

MIND-BODY - INTERACTIONS IN HEALTH PROMOTION

Abstract

In the section of mind and body interaction in psychosomatic disorder factors, which enhance an individual's health consist of body, mind, and spirit. The integrity and inter- relation of building muscle and with poor nutrition and depriving relaxation and spirituality with the combination gratuitous physical pleasure, will leave the body vulnerable and susceptible to depression and suicide. Having a balance of travel, entertainment, culture, sport, food, occupational therapy, painting, meditation, prayer and spiritual activities is vital for the health of a person. To have an atavistic regression, by going back to a simple life style, this give protection of integrity of the health. There is also joy when a person interacts at a party or in presence of celebrity to shake hand or see in order to increase their immune level. For another, it can be fulfilling to provide a Sunday meal for homeless, or in others by giving away gifts, or volunteering in a service. In other cases where individuals commit heinous crimes, vandalizing, antisocial behavior and other destructive acts, these are can be caused due to lack of nutrition, upbringing, hyperuricemia, or hypoglycemia. and psychological and emotional disturbances. Only by restoring all components of individual's health - physical, mental and emotional we can hope for total health .

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