving industrial waste, agricultural runoff, and plastic pollution through regulations, public education campaigns, and sustainable waste management strategies.

### **B. Climate Change Impacts**

Climate change is one of the challenges facing the world that is threatening human health in our present dispensation. So, it's imperative to adopt sanitation systems to avert the impacts of climate change, for instance, greater flooding and water shortages, by using resilient infrastructure and measures of water conservation that will spark off these effects and your surrounding environment will be safer and healthier.

Environmental sanitation is essential in protecting public health and averting the transmission of infectious illnesses. And so solving problems of sanitation must be a multi-faceted approach consisting of infrastructure improvements, policy change, and community participation remain essential to environmental improvement of health and sanity (*World Health Organization (2018)*).

## 5.3 Important of Vaccination to your Health

### What Is Vaccine?

**Vaccine** - is a biological preparation that is designed to produce acquired immunity to a specific disease. Vaccines typically incorporate a weakened or killed form of the disease-producing agent, its surface proteins or its toxins. Upon administration of this preparation into the human body, the immune system can identify the danger and eliminate it. Additionally, the body will "remember" the danger and can trigger a proper response when encountered again in the future.(WHO, 2021).

Vaccination is a pillar of public health activities throughout the world, offering immunity against a broad range of infectious diseases

### Vaccination – A Pillar of Prevention



*Credit: fatcamera*



*Credit: Drazen Zigic*

## **A. Significance of Vaccination and its Health Benefits**

**Vaccination** is one of the cornerstones of avoiding the spread of many preventable diseases. The process is so important that it begins at the time of conception, when passive immunity occurs by mother transferring immunity to the un-born child prior to birth.

The importance of vaccination is safeguarding a person and the community health. Besides the passive immunity, active vaccines are also given both to the child and the adult, which enhance their immunity. According to Andre (2008), the following therefore are stated reasons why vaccines are administered to human:

### **I. Disease Prevention**

Vaccination stops the occurrence and transmission of infectious diseases like measles, influenza, polio, and COVID-19. As estimated by the World Health Organization (WHO), vaccination saves 2 to 3 million lives annually.

### **II. Herd/Masses Immunity**

Vaccination helps to achieve herd or masses immunity, where a high percentage of the population is immune, cutting down the

transmission of infectious diseases and covering those who are most at risk. Herd immunity is of paramount importance for individuals who cannot be vaccinated by medical conditions or age, including infants and immune-compromised individuals.

### **iii. Reduced Disease Severity**

Since vaccination enhances the immunity of an individual, even if vaccinated persons get infected with a disease, they tend to have milder symptoms and fewer complications than unvaccinated persons. Vaccination greatly reduces the threat of hospitalization and death from vaccine-preventable illnesses.

### **iv. Economic Benefits**

Immunization programs bring huge economic gains by saving healthcare expenses from preventable conditions and minimizing productivity loss due to sickness. Evidence indicates that for each dollar spent on vaccination, huge returns are realized in the form of healthcare costs and improved productivity (*Ozawa, (2016)*).

## **B. Effective Disease Control**

Vaccination activates the immune system of the body, preparing it to identify and fight against pathogens to prevent infection.

By minimizing the occurrence of infectious diseases, vaccination is at the center of preventing outbreaks and epidemics.

### **i. Protection Throughout Lifespan**

Protection throughout the lifespan is provided by vaccination, from infancy through advanced age, for individuals from a range of diseases. Vaccination during childhood prevents infection by diseases such as measles, mumps, rubella, and whooping cough, while vaccines such as the shingles vaccine protect against infections common among the elderly..

### **ii. Enhanced Immune Response**

Vaccination immunizes the body, preparing it to respond with a quick and strong defense against particular pathogens when challenged. This improved immune response not only avoids

infection but also helps mitigate disease severity if infection is contracted.

### **iii. Disease Transmission Reduction**

By lowering the incidence of infectious diseases among populations, vaccination diminishes disease transmission, preventing outbreaks and epidemics.

This not only protects those who are not vaccinated but also prevents the reintroduction of diseases that have been eradicated into populations.

### **iv. Prevention of Serious Health Complications**

Vaccination also reduces the chances of severe health complications of infectious diseases, such as hospitalization, long-term disability, and death.

Vaccination is a critical tool for maintaining individual and public health, preventing the spread of infectious diseases, reducing disease severity, and yielding substantial economic benefits. Predicated upon this, emphasizing the importance of vaccination in achieving global health goals and ensuring the well-being of our communities remains paramount worldwide (*CDC, 2022*).

## Get Immunized & Be Protected



*Credit: Immunization.Org.*

## CHAPTER 6

### Strategies in Dealing with Health Challenges

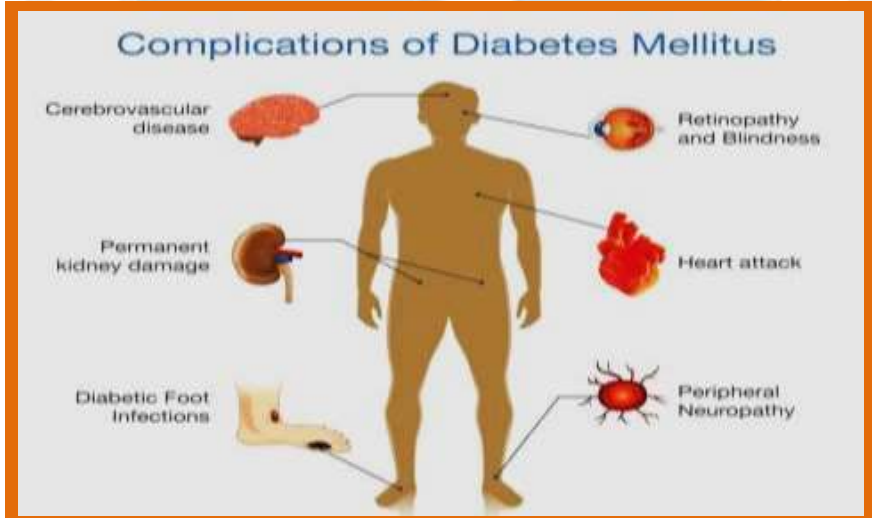
#### 6.1. Illness and Injuries – How to Avoid Complications

#### 6.2. Chronic Conditions - A Guide to Living Well

#### 6.3. Weathering Health Storms - Crisis Management Strategies

In handling health and medical issues, there are numerous strategies that must be utilized; which we will be addressing in this chapter. Closely follow these strategies in overcoming your health issues you may be experiencing.

