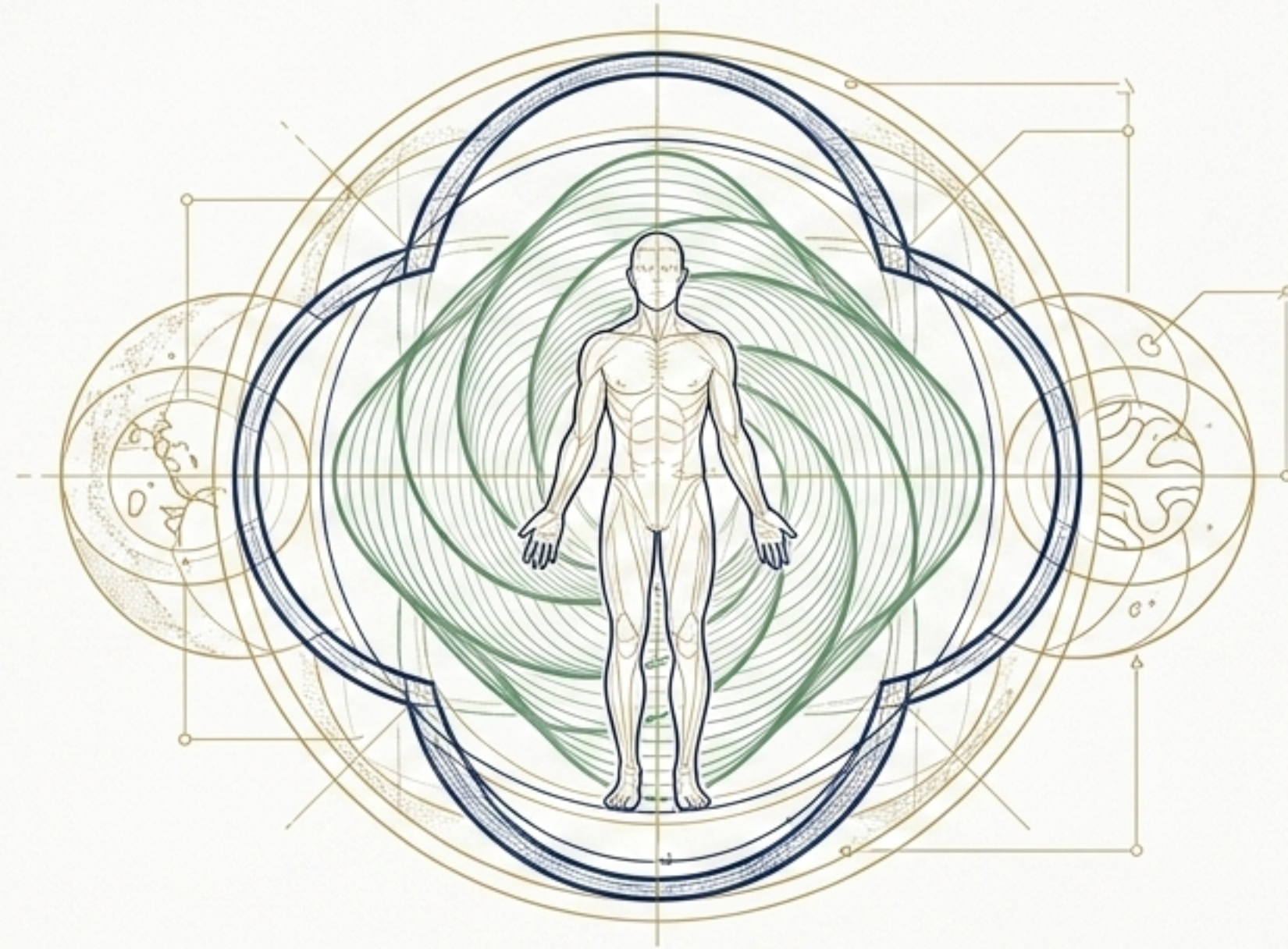


A Life-Coherent Framework for Health

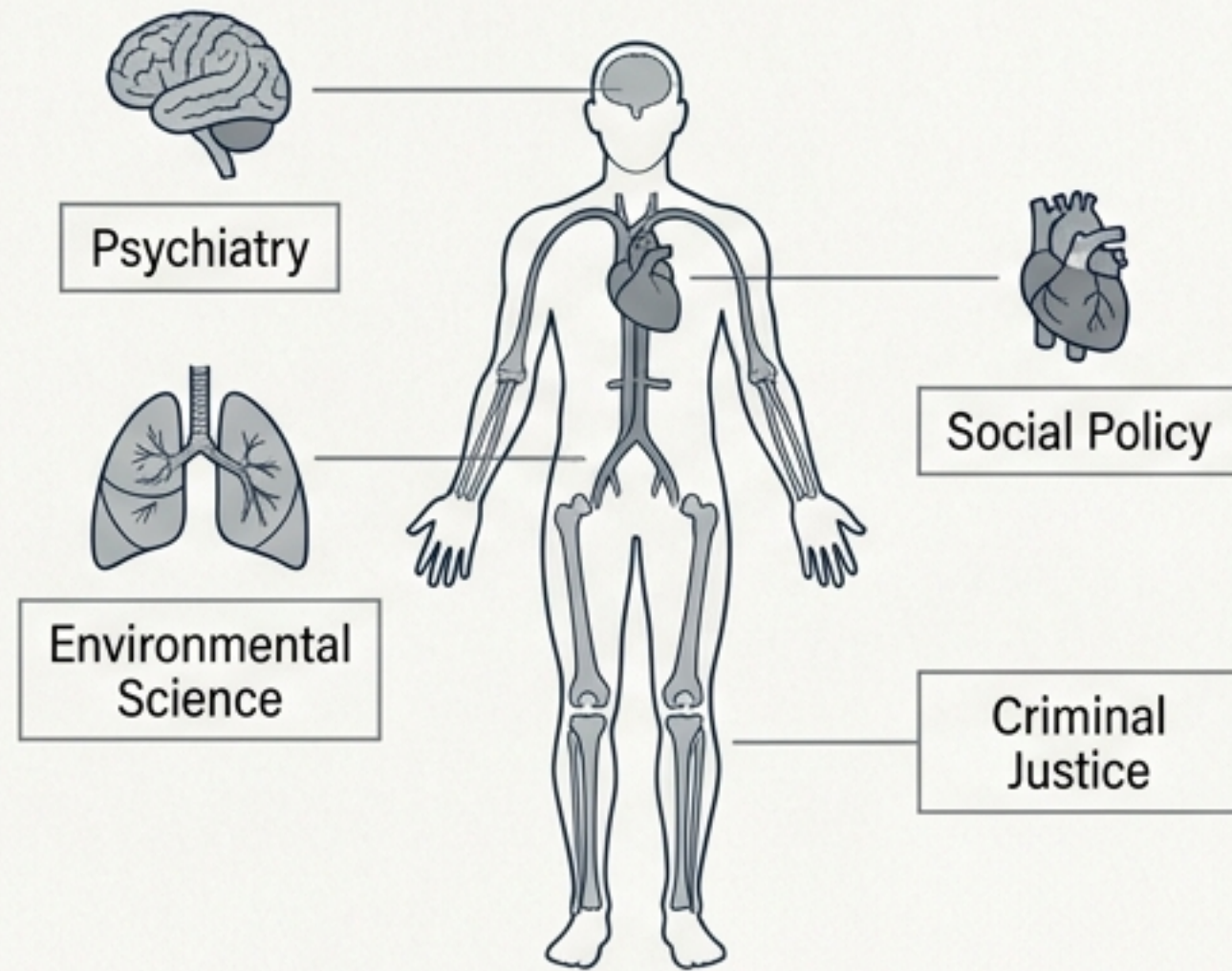


Moving from root causes to **life-enabling action**. **Health** is not merely the absence of disease, but the dynamic enabling of **life processes** across biological, social, and ecological scales.

Based on the Academic White Paper by Dr. Bichara Sahely.

