

# *How to Keep Yourself Fit and Healthy*



**Fitness Frontline<sup>®</sup>**  
of the health system



Hi, I'm John Miller. Thanks for downloading the **How to Keep Yourself Fit and Healthy** ebook.

The benefits of keeping yourself fit and healthy are legion.

When you look around there seems to be a lot of people who haven't woken up to that fact that being in good health is better than being in poor health.

Maybe the decline into poor health is so imperceptibly slow that we don't notice it.

Then when we're in poor health the urge to go to the doctor for a quick fix, (and dare I say, a quack fix) is overwhelming. In pain? We can mask it in a few minutes.

Reflux sir? Take this! Can't sleep madam? Take this! Feel unhappy? Yep we've got something for that too, along with headaches, high blood pressure and the effects of a dysfunctional pancreas. Where I come from they call it the pill trap.



If you've signed up for this ebook you know that's bunkum. And it's bunkum because it's a big ask expecting to get better, feel better and stay better by taking a pill to mask a symptom. That's junk medicine.

When it comes to the personally-generated metabolic, musculo-skeletal and psychological dysfunctions very few people became healthier in a surgery or a pharmacy. The reason for that is these dysfunctions are fitness related and you can't solve a fitness problem with a medical solution.

If you want to restore poor function to good you'd better start doing something to yourself.

The results are commensurate with effort.

Abraham Lincoln said something to the effect that most people are about as happy as they want to be. The same sentiment applies to health. Most people are about as healthy as they want to be.

By and large, most of us start off life healthy. What we do after that determines whether we will stay healthy or become dysfunctional.

The hand we're dealt doesn't count as much as how we play it.

### **How to Keep Yourself Fit and Healthy**

© John Miller

Published by Miller Health P/L

john.miller@millerhealth.com.au

61 424391749

April 2026

## Index

|    |                                                                                             |    |
|----|---------------------------------------------------------------------------------------------|----|
| 1. | The body as an ecosystem                                                                    | 4  |
| 2. | Making the distinction between a disease and a personally-generated body system dysfunction | 5  |
| 3. | Search for the underlying cause of the problem                                              | 7  |
| 4. | Stimulate recuperative power                                                                | 8  |
| 5. | The law of too much and too little                                                          | 9  |
| 6. | Open the doors of perception                                                                | 10 |
| 7. | The seven habits of fit and healthy people                                                  | 11 |

### THE UPSTREAM DOWNSTREAM PARABLE OF THE HEALTH SYSTEM



I am standing by the shore of a swiftly flowing river, and I hear the cry of a drowning man. So I jump into the river, put my arms around him, pull him to shore and apply artificial respiration.

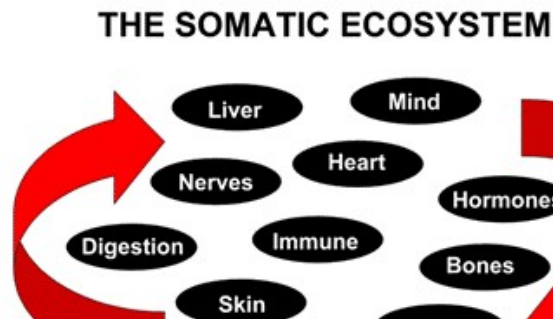
When he begins to breathe, there is another cry for help. So, I jump into the river, reach him, pull him to shore, apply artificial respiration and then just as he begins to breathe, another cry for help.

So back into the river again; another cry! Again and again, without end goes the sequence.

Irvin Zola

## 1. THE BODY AS AN ECOSYSTEM

The body is an ecosystem in which all parts are intimately connected.



What happens in one part may affect the functioning in another part. To illustrate this, we're familiar with the psycho-somatic relationship, where dysfunction somewhere in the mind (psyche) leads to dysfunction elsewhere in the body (soma) - elevated blood pressure, itchininess, headaches, abdominal pain ...

What is less well appreciated is the somato-psychic effect that it works back the other way. The health of the body systems that lie within your torso will have an impact on the health of the mind.

