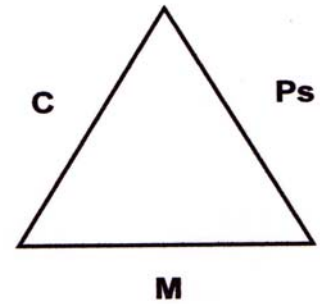


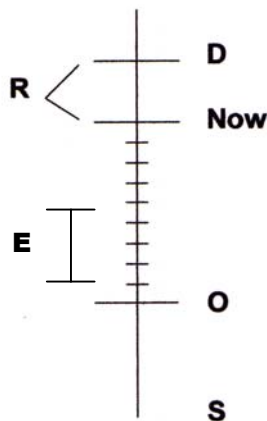
BUILDING UPON THE "TRIAD OF HEALTH" MODEL

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The basic conceptual model of health in applied kinesiology is an equilateral triangle known as the Triad of Health.¹ The MCP labeled sides of this triangle represent mechanical, chemical, and psychological stresses in the physical dimension.



W. D. Harper called these stresses "environmental irritants."² Harper quantifies the writing of D. D. Palmer, who stated that disease (D) is equal to the relationship between environmental irritation (E) or (MCP) and resistance (R): $D = E/R$. This can be modeled by the line or stress graph. The vertical line S represents a measure of stress or the combined factors of MCP. The combined stresses increase as one climbs this vertical "thermometer". 0 represents the level of stress that would exist for perfect functioning in the individual. It is understood that we need some level of stress for



healthy function. N depicts the level of stress the individual is under at present. D represents the level of stress at which disease is manifest. The amplitude of D is based upon heredity. R is the difference between how much stress the individual is presently under, and how much he/she can endure before manifesting disease. R can be seen as a "cushion" of resistance. E stands for a particular environmental irritant (MCP), as it would affect N by increasing or decreasing the individual's resistance (R).

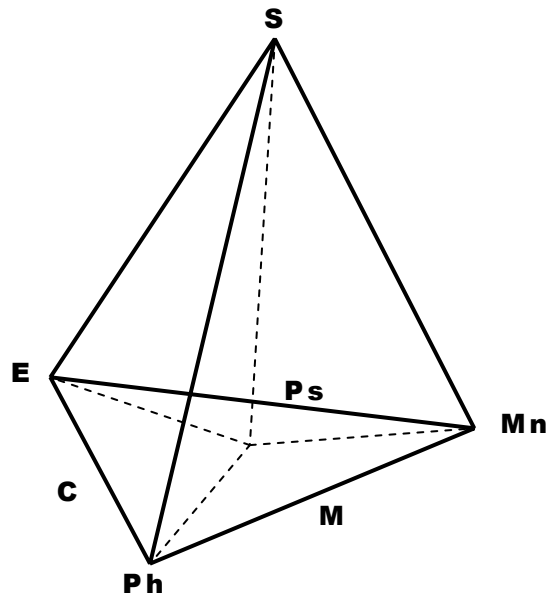
If $E > R$ then $E/R = \text{Disease}$, and if $E < R$ then $E/R = \text{Health}$. $D = E/R = \text{Health}$. Since two things equal to the same thing are equal to each other, it follows that $D = H$! In other words, Disease and Health are both manifestations of the same relationship, the relationship between stress and resistance. Therefore, it is incorrect to say that we treat disease. Would we say that we treat health? Harper theorizes that what we do as doctors is to attempt to lower stress to the point where the body can overcome its own difficulties. An interesting side note is that in many cases it is not even necessary to eliminate the particular stress that is associated with the specific disease, but rather lowering stresses in general allows the body to heal itself. It is prudent to point out, however, that there are individual stressors too large for the body to overcome, being at nuclear ground zero, for example.

The stress graph can be a representation of the condition of the body as a whole or of an individual organ or even of one cell, and in truth there are cells in each individual that are in all stages of health and disease at any given time.

Each time $E > R$ in the body there are three basic possibilities. The body (or organ or cell) can die, heal or adapt. This process goes on in each individual all of the time, beginning at or perhaps even before conception. By the time an individual becomes a patient, he/she has made countless adaptations, each of these adaptations being made on top of all those previously made. This process is responsible for the phenomenon that D. D. Palmer called "symptom retracing," where he observed that patients tended to go back through their symptom history as he treated them. Most of us have had patients say, "Doctor, you did a great job on my low back last visit, but I don't know what you did to my neck. It feels just like it did after the car wreck I had three years ago." What we did was peel away a layer of adaptation and allow the car wreck symptoms to "surface." Others have called this process "peeling the onion."

As a model for further discussion, it is useful to look at the individual as a tetrahedral. A tetrahedral is a three-dimensional shape formed by combining four equilateral triangles placed with all sides touching. The base of our model tetrahedral is the triad of health.

The points of the tetrahedral represent four major aspects of the individual: the physical, emotional, mental, and spiritual bodies. The physical, emotional, and mental bodies are the points at the base, because they are the ones under the mechanical, chemical and psychological stresses, and they manifest health and disease. The spiritual body is at the top, centered above the base, and establishes the link with the Creator (the power that made the body and heals the body). A line from this point to the center of the base and out to the three corners represents "from above down, inside out." This is the phrase D. D. Palmer used to describe the force that supplies the momentum for the process that the tetrahedral represents.



As an overview it is useful to view an individual's journey through life as a process of unfolding, as an attempt to uncover enough layers to manifest spirit clearly through the physical, mental, and emotional bodies. As doctors and applied kinesiologists we have the opportunity, in a small but significant way, to be part of each patient's process.

¹ David S. Walther, Applied Kinesiology, Volume I, page 17

² W. D. Harper, D.C., Anything Can Cause Anything, "The Principles of Chiropractic", 1974, privately published, Texas Chiropractic College, Pasadena, Texas