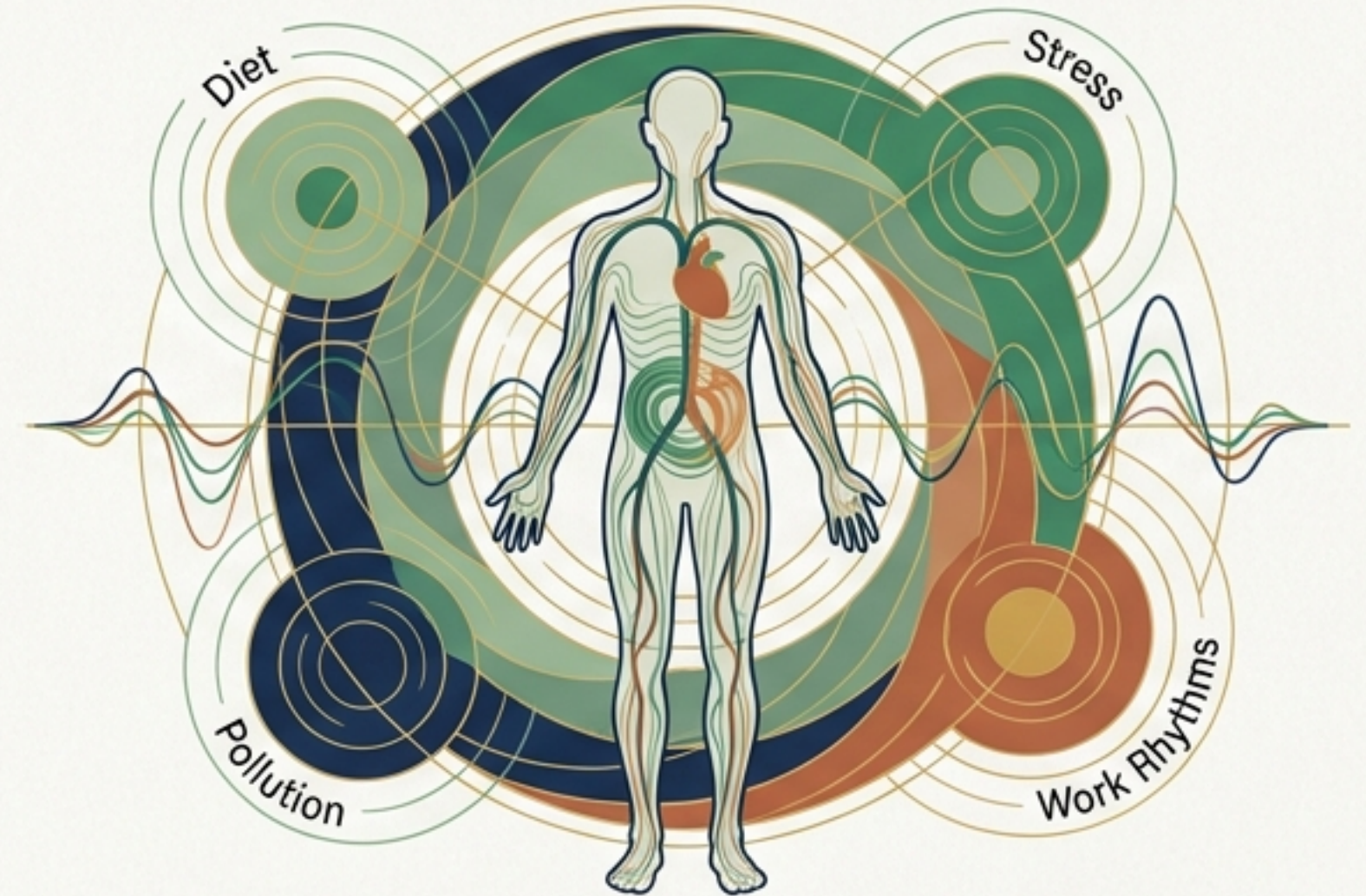
The Human Body Metabolizes the Environment as One Reality

The Fragmented Model



Biological disease is assigned to medicine; distress to psychology; poverty to social policy; pollution to environmental management.

The Integrated Reality



The lived person does not experience these separately. The organism receives them together.

Modern health systems diagnose, treat, and output efficiently, yet suffer from conceptual narrowing.