In doing so, we shall provide you the detailed explanation on each of the aforementioned sub-topics, which shall act as working tools for you to avoid illness and injury complications, orient yourself against chronic diseases, and control your health crises. Here now are the detailed discussions on these sub-headings.



*Credit: Stockphotos*

#### Warning:

*Prevent health complications & injuries by prioritizing timely medical visit, and following all safety measures at workplace.*

## Give Priority to Occupational Safty



*Credit: Stockphotos*

### **6.1. How to Avoid Disease Complications &Injuries**

Complications of diseases and injuries can aggravate and complicate our health or medical condition, leading to long recovery, and can result in negative outcomes. Thus, in this section, we emphasize on preventive measures to be taken by individuals to avoid complications during the recovery process of illness and injury. Now, let us drill down these preventive measures to and implement the above mentioned measures that will give better outcome and will provide you healthy life.

#### **1. Preventive Measures for Diseases**

In order to avoid illness from taking complication, the following measure should be implemented by you at all times. You are requested to adopt and practice them. They are:

##### **A. Early Medical Care**

The majority of processes of diseases occur in three (3) stages; primary, secondary and tertiary. Therefore, the optimal time for the

prevention of disease is at the primary stage; also referred to as asymptomatic phase.

By this point, the victim might not know any symptom (s), but the disease is possible to be insidious. Therefore, carrying out your medical checkup and early intervention during this time makes the disease process to be defeated. However, others might wait until they notice symptoms before acting on anything regarding their health issues.

You are thus encouraged to access early medical care when signs of sickness occur in order to get prompt diagnosis and treatment. Early treatment inhibits the escalation of mild illnesses into severe ones, and thus, complications are less likely to occur.

### **B. Adherence to Treatment Plans**

When ill and prescribed medication to take, you must adhere to prescribed medication regimens, treatment schedules, and lifestyle adjustments as instructed by healthcare professionals. This will ensure the medication works properly for you.

Adherence to treatment plans makes intervention more effective and minimizes the risk of treatment-related complications.

### **C. Maintaining Hygiene and Sanitation**

Aside from what has been discussed earlier in the previous chapters regarding hygiene and sanitation, we would like to emphasize again that practice of good hygiene habits like frequent hand washing, proper food handling, and cleanliness of the environment is important in avoiding illness or injury complication. By reducing exposure to pathogens, one can minimize the risk of infectious complications in case of illness.

## Common Causes of Injury In Our Environments



*Credit: Shutterstock*

## Measures to Prevent Environmental Injuries

Injury is a natural phenomenon that hits most individuals on job site, at home, at the medical institution while performing surgeries of patient care, and at lots of other locations you can ever imagine. So implementing all preventive measures so that it does not happen is our utmost priority. Adhere to the steps given below in preventing injury incidence.

## Methods Use to Prevent Injury



*Credit: Shutterstock*

## I. Safety Measures

At every moment, you must take protective steps to reduce the possibility of injuries, including wearing safety gear (e.g., seatbelts, helmets) and observing safety procedures in risky environments. Injury prevention procedures differ according to the activity or environment and must be adapted to certain risk factors (CDC 2022).

## II. Proper Wound Care

When wound is inflicted by surgery or accident, immediately clean and dress the aforementioned wound (s) to avoid the intrusion of micro-organisms that can create infection.

Through this, it will enhance best or optimal healing process of the wound. You might also be required to follow the advice of healthcare provider on wound care method and follow-up assessment.

## III. Rest and Rehabilitation

This point is greatly significant to be observed, particularly after surgery. You are highly recommended to give employed sufficient time to rest and recover after injury or surgery to avoid overexertion and secondary injury. Take rehabilitation exercises and physical therapy as directed to regain mobility, strength, and function.





*Credit: Self-created Image*

Dental surgery requires careful planning and strict attention to patient safety. Proper diagnosis should be completed before surgery, followed by appropriate pre-operative care and patient counseling. The use of suitable, sterile surgical instruments and appropriate personal protective equipment (PPE) helps maintain a safe surgical environment. During the procedure, every effort should be made to prevent unnecessary injury to the patient. After surgery, the patient should receive appropriate assistance and guidance to reduce the risk of complications and promote a safe recovery.

This can be done by embracing preventive actions; individuals can ensure maximum health results and improve easier recovery procedures.

## **6.2. Chronic Conditions - A Guide to Healthy Living**

**Chronic conditions** - are health conditions that last over a long period, frequently demanding ongoing medical care. Examples include diabetes, high blood pressure, asthma, arthritis, and autoimmune diseases, to name a few (*NIDDK 2022*).

Chronic conditions include a broad spectrum of enduring health problems requiring persistent management and coping.

This section provides information and practical tips to enable people in effectively controlling chronic conditions and maximizing their quality of life.

## **Impact on Daily Life**

Chronic illnesses can affect different aspects of daily life, such as physical functioning, emotional well-being, social relationships, and work. Chronic illnesses may occur and impact individuals' lives in the various ways; e.g., socioeconomic or financial consequences because of extended expenditure on health care.

## **Strategies for Living Well with Chronic Conditions**

### **I. Education and Self-Management**

Knowledge is power. Therefore by gaining knowledge regarding the chronic disease itself, its etiology, symptoms, treatment and self-management strategies will serve to tackle chronic health conditions. Reading this book, therefore, will advance your knowledge and will support you gain skills in managing your medical condition effectively.

