

“COMPLETE LIFESTYLE” – AN INSPIRATION VIEW ON HEALTH

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Abstract

The presented review of the phenomenon “Complete lifestyle” combines the findings of spiritual and academic science. The aim is to analyse lifestyle and especially life management in a counterpoint from the view of harmonizing spiritual, mental and physical needs in the context of health achievement. The focus of this connection is to defragment the current information explosion and apply the connection to the practice of wellness education. Methods of content and descriptive analyses were used. For this reason, not only the physical, mental and spiritual behavioural basis of human life, but also the social contexts of human health are apparent in the analysed resultants and recommendations.

Keywords

Balance of “take in” and “expend”; Lifestyle; Life management; Nourishment; Rhythms; Spiritual dimension of health; Wellness.

INTRODUCTION

Health is assessed as an important component of quality of life. WHO (2000) states that lifestyle affects health status of approximately 50-60%, environment, as well as health care, about 20%. Based on its findings, Svačina (2020) declares that 70% of human health is affected by diet and exercise, 15% of inherited assumptions, and 15% of the quality of medical care. The author even says that obesity with no comorbidities probably carries no cardiovascular risk, and the so-called obesity paradox even comes into play, wherein obesity may improve the prognosis of cardiovascular disease. Thus, the percentage of lifestyle has the most significant impact on human health. This is undoubtedly a positive and optimistic finding, as one can determine one's own development for health, for the state of “High level wellness” defined by

Dunn (1959). The above-mentioned ratios “what attributes contribute to the state of health” can be blamed for the absence of a percentage expression of the influence of socio-economic status.

However, if we analyse the indicators of socio-economic status (Marmot et al 1998, Neuwirth 2017; Škvařil 2018) we find that education is always an important factor of socio-economic status. Education in the field of healthy lifestyle is now available to everyone in the Czech Republic, i.e. even in this case, the people have health in hands.

For a deeper understanding of the meaning of the term “lifestyle”, however, it is necessary to clarify the meaning of the term “life management” and define the relationship between these two concepts. If we look at encyclopaedic dictionaries and read several hundred Internet

presentations on this topic, we find that in most cases the meanings of these terms overlap or the meaning of the term "lifestyle" is understood as broader than the meaning of the term life management. However, if we define lifestyle broadly, as shown below, then we find that the meanings of both terms are identical. However, if we want to somehow define the relationship between the two concepts, it can be said that lifestyle is a specific way of leading a lifestyle. Life management represents a set of principles and rules of life management and its conditions. The basis of human life is nutrition, diet, personal hygiene, daily and work regime, active and passive rest, balance of physical and mental work (Škvařil 2015; Kubíčková 2016; Krejčí, Hošek et al 2016).

The life management principles, rules and conditions (Škvařil 2015, Škvařil 2018):

Rhythm management:

- waking and sleeping
- work and rest
- tension and release
- masculine and feminine principles,
- spiritual (awareness of the transcendence of human existence) and real awareness

Management of satisfying of income and expenditure needs:

- physical
- mental
- spiritual

There is probably no need to comment on the management of the rhythm of waking, and sleeping, work and rest, tension and relaxation.

To manage the rhythms of the masculine and feminine principles, it is necessary to state that the basis of any successful cohabitation is an understanding of the masculine and feminine elements, which includes both man and woman. In Czech popular science literature, Miroslav Plizák addressed this issue in the last decades of 20th century: *The Key to Choosing a Partner for Marriage*, 1975 and *Married Judo*, 1997. Jung describes the unconscious side of the persona, which is the image of the soul - animus and anima. The image of the soul always represents the opposite sex to that of the individual. The image of a man's soul is a woman: anima. The image of a woman is a man: animus.

By balancing the feminine and masculine principles, it is thus meant that man needs to play both a passive and an active role. And if it is to be successful in life, it is still necessary to understand when it is appropriate and necessary to take a passive role and when it is active. E.g.

The basis of a long-term strong friendship between two women is often a correct estimate of each of them, how long he can talk and how long he has to listen to his girlfriend.