Shifting the Goal from Disease Management to Life-Capacity

Disease-Centered
Definition of Health: The absence of measurable pathology.
Definition of Healing: A clinical intervention that suppresses symptoms.
View of the Environment: An external backdrop of isolated 'risk factors'.
Primary Question: What pathology does this person have?

Life-Coherent

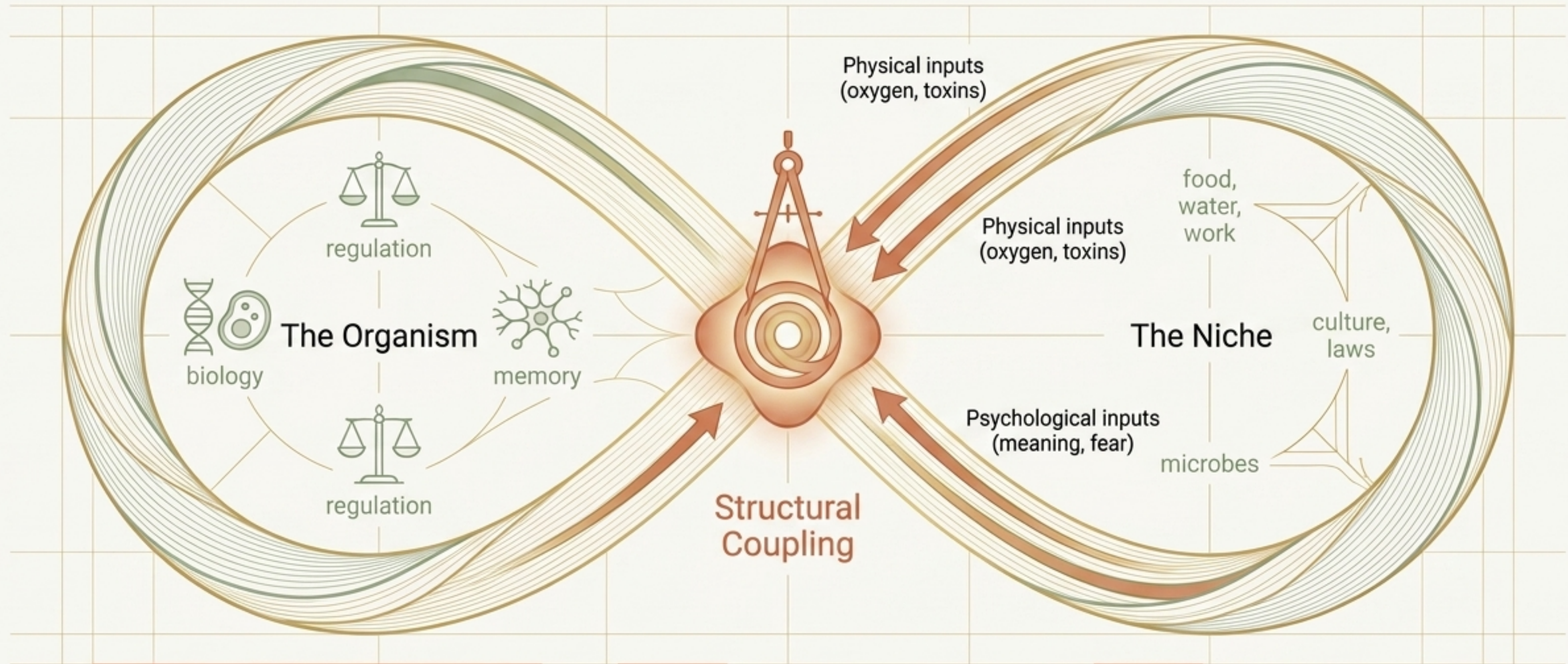
Definition of Health:
The embodied capacity to live, adapt, relate, and participate within the web of life.