Generally speaking, Chinese and other traditional medical practitioners have a better understanding of these inter-relationships than Western doctors, whose collective amnesia about these relationships has been perverted by first the germ model and then pharmaceutical companies.

My mother used to say, 'Look after the pennies and the pounds will look after themselves.'

With respect to the human ecosystem it seems to be the other way round; look after the whole and the parts will look after themselves.

In practical terms this means that with a good all round physical fitness program that includes the aerobic, strength and flexibility components, coupled with a good diet and a stress management strategy, there's a good chance you'll be able to steer well clear of surgeries and chemist shops.

If you don't know what you want you're stuck in the headlights. If you don't go after what you want, you'll never have it. If you don't ask the question, the answer is always no. If you don't step forward you're always in the same place.

## 2. MAKE THE DISTINCTION BETWEEN A DISEASE AND A PERSONALLY-GENERATED BODY SYSTEM DYSFUNCTION

### THE PERSONALLY GENERATED BODY SYSTEM DYSFUNCTIONS

I'm a big fan of the British television program 'Embarrassing Bodies' where regular folk appear on the program with all manner of personal health problems, some of them quite intimate. Many of the problems appear to come from out of the blue; an infection, an embarrassing abnormality, a genetic defect. I admire the way people expose themselves in the way they do. They contribute to a compelling and helpful public health service.

I also hold the doctors in high regard. They travel the country seeking out people who have a problem that they've been keeping to themselves for a long time. It is with uncanny skill that these doctors have opened the doors of embarrassment to provide us with an insight into what the practice of good medicine is all about.

Together with the surgeons to whom people are often referred, the things they are able to do to set things right are sometimes truly astounding. It's the same with the Australian television program 'RPA' based on cases dealt with at the Royal Prince Alfred Hospital in Sydney. The treatment people received is amazing.

Having said that, an increasing number of health 'incidents' are personally-generated dysfunctions (not diseases) of particular body systems. Our surgeries are full of people in poor physical condition, the symptoms of which are high blood pressure, cancer, adult onset diabetes, cardiac insufficiency, depression, reflux, piles, low back pain ... the list goes on and on.

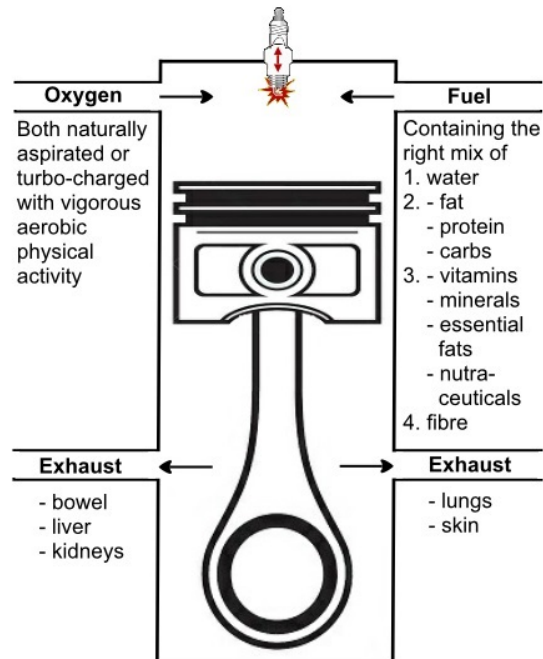
Increasingly these dysfunctions are being treated by drugs that mask the symptoms and don't restore poor function to good. It's junk medicine that bares little resemblance to the best practice that's exhibited in the medical programs on TV.

With respect to the personally generated dysfunctions, the good news is that there's a fair chance that they can be personally 'ungenerated'. It's a matter of looking after yourself, based on the principal that if you improve your fitness you'll improve your health. On his death bed Pasteur said, 'Not the germ, the host'. Look after the host.

### METABOLIC DYSFUNCTION

A significant proportion of the metabolic dysfunctions arise from a lack of aerobic fitness. You can fix that; start walking, shuffling, jogging, cycling, swimming ..., doing what ever it takes to improve your aerobic fitness. Fit is being able to run 40 laps (for men and 37 laps for women) between two lines 20 apart in 5 minutes.

