

## Opinion Article

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# The Psychology of Good Health

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## Introduction

Have you ever wondered what your life would be like if you did not have health issues? What would you do to increase your overall wellness? The Centers for Disease Control states, "the word health refers to a state of complete emotional and physical well-being." Believe it or not, there is a psychology in being well. Not surprisingly, the health care spending in the United States grew 9.7 percent in 2020 [1]. This was expected with the COVID-19 pandemic. Four-point one trillion dollars or \$12,530 per person was spent on healthcare cost, approximately 19.7 % of the Gross Domestic Product. Individuals tend to deal with their lack of wellness in multiple ways [2].

One way is spiritual. 1Corithians 6:19-20 states, "Or do you know that your body is a temple of the Holy Spirit within you whom you have from God? You are not your own, for you were bought at a price. So, glorify God in your body." Prayer and glorifying the Almighty has in many cases healed the body from diseases. There is a plethora of examples in the Bible. A few examples are, Hezekiah became mortally ill, Ahaziah injured himself and became ill, lepers were healed from their leprosy. There is healing in faith [3].

Another way is home remedies. My grandmother believed in the power of onions. My nine-month-old daughter had an extremely high fever. I had taken her to the doctor to receive multiple medications to treat her illness. They did not seem to work due to her fever increasing [4]. My grandmother stated, "I can fix this easily." She sliced one yellow onion and a red onion, placing the slices on her chest, back, and on her small feet. She placed socks over the onions on her feet and a onesie over the onions on her chest and back. My poor toddler looked like she was ready for the stew pot. However,

the next morning my daughter was back to her toothless smiling self, and the fever was gone. The onions when removed were hot. I was amazed. When I looked up what "magic" had occurred I found that "the Allium genus, another name for onions contains various vitamins, minerals, and potent plant compounds that have been shown to promote health in many ways [5]. Remedies using Kava (herb for anxiety, insomnia, and menopause but can cause liver damage), St. John's Wort (herb for mild to moderate depression, stomach upset, and anxiety), Yohimbe (herb for ED but can cause high blood pressure, anxiety, and increased heart rate). I could go on and on with the effects of ginger, sage, thyme, cayenne powder, and honey [6].

Have you ever considered that your mouth could be the cause of your lack of wellness? Probably not, but the bacteria in the oral cavity have been linked to osteoporosis, cardiovascular disease, cancer, preeclampsia, pre-term births, metabolic syndrome, rheumatoid arthritis, stroke, erectile dysfunction, diabetes mellitus, and pneumonia, just to name a few. How does this happen? The bacteria in your oral cavity (mouth) can travel through the circulatory system and exacerbate the disease. The American Dental Association has found that nearly 22 percent of the individuals diagnosed with diabetes have periodontal disease which directly affects the A1c [7]. After the removal of the bacteria from the teeth, the HbA1c was reduced significantly. When were your teeth last cleaned? Just think, cleaning your teeth can change the direction of your health from ailing to wellness. So, I ask again, have you ever wondered what your life would be if you did not have health issues and what would you do to increase your overall wellness? [8].

## Acknowledgement

None.

## Conflict of Interest

No conflict of interest.

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