Definition of Healing:
An ordered biological and psychosocial process of restoring functional coherence.

View of the Environment:
The relational field through which life is continually maintained or injured.

Primary Question:
Does this arrangement expand or reduce the capacities required for a good human life?

Health Emerges from the Organism-Niche Coupling



Living beings are not isolated units placed in an external world. They live by continuous coupling with the conditions that sustain them.

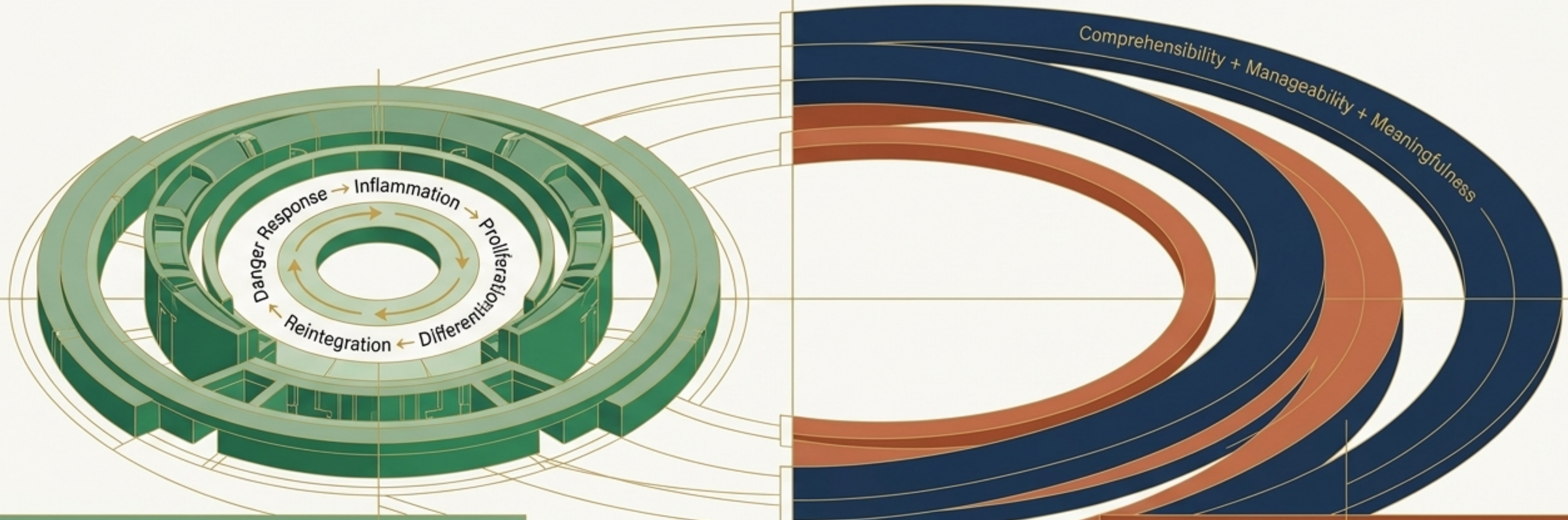
Health arises when these recurrent couplings enable life-capacity. Disease and suffering arise when they disable it.

The patient is never a body in isolation; the patient is an organism-in-relation.