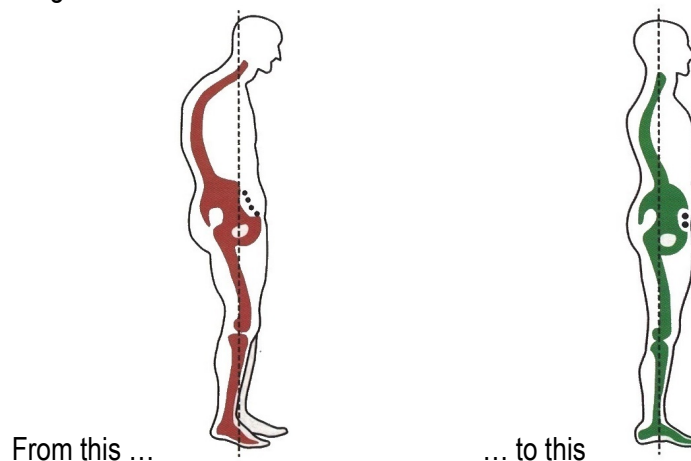
Aerobic fitness, along with a good diet is the key to keeping the metabolic health engine ticking away nicely.



### MUSCULO-SKELETAL DYSFUNCTION

By and large joint and muscle pain is a symptom that your skeleton is out of alignment. Get it back into alignment by loosening tight muscles and strengthening weak muscles and getting back closer to your ideal weight.

So what we're looking to do is go

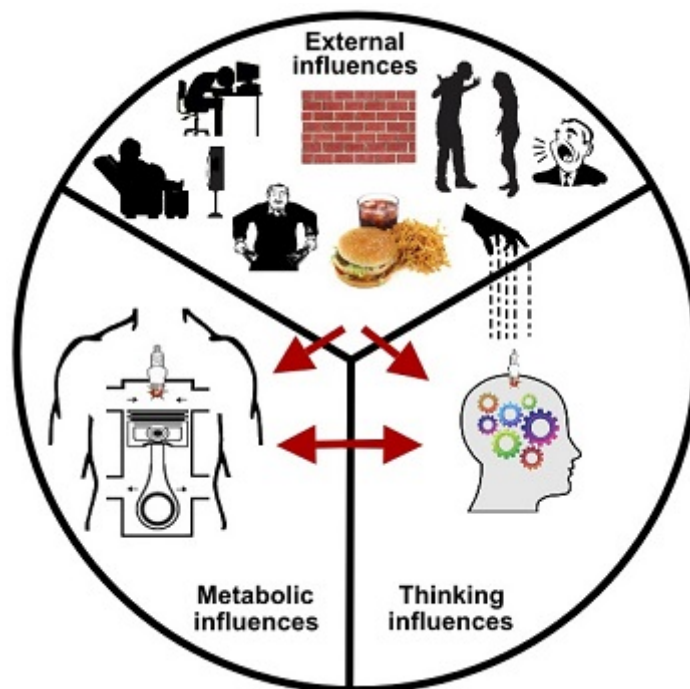


### PSYCHOLOGICAL DYSFUNCTION

Without going into the more serious side of mental health dysfunctions, mood is enhanced when you eat better and when you exercise more. Twelve months of regular vigorous physical activity is a more effective remedy for depression than a twelve month course of Prozac.

#### A recipe for reducing stress and managing poor mental health

1. Work out how to deal with your external environment.
2. Stoke up the mental health engine with regular, vigorous aerobic exercise. Done often and with vigor, aerobic exercise trumps medication.
3. Cool down an over-stimulated sympathetic nervous system (fight and flight) and stimulate an under-stimulated para-sympathetic nervous system (the relaxation response) with meditation, yoga and tai chi ...
4. Give the mind a 'reboot' – with either regular counselling and/or personal development programs.
5. If you're the sort of person who prays, spend some time praying to yourself; at least you know someone is listening!
6. Have a good laugh.



### 3. SEARCH FOR THE UNDERLYING CAUSE OF THE PROBLEM

When things go wrong with your body there is an underlying cause. Finding the cause will determine what you need to do to restore your body to good health.