### **II. Observance to Treatment Regimes**

Adhere to medication regimens, dietary intake, exercise regimes, and other treatment modalities as prescribed by healthcare providers. Compliance with treatment regimens is essential for symptom management, complication prevention, and maximizing health outcomes for improved living.

### **III. Adjustments or Modifications of Lifestyle**

Assume healthy lifestyle practices specific to the condition of the individual, including taking a balanced diet, exercising regularly, managing stress, and avoiding harmful activities (e.g., smoking, alcohol abuse). Lifestyle changes can prevent symptoms, enhance general health, and promote resilience in managing chronic diseases.

#### **iv. Social Support and Peer Networks**

Draw support from supportive family members, friends, and peers familiar with the life issues of managing chronic conditions. Join support groups, internet forums, or local social organizations to interact with others sharing similar health issues, exchange experiences, and share effective coping and adaptation tips.

Optimal living with chronic illness calls for a layered strategy of education, self-management, treatment plan adherence, lifestyle change, and social support. By embracing proactive tactics and a whole-person approach to care, individuals can better manage the challenges of chronic illness and improve their overall well-being and quality of life.

#### **6.3. Weathering Health Storms - Crisis Management Approaches**

In health crises, which may be sudden emergencies or long-term challenges, strong crisis management measures or strategies are needed to counteract negative effects and ensure resilience. This part delves into or uncovers proactive measures you can implement to handle health crises and become stronger.

Health crises involve a range of events, such as infectious disease outbreaks, natural disasters, individual health emergencies, and public health emergencies. Each crisis has its own challenges and demands specific response strategies (*CDC 2022*).

#### **Understanding Health Crises**

##### **Impact on Well-being**

Irrespective of the type and size, health crises have the ability to significantly impact physical health, mental well-being, social relationships, economic security, and access to healthcare services. Health crises have immense multi-dimensional or multifaceted effects of on the individual, communities, and society as a whole. Health crises for instance might have economic and socioeconomic costs to the individual, adversely affecting the community and the whole society (*WHO 2022*)

Have You Experienced Health Crises in your Community?



*Credit: Faster Capital*



*Credit: Faster Capital*

## **Do You Experience this Kind of Health Crises In Your Community?**



*Credit: Faster Capital*

### **Crisis Management Strategies**

#### **A. Emergency Preparedness**

Create and update emergency preparedness plans specific to possible health crises, such as evacuation routes, emergency contacts, and vital supplies.

Regularly reviewing and updating emergency plans to keep them relevant and ready are valuable effective tools utilized in emergency preparedness.

#### **B. Information and Communication**

You must be aware of the new health threats and crisis situations from credible sources like government health authorities, trusted news media, and official social media. In responding to your health crises, you are required to successfully communicate with your family members, caregivers, and health care professionals to exchange critical information and coordinate response.

### **C. Self-Care and Resilience Building**

You are encouraged to place high importance on the practice of self-care measures to foster physical and mental strength in periods of distress, such as proper rest, healthy diet, regular exercise, and stress control measures. For a better resilience development and self-care, you must practice relaxation, mindfulness, and emotional well-being measures to deal with stress and uncertainty.

### **D. Community Support and Collaboration**

In management of crises, it is wise to establish supportive networks in the community to share resources, provide help, and enhance collective resilience.

Also working in association with local agencies, government offices, and volunteer groups to organize response efforts and effectively respond to the needs of communities are important in crises management.

To wrap up this section, remember that health crises are unpredictable; and thus the use of effective crisis management strategies is crucial in weathering health storms and minimizing their effect on individual and community well-being.

Thus by focusing on emergency preparedness, being informed, taking care of oneself, building supportive communities, and engaging with the concerned stakeholders, health crises can be overcome with resilience and you can become stronger out of adversity or misfortune due to health crises.

***Photos of Emergency Preparedness, & View of Most Common Health Crises Affecting Many Communities Across the Globe; and.***



## Photo Gallery on Emergency Preparedness



*Credit: Faster Capital*



*Credit: Faster Capital*



*Credit: Faster Capital*

**Note**

The take home note on this segment is that, you should always be ready for health emergencies, by being proactive in strategic management programs. Do it as an individual, and as a community or nation. Keep in mind the strategies outlined in this chapter.

## CHAPTER 7

### Conclusion

#### **6.1. My Brief Health Narrative: A Journey from Survival to Service**

As we close this book, allow me to share my personal childhood health story that planted in me the seed of lifelong passion for health and wellness, a story of my early life health crises, survival, faith, and the unwavering love, support and healthcare contributions of my late mother.

From birth, my health was so fragile; God first, it was the tireless efforts of Mama N’ngelie that got me to survive. My late mother, Mrs. Charmie N’ngelie Kamanda, had yearned for a son after giving birth to four daughters. She prayed earnestly and trusted God for a positive result. Eventually, God in His intimate mercy answered her prayer, and I was born as her only male child.

But her delight was soon overshadowed by constant anxiety of my fragile health status; which subjected my Mom to regular visitor of health facility just to make me live. The nearest clinic was a 4 to 5-hour walk from our hometown, but she would never stopped taking me there any time I developed symptoms of illness.

Sometimes, she could proactively act even when I didn't exhibit any symptoms of any illness. She could carry me in her arms/back, covering these long hours, just to provide me with preventive treatment, oh what a loving and caring mother I had!

She continued this selfless routine/practice until I turned eight years. That same year, she passed away untimely, after a protracted period of illness. From this point up to today, is another chapter of my life story, which I recorded in my other book.

But before her death in 1987, she sat me down and narrated the entire story of my childhood health challenges; and how her day to day efforts to restore my health, which got me to survive.

Her resilience, faith in God, and dedication left a permanent impression in my life, which laid the foundation of my medical career today.