The Two Bookends of Healing and Health Creation

The Left Bookend: Salugenesis

The Right Bookend: Salutogenesis



The Inner Biology of Healing Completion

Healing is not simply the removal of a cause; it is the organism completing a metabolic transition from defense back to functional coherence.

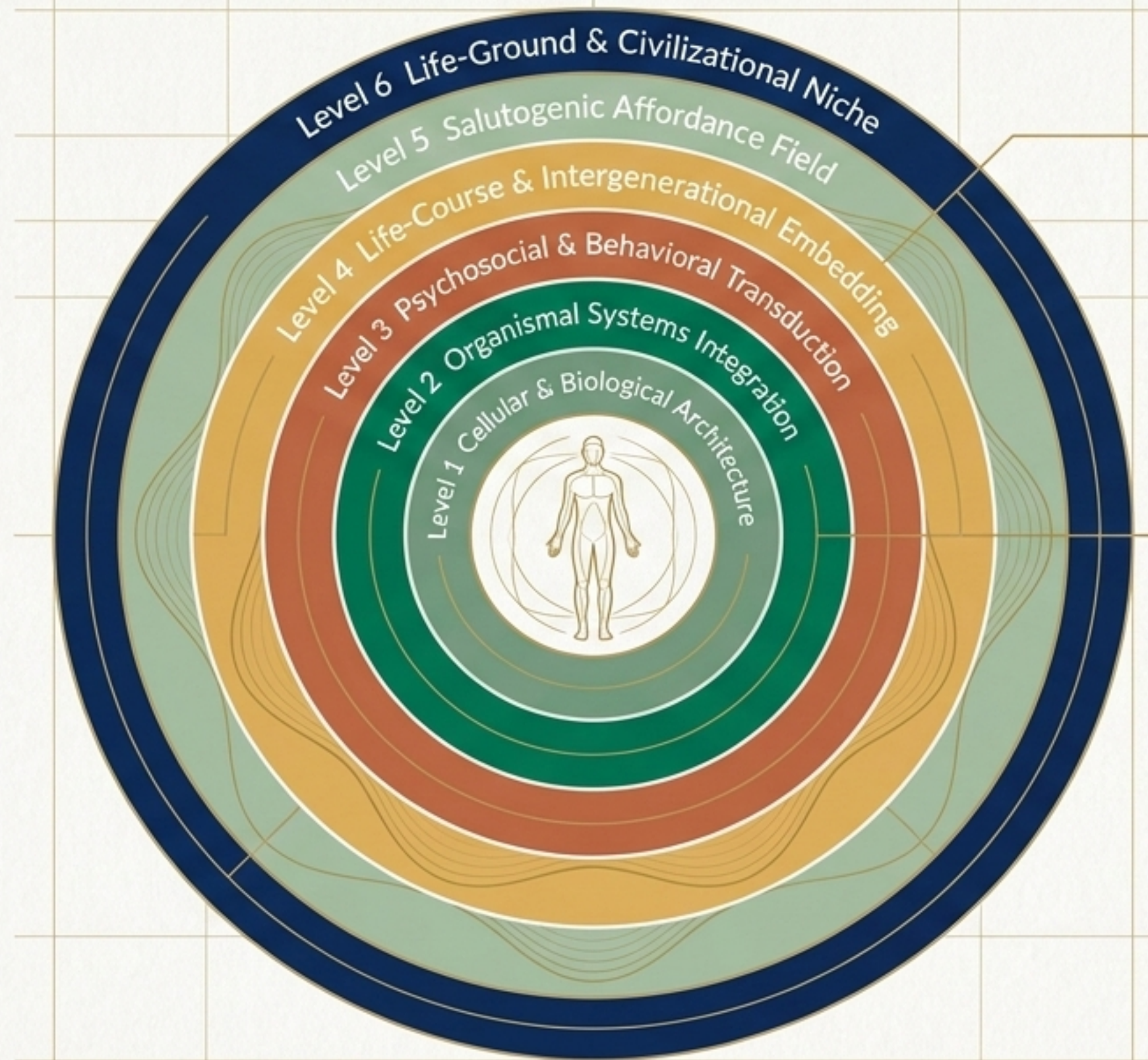
The Outer Field that Sustains Health

The organism cannot complete inner repair without an outer affordance field providing generalized resistance resources.

The organism must complete healing from within, but the surrounding niche makes it possible.