Ironically, the cause of the dysfunction is unlikely to be in the place where the dysfunction is manifest. Have a big think about this principle. Searching for the underlying cause of a dysfunction may lead you a long way from the point where it hurts.

This principle underscores the treatment of musculo-skeletal pain. For instance the likely cause of lower back pain is a pelvis that's out of alignment due to the action of some of the muscles attached to it. Rubbing, heating and vibrating the spot where it hurts doesn't fix a problem generated by tight hamstring and buttock muscles.

With respect to poor metabolic health, high blood pressure and adult onset diabetes are definitely not caused by a lack of Avapro or Glucophage. Chances are the problem is caused by a lack of physical fitness.

Prescribing a pill to mask a symptom is the lazy man's way of treating metabolic dysfunction or musculo-skeletal dysfunction.

Lao Tzu said, 'A big problem could have been solved easily when it was a small problem.'

Solve small problems before they become big problems.

It's a big ask expecting to stay healthy if you don't keep yourself fit.

It's a big ask expecting to get better by having someone do something to you. Sooner or later you have to do something to yourself.

**It's a big ask  
expecting to be in  
good musculo-  
skeletal health  
without having a  
regular and  
systematic strength  
and flexibility  
training program.**

**John Miller**

## 4. STIMULATE RECUPERATIVE POWER

The body has wonderful innate recuperative powers. When we're not healthy our job is to stimulate those powers.

Under optimal conditions the body can be restored to good health; not all the time, but a lot of the time; not instantaneously, but over the weeks and the months.

Parts of your body become healthier as you become fitter. Expecting anything to get better without doing something yourself is a very big ask. It doesn't happen in the natural world.

Choose to seek out treatment which heals the body and doesn't just mask the symptoms.

### **THIS IS NOT ROCKET SCIENCE**

You don't have to be a genius, rocket scientist or medical practitioner to work out what you need to do to stay fit and healthy.

Contrary to popular opinion, the general causes of poor health and fitness are most likely to be

- laziness
- ignorance
- stupidity
- attachment to a comfortable way of life.

If you're looking for causes, start here:

- lack of physical activity
- poor diet – particularly a high carbohydrate (yep that's a 'g' not a 'c') diet
- inability to successfully manage the stress of life.

Most people who are healthy exhibit a strong desire to be healthy. They have the discipline, determination to persistently do the things that make them healthy.

They make a choice to be healthy.

### **PREVENTIVE HEALTH**

I'm critical of the term 'preventive health.' It's medical speak. Just think about it. You don't prevent health you create it, build it, embrace it, work on it.

You don't motivate yourself to get out of bed each morning and exercise just so you won't get sick. Only people who spend their lives dealing with sick people would come up with the idea that a blood test leads to the fit and healthy way of life.

You keep yourself fit because you feel better, because it's the best way to keep yourself healthy.

If we could give every individual the right amount of nourishment and exercise,  
not too little and not too much, we would have found the safest way to health.  
Hippocrates

## 5. THE LAW OF TOO MUCH AND TOO LITTLE

The law of too much and too little suggests that our bodies becomes dysfunctional due to

- What we eat too much of
- What we do too much of
- What we eat too little of
- What we do you do too little of.
  - too much junk food.
  - too much sitting down.
  - too little food that nourishes the cells of the body.
  - too little vigorous exercise.

You could write a book about too much and too little.

On top of that there is too much exposure to a toxic environment, the invasion of the body of parasites and pathogens, particularly viruses and fungi. Then there are foods to which we are intolerant and allergic.

A large proportion of people are suffering from malnutrition. What they eat fills up their stomachs but doesn't nourish the cells of their body.

It's a big ask expecting to stay healthy while stuffing yourself full of garbohydrates - eating a mixture of flour, sugar and fat, and taking in large quantities of socially acceptable drugs. Recent studies confirm that women who drink alcohol regularly are more likely to get breast cancer. Of course they are; alcohol is a poison.