After my mother's death, my grandmother stepped in to play the role of my healthcare as my Mom did before her death. Though my grandmother was not a medical professional like my Mom, she implemented my mother's dedicated healthcare role for the sustainability of my well-being. She further trained me about personal hygiene, sanitation, and prevention.

Till now, I remember one of her preventive care methods she carried out for me. Every morning, she requested and insisted that I drink a bitter herbal solution she prepared from herbs. This solution tasted so bitter that anyone could easily drink. So could refuse taking it in. But refusal would make me forfeit breakfast & lunch. So I had no option but to obey.

She believed it was the best way to strengthen my body against any disease. Initially, I was so uncomfortable drinking this bitter remedy, but gradually, my taste buds got adjusted to it.

The painful truth or reality of this narrative is that my mother died from a preventable medical condition that progressed to become chronic complications. Thus, realizing this as I was growing up, my ambition was fueled giving me the determination to pursue medical profession to serve humanity.

I took this career pathway not just to honor, keep her memory alive, and to uphold the values she placed in me her, but to also save people lives from such preventable diseases and death.

Furthermore, my life journey has not being without spiritual battles. For instance, I recollect when I used to have dream as a child, of being chased by wicked forces seeking to terminate my life. In the dreams, I would ask for the opportunity to finish my studies and become a doctor.

It might have sounded like the wish of a child, but today I recognize it as a heavenly pronouncement over my life.

I came to understand that at every stage of my life story, God has preserved me for a divine purpose, through my little faith and prayer, which became my weapon till today.

Following the death of my Mom, I was taken by my late elder Sister, & her husband (Mother Mattu & Pastor Malikie Fayiah Bundor), who became my capable loving guiding angels that have shaped my life destiny, making me to have professionally reached this far. They laid the foundation, nature and supported my entire educational journey, reaching me to the level I am today. She became another mother figure to me. Though she is dead and gone, her impact in my life will never be forgotten.

Mother Mattu, was a trained Traditional Birth Attendant (TTBA), who was assigned at Mambo Town, where we lived or resided. This mother saw in me a great desire & bright future, so she immediately registered me to start my educational sojourn, which has landed me to a specialist medical field.

She recognized this ambition and the vision in me of being a good medical doctor, during my primary school years. To light up this flame in me, she made me her special assistance, and secretary to aid her function; and to also maintain patient files or records.

This role I played over the years made me to learn firsthand about patient care. This exposure deepened my interest in medicine and taught me practical skills long before I began formal medical training.

I enjoyed this loving care and opportunity for years before the civil war separated us in the year 2001; though my dream or ambition never wavered. So I escaped this said war to Monrovia to continue my educational journey. After completing the secondary school in 2003, I immediately started my medical training, first at the certificate level; and then gradually, I enrolled @ sevsral other medical programs, where I obtaining additional certificates on the same field.

Without any delay, I progressed with my studies obtaining undergraduate and graduate medical degrees, few years later. I therefore practiced at various health facilities in Liberia, but I made up my mind to go for specialist training.

Thus, in 2023, I travelled to India, in Asia where I pursued blended specializations at the Ph.D. level, & completed in the year 2026. Every step I took during my career pathway the same goal has propelled me to enhance the provision of health care and the enhancement of quality health for everyone.

This book, ***My Health Companion***, is the fruit of that mission. It is both a tribute/offer to my late mothers and a useful guidebook for anyone who cares to prioritize health over other thing. My late parents' legacy continues to echoes my mind about service to humanity.

Yes, I know the efforts of the global health community are greatly impacting the people by minimize the occurrence of diseases and deaths, yet preventable ailments continue to claim numerous lives unnecessarily. So I have come to buttress these efforts. Together, let's make healthcare a priority, for a sustainable wellbeing.

Remember your body is a gift. Your health is your foundation. And your wellness can inspire and change your community. My hope is that you will keep this book close - not as a mere read, but as your true daily companion or best friend on your path to flourish your health holistically.

I leave you with this reality/truth from **3 John 1:2**: ***“Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.”***

May your health flourish, your life be inspired, and your purpose be fulfilled.

## Final Words to the Reader

This book is more than pages and words; it is a memoir of legacy. It started with my deceased mother, the late Mrs. Charmie N'ngelie Kamanda, whose tireless devotion, long walks to far-off clinics, and unwavering trust in God kept me alive during my health challenging childhood years. Her dedicated care; and subsequently my grandmother's dogged determination for my well-being, sowed a seed within me, to serve, to heal, and to save lives today.

That seed they sowed in me matured into a lifetime purpose. I chased it through adversity, loss, and even civil war, until it was the reality I enjoy today as a specialized medical professional. Every lesson in this book springs from that process.

My aspiration is straightforward; that you will decide to value your health as the precious gift that it is. Prevent illness before it starts. Act early. Live with purpose. If you make health your priority, you will not only change your own life; you will ripple change into your family, your community, and generations to come.

“Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.”(3 *John* 1:2). Please make this your prayer, your choice, and your daily commitment.

Let **My Health Companion** walk with you every single day as your wellness coach or guide.

For if my Mom's love could save one delicate life, think about what your dedication to health can achieve for yours. The decision is yours -- begin today.

## Back Matters



## Executive Summary

### ***"My Health Companion: Your Personal Daily Wellness Coach"***

an all-inclusive guide aimed at informing and empowering individuals in coping with the intricacies of achieving maximum health and effectively dealing with medical problems on a daily basis.

This book starts by describing the difficulties people experience in the modern fast life regarding health issues and burdensome medical knowledge. It asserts that it is crucial to have a trusted companion to accompany readers along their health path in providing quality to their health.

"My Health Companion" offers or provides real-world advice, actionable techniques, and evidence-based facts in all areas of health and wellbeing. From advice on eating well and exercising to managing long-term conditions and managing healthcare systems, every chapter offers in-depth insights and support.