Management of rhythms of spiritual and real awareness

Because the awareness of the transcendence of human existence, the qualities independent of the individual, respect for the order of the world belongs inseparably to man. But this is not a religion, the terms spiritual and religious cannot be mixed (Tůma, Krejčí, Hošek, 2019). In the past, one satisfied the need for spiritual stimuli in regular rhythms: evening prayer, prayer before meals, holy celebrations on Sundays, etc. Nowadays, if one is not a member of a church, one

usually learns to meditate or finds a substitute for drug use.

AIM

The aim is to analyze lifestyle and especially life management from the view of harmonizing spiritual, mental and physical needs in the context of health achievement.

METHODS AND PROCEDURE

Methods of analysis, synthesis, induction and deduction were chosen for the presented study and applied to the method of grounded theory in the sense of studying the concept as the main category, as well as causal and operative thinking. The content analysis was based on the processing of a large amount of professional material, on the evaluation and comparison of the interpreted text and subsequent conclusions. The descriptive analysis was focused on the conciseness of the resulting opinions. The text emphasizes the selection and interpretation of key phenomena with subsequent prediction for a healthy lifestyle. Using a deductive approach and logical reasoning, causal relationships were revealed.

RESULTS AND DISCUSSION

Management of satisfying of the “take in” and “expend” needs

The view of satisfying the needs of income and expenditure is based on the simple idea that food for the body is food, food for the soul, sensory stimuli, and food for the spirit of thought. The physical area is characterized by physical movement,

eating, breathing and other bodily functions. The mental realm can be characterized as an area where we perceive pleasure and displeasure, where we experience sadness and joy. The spiritual realm as the ability to know, be aware and make decisions (Frankl 1996; Škvařil 2015).

As a rule, we understand that in the area of the body we have the needs of income and at the same time expenditure. When we examine the mental and spiritual realms, we find that we also have not only the need for income, but also the need for expenditure. We can then observe, for example, constipation or diarrhoea in the mental or spiritual area.

In relation to maintaining health, this finding results in a fundamental change in the view of the dominant in meeting needs. Nowadays, everyone mainly asks about what they get, they want to get as much as possible in terms of income (Křivohlavý 1991). Few people are already thinking about using the amount of substances, energy and stimuli received only if they also ensure a reasonably large expenditure. It's like running any company. Every entrepreneur knows that when he bought raw materials or goods, he went into the red. Only when he sells everything and receives payment, he will achieve his profit. It seems that such a benefit in the lifelong satisfaction of the needs of income and expenditure is a feeling of inner satisfaction. There is an understanding and thus the fulfilment of the meaning of life (Smékal 2005; Šťastnová 2000). That is why a wise person asks above all what he can give (Křivohlavý 1991).

Tab. 1 Harmonizing of spiritual, mental and physical life management needs

"Take in" needs	SPIRITUAL Know, be aware, make decision	"Expend" needs
"Take in" needs	MENTAL Perceive pleasure displeasure. Experiencing sadness, joy.	"Expend" needs
"Take in" needs	Physical Move, eat, breathe, etc.	"Expend" needs

In the context of health and active life management, we need "take in", but we also need "expend". We need take in and expend not only in the physical (body) area, but also in the mental and spiritual areas.

The mechanism of taking in, processing and expending is the same in the physical, mental and spiritual areas.

The overview of the needs of "take in" and "expend" is presented in the physical, mental and spiritual areas in Tables 2 – 4. The declaration of the analysed facts in Tables 2-4 does not aim to be exhaustive and comprehensive, but to be an inspiration and material for real considerations according to the above suggestions.

In Tables 2 - 4, it is important to divide "expend needs" into three levels:

- Negative, harms the person and his surroundings.
- Neutral.
- Positive, which leads to the development of the personality and harmoniously affects the environment.

This is the interpretation of Christ's philosophical statement: It does not matter what enters you, but what comes out of you. Normally, a person transmits negation as received. A person who is able to heed the teachings of Christ then acts as a washing machine of negations. Like everyone today, they can buy an air washer at home. It just depends on the performance.