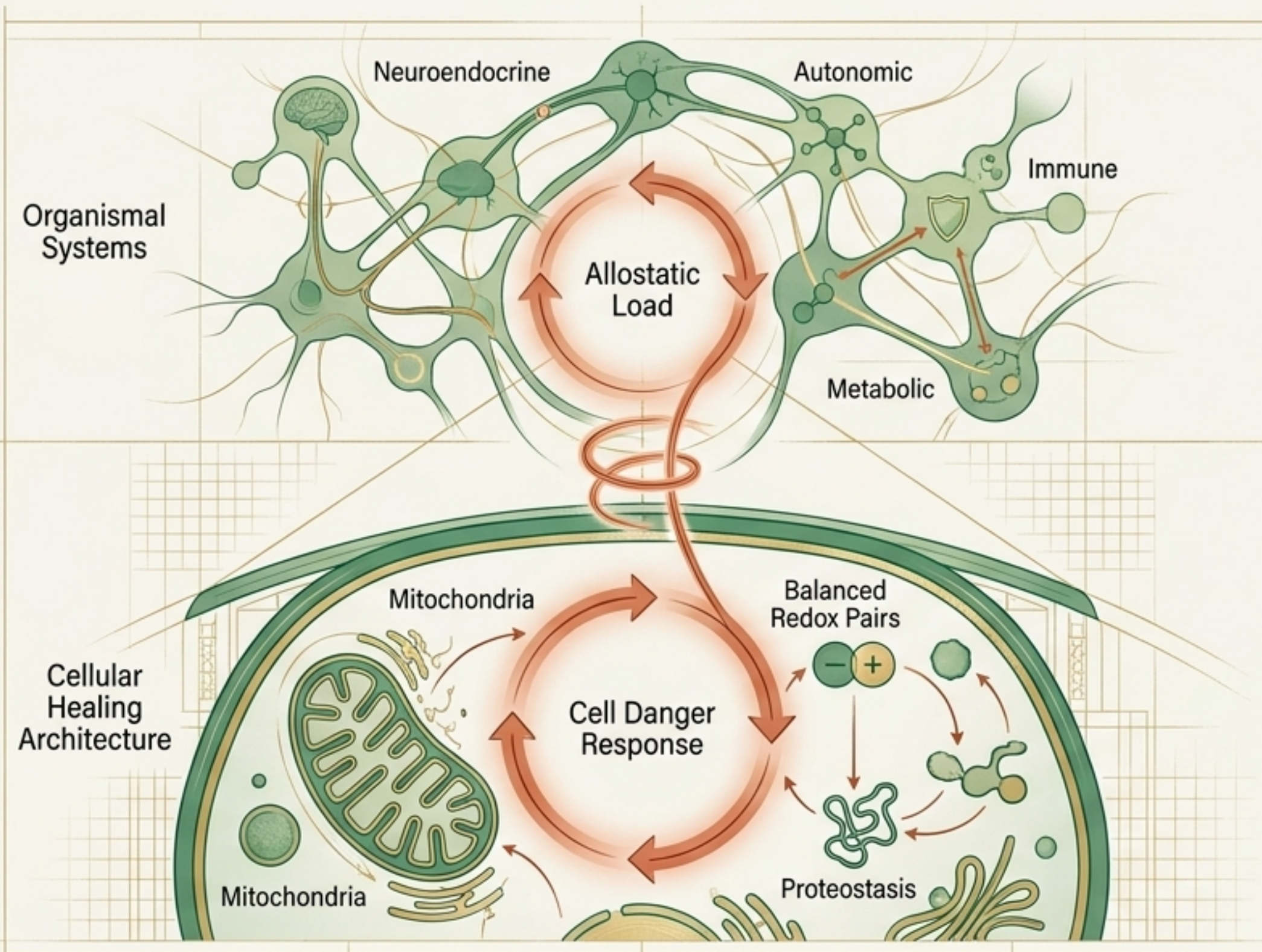
The Six-Level Architecture of Life-Coherent Health

Human life is nested.
Healing requires
coherence across all
six levels
simultaneously.



A disruption in the
outer rings inevitably
echoes down into the
cellular core.