### **Key Features of this Book Include**

#### **I. Personalized Toolkit for Empowerment**

Readers are provided with tools and resources to be in charge of their health, whether they are trying to make healthier lifestyle choices, living on chronic conditions, or seeking guidance on preventive care.

#### **II. Comprehensive Insights**

The book discusses a broad array of topics for health and wellness, from nutrition and physical activity, to managing chronic disease, preventive care, mental health, and healthcare system navigation.

#### **III. Actionable Strategies**

Every chapter provides tips that readers can integrate into their daily lives to enhance their health results and manage medical issues with confidence.

#### **IV. Focus on Support and Cooperation**

The book places particular focus on the need for support from doctors, relatives, and community sources encouraging cooperation in managing health.

In conclusion, "***My Health Companion: Your Personal Daily Wellness Coach***", is a reliable guide and companion for those looking to maximize health and well-being, offering help and support every step of the way.



## Appendixes

### Eat Variety of Healthy Food Everyday



*Credit: Harvard Health*



Credit: Harvard Health

There are more than 40 different kinds of nutrients in food and they can generally be classified into the following 7 major groups:

1. **Carbohydrates Foods** – rice, cassava, wheat, Potato etc.
2. **Protein Foods** – eggs, milk, meat, fish, beans, snail etc.
3. **Fats Rich Foods** –oil, butter, groundnut, mayonnaise etc.
4. **Vitamins Rich Foods** - fruits, green leafy vegetable etc.
5. **Minerals Rich Foods** - cereal, bread, fish, meat, milk etc.
6. **Dietary Fiber Foods** - peas, oats, apples, citrus fruit etc.
7. **Water Rich Food** - cucumber, spinach, tomatoes, melon

At the most basic level, nutrition is about eating a regular, balanced diet.

Good nutrition helps fuel your body. The foods you eat supply the nutrients your body needs to maintain your brain, muscle, bone, nerves, skin, blood circulation, and immune system.

So always eat variety of healthy foods. Eat plenty of vegetables and fruits, and less fatty or starchy foods

## Abbreviations & Its Meaning In this Book

### Terms Relating to Exercise, Sleep & Rest

1. **BMI** - Body Mass Index (see the meaning in below)
2. **BP**- Blood Pressure
3. **DOMS** - Delayed Onset Muscle Soreness
4. **HIIT** - High-Intensity Interval Training
5. **HR** - Heart Rate
6. **PT**- Personal Trainer
7. **R&R** - Rest and Recovery
8. **REM** - Rapid Eye Movement
9. **RM** - Repetition Maximum
10. **RPE** - Rate of Perceived Exertion
11. **VO2 max** - Maximum Oxygen Uptake

### Terms Relating to Naturopathy

1. **AYUSH** -Ayurveda, Yoga & Naturopathy, Unani, Siddha, and Homeopathy
2. **CAM** - Complementary and Alternative Medicine
3. **EBM** - Evidence-Based Medicine
4. **ND** - Naturopathic Doctor
5. **TCM** - Traditional Chinese Medicine

### Terms relating to Medical Check-ups

1. **BMD** -Bone Mineral Density
2. **CBC**-Complete Blood Count (see the meaning in below)
3. **CT** - Computed Tomography (see the meaning in below)
4. **DEXA**-Dual-Energy X-ray Absorptiometry
5. **ECG/EKG** -Electrocardiogram (see the meaning in below)
6. **MRI**-Magnetic Resonance Imaging (see the meaning in below)
7. **PAP**- Papanicolaou Test (commonly known as Pap smear)
8. **PSA** -Prostate-Specific Antigen

## Psychological Health Management

1. **ADHD** - Attention-Deficit/Hyperactivity Disorder
2. **CBT** - Cognitive Behavioral Therapy
3. **DBT** - Dialectical Behavior Therapy
4. **EQ** - Emotional Quotient
5. **GAD** - Generalized Anxiety Disorder
6. **MDD** - Major Depressive Disorder
7. **OCD** - Obsessive-Compulsive Disorder
8. **PHEIC** - Public Health Emergency of International Concern
9. **PTSD** - Post-Traumatic Stress Disorder
10. **SSRI** - Selective Serotonin Reuptake Inhibitor



## Health/Medical Benefits of Regular Exercise



*Credit: Harvard Health*



*Credit: Self-created*



*Photo Credit: Baldsky*

## Regular Exercise Can Reduce the Risks of Many Diseases



*Credit: The Guardian*

**Having Enough Sleep Benefit Your Body In Several Ways**



Credit: Istock



Credit: Quora

## Improve Mental Health By Rest & Relaxation



*Credit: Shutterstocks*



*Credit: Harvard Health*

## Benefits of Yoga



**"Yoga is an invaluable gift of India's ancient tradition and is a holistic approach to health and well-being."  
- Narendra Modi**

*Credit: Harvard Health*

## Ways To Relax



Nature Walks



Creativity



Deep Breathing



Listening to Music



Taking a Bath

*Credit: Shutterstocks*



## **Glossary of Medical Terms**

- 1. Acute Coronary Syndrome (ACS)** - A term used to describe a range of conditions associated with sudden, reduced blood flow to the heart.
- 2. American Diabetes Association (ADA)** - A nonprofit organization that aims to prevent and cure diabetes and to improve the lives of all people affected by diabetes.
- 3. Amyotrophic Lateral Sclerosis (ALS)** - A progressive neurodegenerative disease that affects nerve cells in the brain and spinal cord.
- 4. Blood Pressure (BP)** - The pressure exerted by circulating blood upon the walls of blood vessels.
- 5. Body Mass Index (BMI)** - is a measure of body fat based on height and weight. It is calculated by dividing a person's weight in kilograms by the square of their height in meters. BMI is commonly used to assess whether a person has a healthy body weight relative to their height.
- 6. Carbohydrate (CHO)** - Carbohydrates are one of the three macronutrients (along with protein and fat) that provide energy to the body. They are found in foods like grains, fruits, vegetables, and dairy products. Carbohydrates are broken down into glucose, which is the body's primary source of energy.
- 7. Cardiopulmonary Resuscitation (CPR)** - Emergency procedure performed to manually preserve brain function until further measures to restore spontaneous blood circulation and breathing are taken.
- 8. Cerebrovascular Accident (CVA)** - Also known as a stroke, it occurs when blood flow to a part of the brain is interrupted or reduced, depriving brain tissue of oxygen and nutrients.
- 9. Chronic Obstructive Pulmonary Disease (COPD)** - A group of lung diseases that block airflow and make breathing difficult.