Tab. 2 Overview of life management needs in the physical field

BODY NEEDS To move, eat, breathe, etc.	
The need for TAKE IN of substances, energy and stimuli	The need to EXPEND excess and abiogenic substances, energy and stimuli
Heat, silence, drought, (dwelling, clothing). Nutrients, energy from proteins, fats and carbohydrates, biological energy from food. Oxygen, negative ions from the air. Geomagnetic field of the Earth. Lights, sunlight. Cosmic radiation. Interaction with the bio-field of plants, animals and humans.	Excretion of digestive products and metabolism. Store abiogenic substances in the body: (obesity, cysts, sclerotic changes, etc.). Excretion unnaturally (excessive sweating, cough, runny nose, fever, allergies, etc.). Unnatural excretion and storage is prevented and accompanied by fatigue. Naturally excrete abiogenic substances (faeces, urine, sweat, and breath). Birth, performance of hands and feet, speech. Eliminate excess energy and substances through untargeted activity through procreation, limb performance, and speech Creatively implement and provide for physical, mental and social needs through procreation, limb performance and speech.

Tab. 3 Overview of life management needs in the mental field

MENTAL NEEDS	
To perceive pleasure, displeasure, experience sadness, joy	
The need for TAKE IN of substances, energy and stimuli	The need to EXPEND excess and abiogenic substances, energy and stimuli
<p>Ownership (obtaining, pooling funds and everything that can be owned)</p> <p>Sensory (experiencing pleasure and avoiding displeasure)</p> <p>Aesthetic (recognizing aesthetically consistent - harmonic)</p> <p>Power (to rule, to control others)</p> <p>Experiencing altruistic, good (avoiding selfishness and evil)</p> <p>Experience of harmony, harmony within oneself, in nature and in society</p> <p>Experience of transcendental experience of unity with something larger than ourselves, perspective</p>	<p>If no exclude occurs:</p> <p>“Storage” of negative emotions, rise of neurosis, suppression of self-control and release of emotions by alcohol, drugs.</p> <p>Efforts to reduce sensitivity to stress (overeating, etc.).</p> <p>Possibility to ventilate, release excitement, tension, etc. (joy, crying, anger, fear, etc.): by watching TV, film, sports, etc.</p> <p>Possibility to express emotions and thoughts creatively, artistically: by physical performance and expression, representation of matter, singing, colour of voice, formulation into words.</p>

Tab. 4 Overview of life management needs in the spiritual field

SPIRITUAL NEEDS	
To know, be aware, make decisions	
The need for TAKE IN of substances, energy and stimuli	The need to EXPEND excess and abiogenic substances, energy and stimuli
<p>System and order - to know, to realize correct, accurate, objective; to concentrate and organize one's own judgments and to develop the power of decision-making.</p> <p>Purpose of life - purpose of living and being.</p> <p>Truthfulness - distinguishing the essential from the insignificant, true from the false.</p> <p>Love - realizing, distinguishing altruistic from selfishness; realizing, distinguishing harmony, harmony within oneself, in nature and in society.</p> <p>Spirituality - be aware of the transcendence of human existence, of qualities which are independent of the individual, of respect to nature and to the world regulation system.</p>	<p>To form and verify artistic, scientific and philosophical judgments.</p> <p>Exercising one's own judgments and decision-making power - doing “good”, doing “evil”.</p> <p>Levels of spiritual supply needs:</p> <ul style="list-style-type: none"> • Violently, unnaturally exclude thought influences that have not been translated into knowledge and realization (fanaticism, anarchy). • To carry out selfish greedy activities at the expense of nature, the individual and society. • To do “well” for others without knowing the consequences and causes of the situation being affected. • To do “well” for others with the knowledge of the causes of the affected situation and the consequences of their intervention.

Analyse of middles of life management to achieve and maintain health

Descriptive analysis in the broader perspective of the natural and social sciences has shown that health and disease represent, from an intercultural perspective, different perspectives on

human diseases that cannot be used globally to analyse the epistemic and normative challenges of modern medicine. Cultural differences in relation to health include ideas about aetiology and therapy, about the types of diseases, how and why they occur, and what can be done about

them (Stará 2017). It can be seen as a sick disease and is reflected in the thoughts, feelings and changed behaviour of the person in the context of his culture. The synthesis of knowledge transforms life management the transformation of the cause of the imbalance between income and expenditure. On the base of provided syntheses we recommend follow middles and recourses to achieve and maintain health:

1. Adequate satisfaction of the needs of “taking in” and “expending” in all mentioned and analysed areas

(physical, mental and spiritual).