The Inner Core: When Defense Prevents Repair

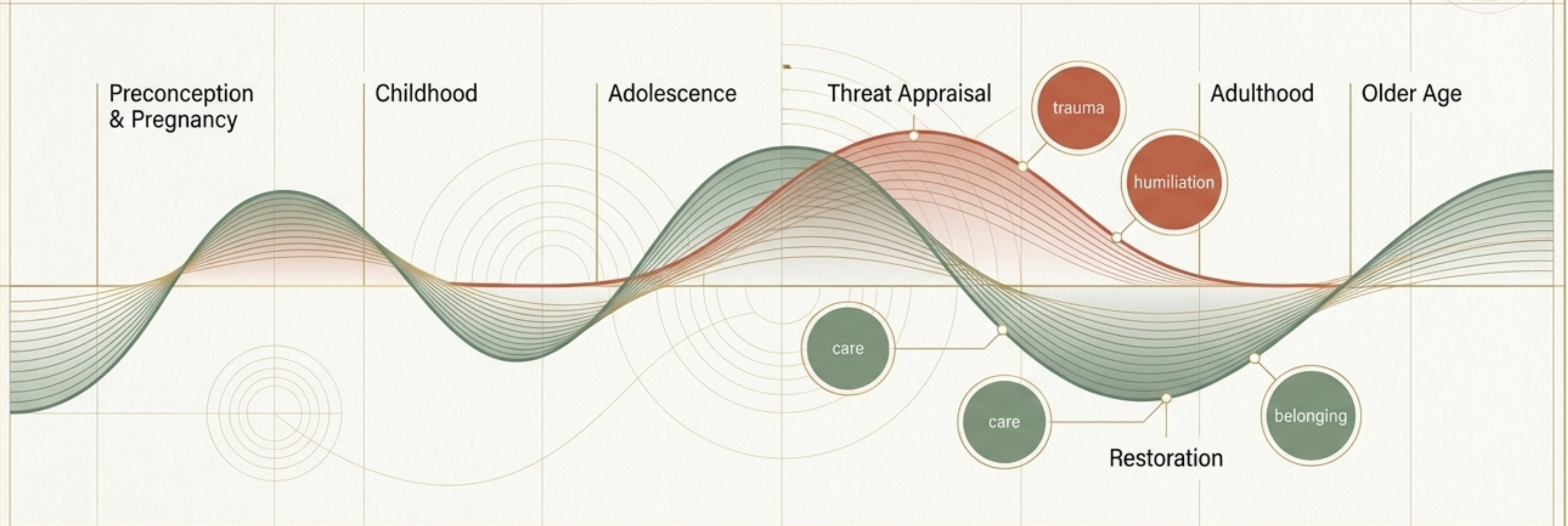


Level 2 (Organismal): The body regulates as a dynamic ecology (Homeokinesis).

Level 1 (Cellular): The Cell Danger Response prioritizes survival over repair. Healing cannot complete if the organism is locked in prolonged inflammatory defense.

Chronic disease is frequently the biological signature of repeated, unresolved danger responses. The goal is not merely anti-inflammation, but the active completion of immune resolution.

The Human Experience: Biography Becomes Biology



Level 3 (Psychosocial Transduction): Social conditions become biological through stress pathways, sleep, and immune regulation. Humiliation alters threat physiology; belonging supports endocrine recovery.

Level 4 (Life-Course Embedding): Health unfolds across time. Critical developmental windows act as sensitive periods where the organism-niche relation is highly plastic.

Health behaviors are not isolated choices; they are situated adaptations to the affordance field.

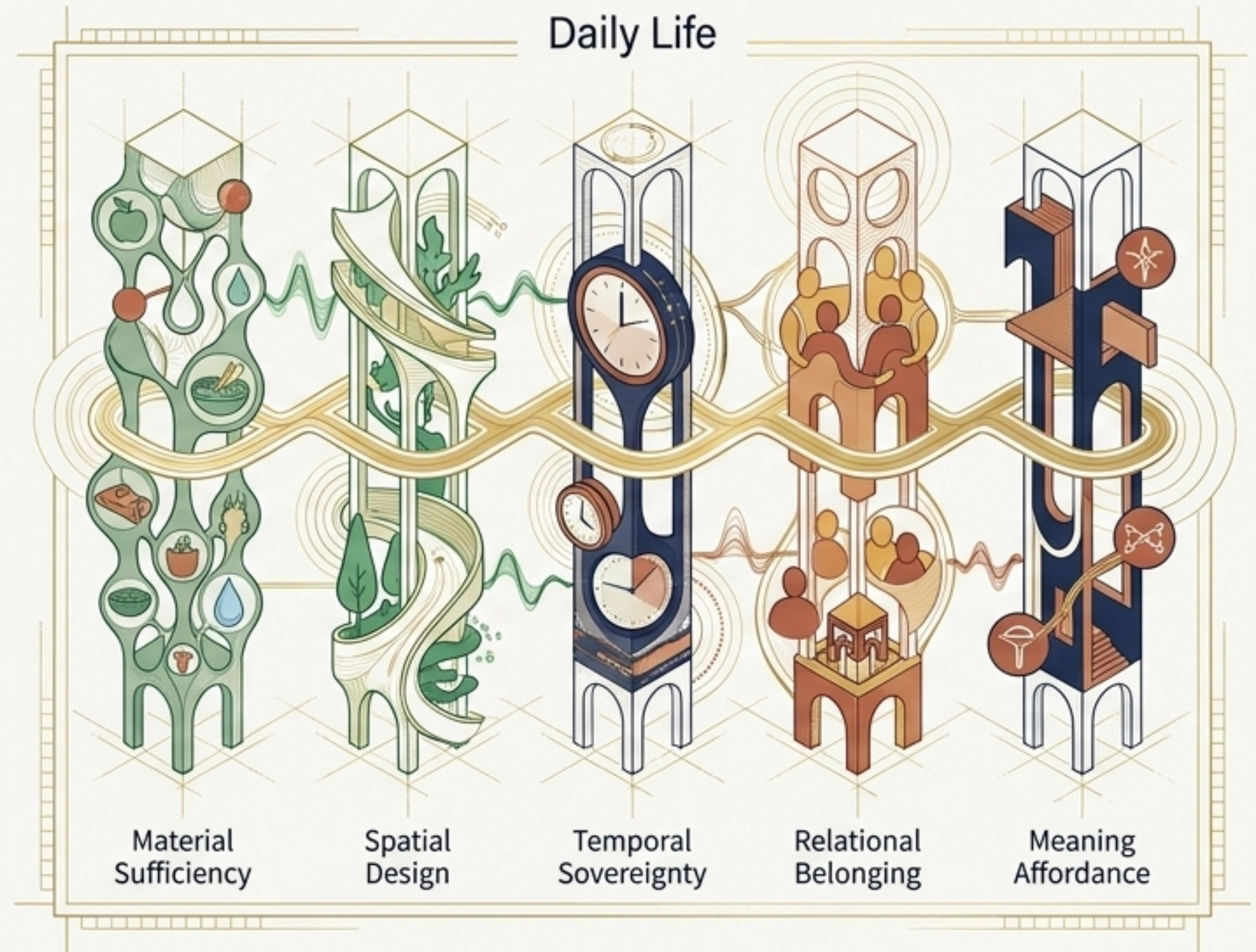
The Salutogenic Affordance Field: The Principle of Ease