- 10. Communication (COM)** - Communication is the process of exchanging information, ideas, thoughts, or feelings between individuals or groups. It involves both verbal and nonverbal cues, such as spoken language, gestures, facial expressions, and body language, as well as written forms of expression. Effective communication is essential for building relationships, conveying messages clearly and accurately, resolving conflicts, and fostering understanding and collaboration among individuals or within organizations.
- 11. Complete Blood Count (CBC)** - A blood test used to evaluate your overall health and detect a wide range of disorders.
- 12. Computed Tomography (CT)** - is a scanning technique that uses X-rays to create cross-sectional images of the body.
- 13. Coronary Artery Disease (CAD)** -A condition caused by the buildup of plaque in the coronary arteries, leading to reduced blood flow to the heart
- 14. Deep Vein Thrombosis (DVT)** - A blood clot that forms in a deep vein, typically in the legs.
- 15. Delayed Onset Muscle Soreness (DOMS)** - is the muscular discomfort or pain that typically develops 12 to 24 hours after intense or unaccustomed exercise. It is caused by micro trauma to muscle fibers during exercise.
- 16. Dietary Approaches to Stop Hypertension (DASH)** - A dietary pattern promoted by the National Heart, Lung, and Blood Institute to prevent and control hypertension.
- 17. Dietary Fiber (DF)** - Dietary fiber, also known as roughage or bulk, refers to the indigestible part of plant foods that passes relatively unchanged through the digestive tract. It is important for maintaining digestive health, regulating bowel movements, lowering cholesterol levels, and controlling blood sugar levels. Dietary fiber is found in foods like fruits, vegetables, whole grains, legumes, nuts, and seeds.

- 18. Eating Disorder (ED)** - A range of psychological disorders characterized by abnormal or disturbed eating habits.
- 19. Electrocardiogram (ECG/EKG)** - A test that measures the electrical activity of the heart.
- 20. Emotional Quotient (EQ)** - also known as emotional intelligence (EI), refers to the ability to recognize, understand, and manage one's own emotions, as well as to perceive and influence the emotions of others. It encompasses skills such as empathy, self-awareness, and social competence, which are essential for maintaining healthy relationships and coping with stress.
- 21. Gastro esophageal Reflux Disease (GERD)** - A digestive disorder that occurs when stomach acid frequently flows back into the esophagus.
- 22. Heart Rate (HR)** - Heart rate refers to the number of times the heart beats per minute. It is commonly measured to assess cardiovascular health and intensity of exercise.
- 23. Heart Rate (HR)** - The speed of the heartbeat, typically measured in beats per minute (bpm).
- 24. Hemoglobin A1c (HbA1c)** - A blood test that measures your average blood sugar level over the past 2 to 3 months.
- 25. High-Density Lipoprotein (HDL)** - Often referred to as "good" cholesterol, it helps remove other forms of cholesterol from your bloodstream.
- 26. High-Intensity Interval Training (HIIT)** - is a form of cardiovascular exercise that alternates between short bursts of intense activity and periods of rest or low-intensity exercise. It is known for its efficiency in improving cardiovascular fitness and burning calories.
- 27. Irritable Bowel Syndrome (IBS)** - A common disorder that affects the large intestine, causing symptoms like abdominal pain, bloating, and changes in bowel habits.

- 28. Lipids (L)** - also known as fats are another macronutrient that provides energy to the body. They are important for cell structure, insulation, and the absorption of fat-soluble vitamins. Fats are found in foods like oils, butter, meat, fish, nuts, seeds, and dairy products.
- 29. Low-Density Lipoprotein (LDL)** - Often referred to as "bad" cholesterol, it can lead to plaque buildup in your arteries.
- 30. Magnetic Resonance Imaging (MRI)** - A technique that uses magnetic fields and radio waves to produce detailed images of the body's internal structures.
- 31. Maximum Oxygen Uptake (VO<sub>2</sub> max)** - max is the maximum amount of oxygen that an individual can utilize during intense exercise. It is a measure of cardiovascular fitness and endurance.
- 32. Minerals (Min)** - Minerals are inorganic nutrients that are essential for various physiological functions in the body, including bone formation, fluid balance, muscle contraction, and nerve transmission. Examples of minerals include calcium, potassium, sodium, magnesium, iron, zinc, and selenium. They are obtained through diet since the body cannot produce them.
- 33. NDDK - National Institute of Diabetes, Digestive and Kidney Diseases** - is an institution that specializes in the care of these special organs of the human body.
- 34. Nutrition (NUT)** - The taking in and use of food and other nourishing material by the body.
- 35. Personal Trainer (PT)** - A personal trainer is a fitness professional who works with individuals to develop personalized exercise programs, provide guidance on proper exercise technique, and offer motivation and support to help clients achieve their fitness goals.
- 36. Protein (Pro)** - Proteins are macromolecules made up of amino acids, which are essential for the growth, repair, and

maintenance of body tissues. They are found in foods like meat, poultry, fish, eggs, dairy products, legumes, nuts, and seeds.

**37. Public Health Emergency of International Concern (PHEIC)** - is a designation by the World Health Organization (WHO) for an extraordinary event that poses a public health risk beyond national borders and requires a coordinated international response. Examples include pandemics, natural disasters, and outbreaks of infectious diseases.