2. Reducing of the “taking in” of unhealthy phenomena and try to develop the choice of healthy substances, energies and stimuli.
3. Increasing of the excretion of excess and abiogenic substances, energies and stimuli.
4. Increasing of vitality and resilience through adequate elimination of negative influences.

Tab. 5 Overview of life management resources in the physical field

BODY MIDDLES To move, eat, breathe, etc.		
Choice of healthy substances, energy and stimuli	Optimization of exclusion: excess and abiogenic substances, energy and stimuli	Activation - increasing of vitality and resistance to negative influences
Residence and interior equipment (material, colour, humidity, temperature, air flow, sun exposure. Clothing and footwear, decorations. Foodstuffs (chemical pollution, denaturation) Clean air and noiseless environment. Positive geomagnetic field, electromagnetic field, other radiation.	Massages (classical, reflex, electromassage); Wraps, baths; Cleansing the mucous membranes and digestive tract; Protective food; Medicinal herbs; Cleansing breath; Acupressure; Polar therapy, etc.	Activation due: <ul style="list-style-type: none"> • Harmonizing movement (work, sports, dance, yoga, etc.). • Individual diet. • Breathing exercises (pranayama). • Perception of psychosocial energy. • Increase of resilience. • Adequate movement regime. • Toughening.

Tab. 6 Overview of life management resources in the mental field

MENTAL MIDDLES		
To perceive pleasure, displeasure, experience sadness, joy		
Choice of healthy substances, energy and stimuli	Optimization of exclusion: excess and abiogenic substances, energy and stimuli	Activation - increasing of vitality and resistance to negative influences
Cultural influences. Holidays, hobbies, friends. Employment, profession. Life partner.	Psycho somatic, psychotherapeutic and yoga methods for relieving of mental tension. Singing and other artistic expressions. Active suffering based on knowledge and acceptance of one's own failures.	Activation due: <ul style="list-style-type: none"> • Feeling development, differentiation and awareness of tactile, taste, auditory, visual stimuli. • Imagination development. • Durability development. • Development and deepening of gratitude, hope and altruism, devotion feelings. • To harmonise broken relationships.

Tab. 7 Overview of life management resources in the spiritual field

SPIRITUAL MIDDLES		
To know, be aware, make decisions		
Choice of healthy substances, energy and stimuli	Optimization of exclusion: excess and abiogenic substances, energy and stimuli	Activation - increasing of vitality and resistance to negative influences
Inspiration of philosophers, thinkers. Motivational focus. Value standards. World view.	Through differentiation to exclude the ideas that are insignificant, fleeting and unrelated to each other, i.e. not serving self-knowledge. To manage addictions to objects, feelings, own judgments. Through mastering, cultivating, transformation to reduce emotions that negatively affect the objectivity of decision as thinking and intuition.	Activation due: <ul style="list-style-type: none"> • Conscious perception of psychosomatic connections and energies. • Aware of the perception of unity and harmony. • Consciously experiencing unity and harmony • Increased resilience • Power of decision making • Development. • Strengthening and expanding of self-confidence. • Awareness and natural observance of moral principles. • Understanding of cosmic order and system.

CONCLUSIONS

In nowadays, it is a generally accepted fact that human health lies outside the physical body, which has been the primary focus of medicine for centuries. This development in the understanding of human health leads to a multidisciplinary approach to the understanding of lifestyle and lifestyle.

The presented analyses of this study show the multidimensional and dynamic potential for improving the lifestyle and especially the lifestyle of today's people. The extension of the "Complete lifestyle" concept extends the possibilities of caring for a healthy life beyond the physical health of an individual towards his social aspect and the mental and spiritual areas of health promotion and public health.

Given the complexity of different perspectives on human life, it is very difficult to put a strict definition of the "Complete lifestyle" concept in a global context. Cultural differences in individual health perceptions must therefore be taken into account in the inspirations and recommendations presented. But globally the basic middles of the "Complete lifestyle" management consist of the following recommendations: to have adequate satisfaction of the needs of "take in" and "expend" in physical, mental and spiritual areas; to reduce the "take in" of unhealthy phenomena and the choice healthy substances, energies and stimuli; to increase the excretion of excess and abiogenic substances, energies and stimuli, which result is increasing vitality and general resilience.

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