[

**There are 336 half  
hours in a week.  
Can you find 14 to  
keep yourself fit  
and healthy?**

Neil Gray

## 6. OPEN THE DOORS OF PERCEPTION

Open the doors of perception about what you can do to improve your health. This is becoming an increasingly tough assignment because the junk medical industry is hell bent on closing those doors, using drugs to mask symptoms rather than encouraging their clients to dramatically improve their fitness and eat wisely.

The original meaning of the word 'doctor' was 'teacher'. Ask your doctor for advice and information on what you can do to yourself to improve your health. But don't limit yourself to advice from your doctor.

Seek out people who know something about improving health.

Fit people are a good starting point. They usually know what to do to keep themselves in good shape. If you want to be fit, hang out with fit people.



Don't go to doctors for things doctors can't fix. Particularly don't go to doctors for things they usually treat with the flourish of a pen and the prescription of a junk pharmaceutical. Go elsewhere.

Don't waste your doctor's and therapists' time on trivial complaints that you can deal with yourself. If you want to know what people did to fix themselves up, go to YouTube.

Go looking for good health advice, particularly about natural healing methods and what you need to do to restore your body to good health. Interval training is one of the best ways to defrag and rebuild good metabolic health. All you need is a strip of grass 100m long and a pair of shorts, sandshoes and a t-shirt. Start your program by jogging a lap and walking a lap. Over the weeks and months increase the number of laps and the speed of the jogging.

Read books and surf the internet for advice about what you can do to look after yourself. Never in the history of the world has so much advice been freely available to so many people.

Expecting your doctor to be the font of all wisdom about healing is to expect too much.

Open the door of perception to the treatments from a wide range of therapeutic modalities.

Use a wide range of resources, go to a wide range of people. In particular find yourself

- a good physical fitness advisor
- a good nutrition advisor
- a good counselor
- a good friend.

### **DON'T BE STINGY**

Be prepared to pay your health advisors the fair cost of their hiring. If you want something good, for nothing, you'll get something good for nothing.

Health is the first wealth of any human being  
Ralph Waldo Emerson

## 7. THE SEVEN HABITS OF FIT AND HEALTHY PEOPLE

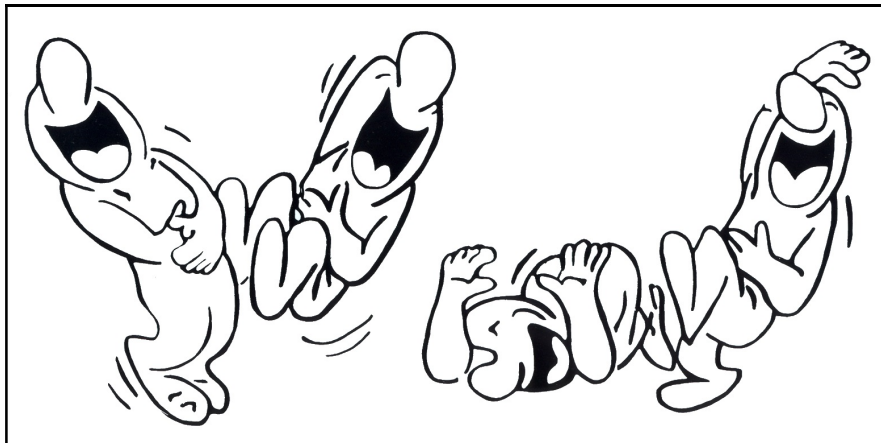
Over the weeks and months you'll hear more about the Seven Habits of Fit and Healthy People at the <http://www.fitandhealthyonline.com/> website.

These habits are the foundation of good health and are central the information provided on the website.

Fit and healthy people

1. keep themselves aerobically fit
2. keep themselves strong
3. keep themselves flexible.
4. eat good food from the top of the Hourglass and avoid the junk food at the bottom.
5. manage the stress of life
6. manage the stress of work.
7. meditate.

That's the serious stuff. As well as that they can relax and have a good laugh. People who are fit and healthy are generous of spirit and time. They've got interests. They're good people to be around.



Did you hear the one about the ...

Life is like riding a bicycle. To keep your  
balance, you must keep moving.  
Albert Einstein