**38. Rapid Eye Movement (REM)** - is a phase of sleep characterized by rapid eye movements, increased brain activity, and vivid dreams. It is a crucial stage of the sleep cycle associated with cognitive processes, memory consolidation, and emotional regulation.

**39. Rate of Perceived Exertion (RPE)** - is a subjective measure used to gauge the intensity of physical activity based on how hard an individual feels they are working. It's often measured on a scale from 0 to 10, with 0 being no exertion at all and 10 being maximal exertion.

**40. Reactive Protein (CRPC)** - A substance produced by the liver in response to inflammation.

**41. Repetition Maximum (RM)** - RM refers to the maximum number of repetitions of a particular exercise that a person can perform with good form before muscle fatigue sets in.

**42. Resilience (RC)** - Resilience is the ability to adapt, bounce back, and recover from adversity, challenges, or setbacks. It involves the capacity to withstand stress, adversity, or trauma and maintain a sense of stability, optimism, and well-being in the face of difficult circumstances.

**43. Rest and Recovery (R&R)** - refers to the period of time dedicated to allowing the body to recuperate and repair itself after physical or mental exertion.

It involves activities such as relaxation, sleep, and low-intensity exercise to restore energy levels and promote overall well-being.

**44. Self-esteem (SE)** - Self-esteem refers to the subjective evaluation of one's own worth, value, and abilities. It reflects an individual's overall sense of self-worth, self-respect, and self-confidence.

**45. Sudden Infant Death Syndrome (SIDS)** - The sudden, unexplained death of an otherwise healthy infant, usually during sleep.

**46. Take or treat(R/)** - is an instruction telling the patient how to take or use medication. Is a symbol used by medication prescribers?

**47. Thyroid-Stimulating Hormone (TSH)** - A hormone produced by the pituitary gland that regulates the thyroid gland's production of thyroid hormones.

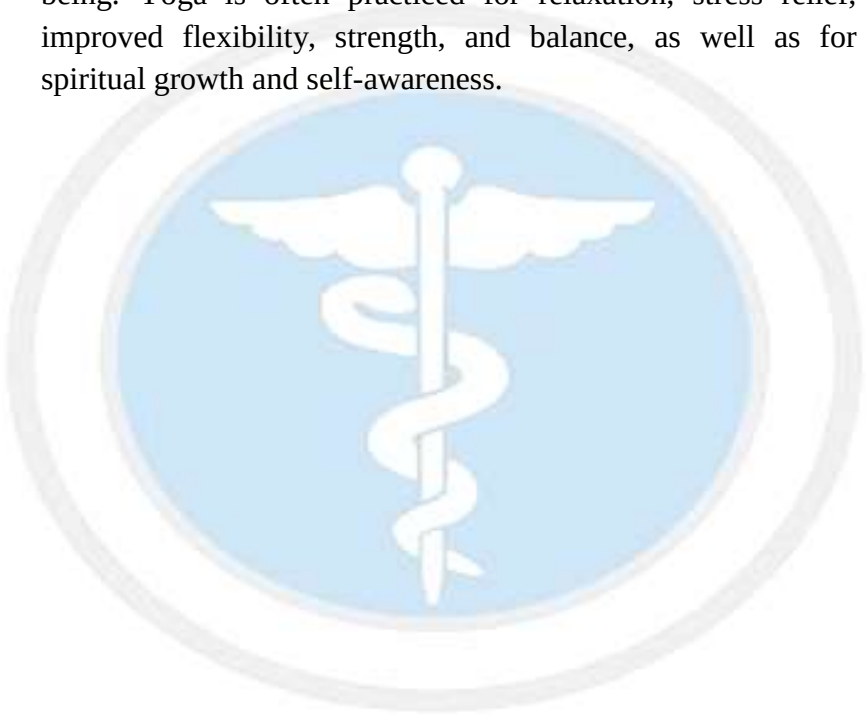
**48. Urinary Tract Infection (UTI)** - An infection of any part of the urinary system, including the kidneys, bladder, ureters, and urethra.

**49. Vitamins (Vat.)** - Vitamins are organic compounds that are essential for various metabolic processes in the body, including growth, development, and overall health. They are classified into two categories: water-soluble vitamins (such as vitamin C and B-complex vitamins) and fat-soluble vitamins (such as vitamins A, D, E, and K). Vitamins are obtained through diet or supplementation since the body cannot produce them in sufficient quantities.

