



Ease of Health

Findings from The Peckham Experiment (1930's Britain):

"Ease is one of the outstanding action-patterns of health. It appears, for instance in the infant as serenity." (p.188) [...] 'Between the "immune" and the "insusceptible" there is a difference in the body's action-pattern. We do not, however, yet know on what this attribute of insusceptibility rests."

(p.238) Williamson G., Pearse S., Innes H. 1965. *Science, synthesis and sanity*, Scottish Academic Press, Edinburgh, Scotland.

This still salient question is un-answerable by using the conventional parameters of representation that describe 'action patterns'. It is simple to model with a basic geometric topology.

Findings from Topologic Ecology (2006-2012):

Trading unaffected ease for Survival & Recovery

The 'Ease' of health and living has topologic properties that are absent from the deployment of survival mechanisms. These reactions in the common state of health involve adaptive behaviour under physical *and* human pressure ecology. They are activated or induced, up to healing power or overactive 'vitality', but they lose serenity and the ability to remain simply 'unaffected'. Drawing on the body's matter as a 'resource', and driving it to breakdown like a machine, survival processes reduce its physical integrity, structural, functional, and suppress *basic* vegetative functions (e.g. breathing, hydration, metabolic warmth). In the long run, used chronically as it is in normal health, this adaptive mode impairs the body's vegetative function and its very viability. As a philosophy of life, survival drives the historical periodic cultural re-deployment of daily life habits, diets, cultures, civilised lifestyles and habitat modifications that are damaging to human health and the planet. Strategies such as specific targeting to 'balance brain imbalances', general activation, survolting 'higher' functions, inventing things to make life physically/materially 'easier' or to fuel a 'lack of' energy, all lead to costly *increased physiological needs* (e.g. nutrients, cooling, heating), to resources over-exploitation, to adaptive exhaustion, vegetative deregulation, and to crises. The survival capacity has benefits, but also the cost of counter-productive effects. The loss of biological integrity in human health is obvious in the drift in human health and susceptibility.

Survival *never quite* recovers the initial state, even with Rest & Recovery.

These two instincts are compatible, complementary and must be combined to ensure health, but this is not enough. Despite the 'easier life' this operational mode fosters, it invisibly drifts *away* from ease and unaffected state, progressively increasing the state of need rather than reducing it. It is **auto-reinforcing**.

Vegetative ease and not pushing limits are an **auto-limiting** mode like osmosis.