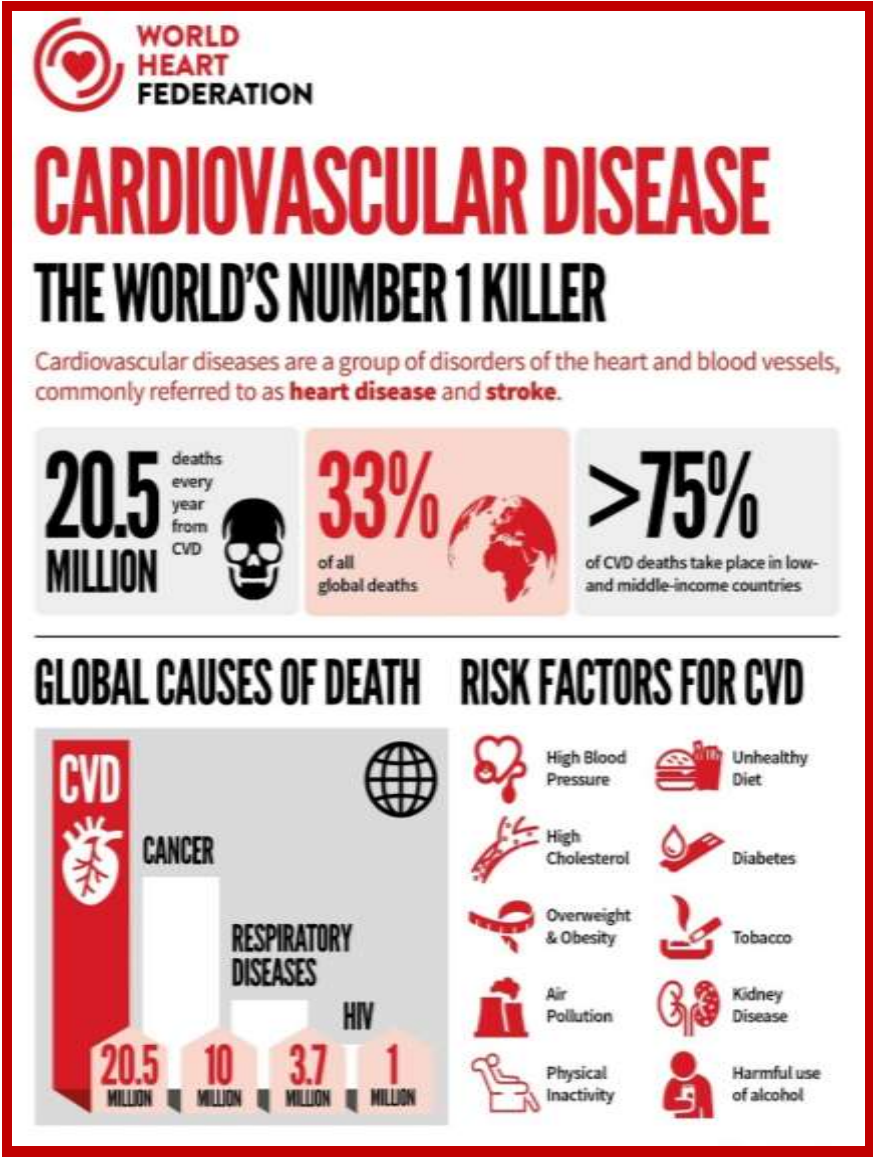
**50. Water (H<sub>2</sub>O)** - is a vital nutrient that is essential for life. It makes up a large percentage of the body's composition and is involved in various physiological processes, including temperature regulation, digestion, nutrient transport, and waste removal. It is obtained through drinking fluids and consuming foods with high water content, such as fruits and vegetables.

**51. White Blood Cell Count (WBC)** - A measure of the number of white blood cells in the blood, which can indicate the body's immune response.

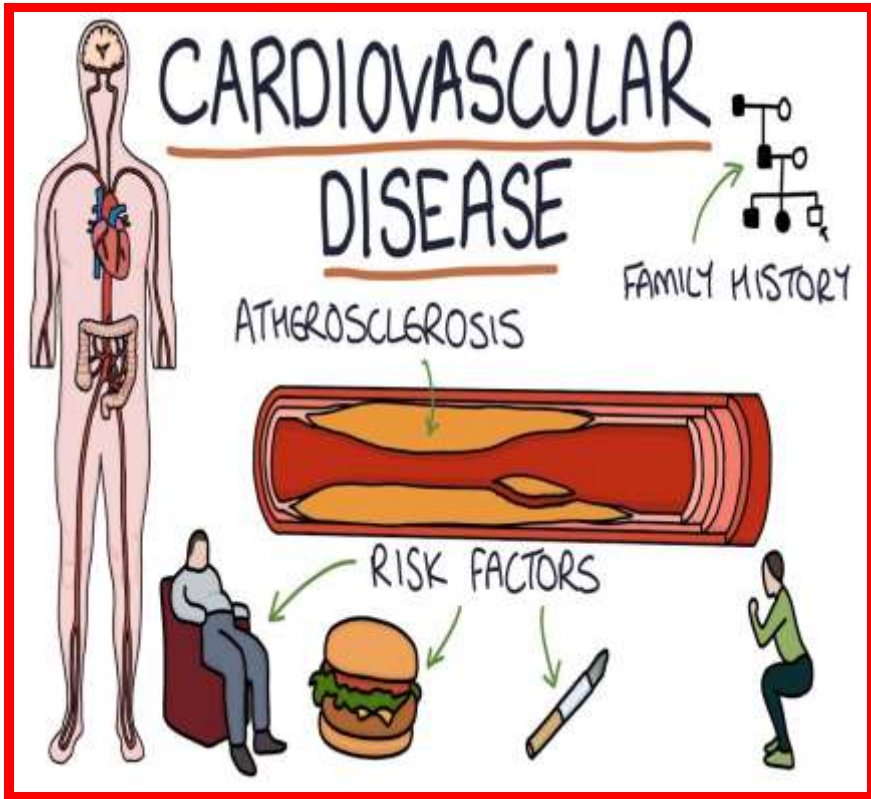
**52. Yoga (YG)** - Yoga is a physical, mental, and spiritual practice that originated in ancient India. It involves a combination of physical postures (asanas), breathing exercises (pranayama), and meditation techniques aimed at promoting holistic well-being. Yoga is often practiced for relaxation, stress relief, improved flexibility, strength, and balance, as well as for spiritual growth and self-awareness.



**Global Statistics of the Causes of Death, & the Risk Factors for Cardiovascular Diseases**



*Credit: World Heart Federation*



*Credit: World Heart Federation*

### **Risks Factors for Cardiovascular Diseases Include**

- High Blood Pressure/Hypertension
- High Cholesterol (HDL/LDL)
- Overweight & Obesity
- Air Pollution
- Sedentary life style (Physical inactivity)
- Unhealthy Diet
- Diabetes
- Tobacco Use
- Kidney/Renal Disease
- Harmful Use of alcohol

## **Note To The Reader:**

**Please Keep This One Thing On Your Mind As  
You Close This Book.....**



### **Why Invest In Your Health?**

**Simply Because**



**“Good Health is Worthier than pieces of Gold & Silver; So Prioritize  
Your health and Live a Worthy life.”(Rumi, M.J.)**

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