Level 5 (The Everyday Niche):

An affordance field is the surrounding pattern that makes certain actions easier, safer, and more repeatable.

The Principle of Ease: A life-coherent society designs the niche so that health-supporting ways of living are easier to enact than health-damaging ones.

Instead of asking people to heroically resist unhealthy environments, we must ask why unhealthy environments have been made ordinary.



The Macro Scale: The Civilizational Determinants of Health

Level 6 (The Life-Ground):

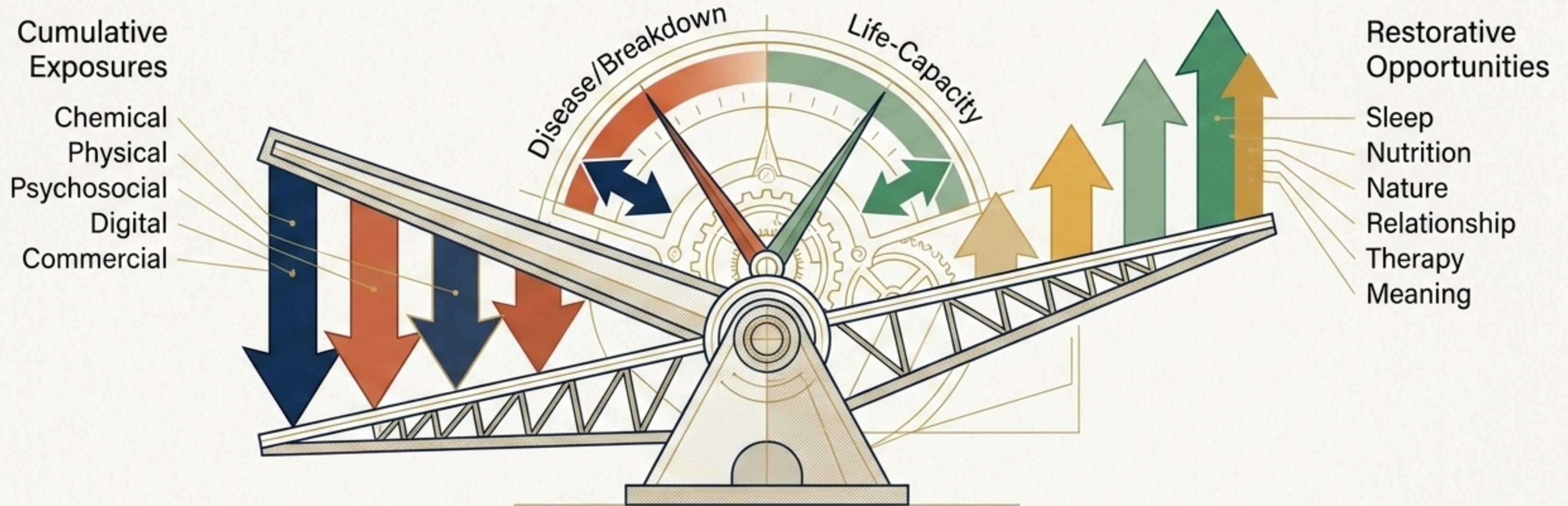
Health is shaped by how a civilization provisions food, organizes work, protects ecosystems, and governs technology.

The Civil Commons: Shared life-support systems (clean air, public knowledge, care, accountable governance) that enable universal access to life goods.

Commons Enclosure: When life-support systems are privatized, polluted, or degraded, health becomes increasingly dependent on market power, driving systemic disease.

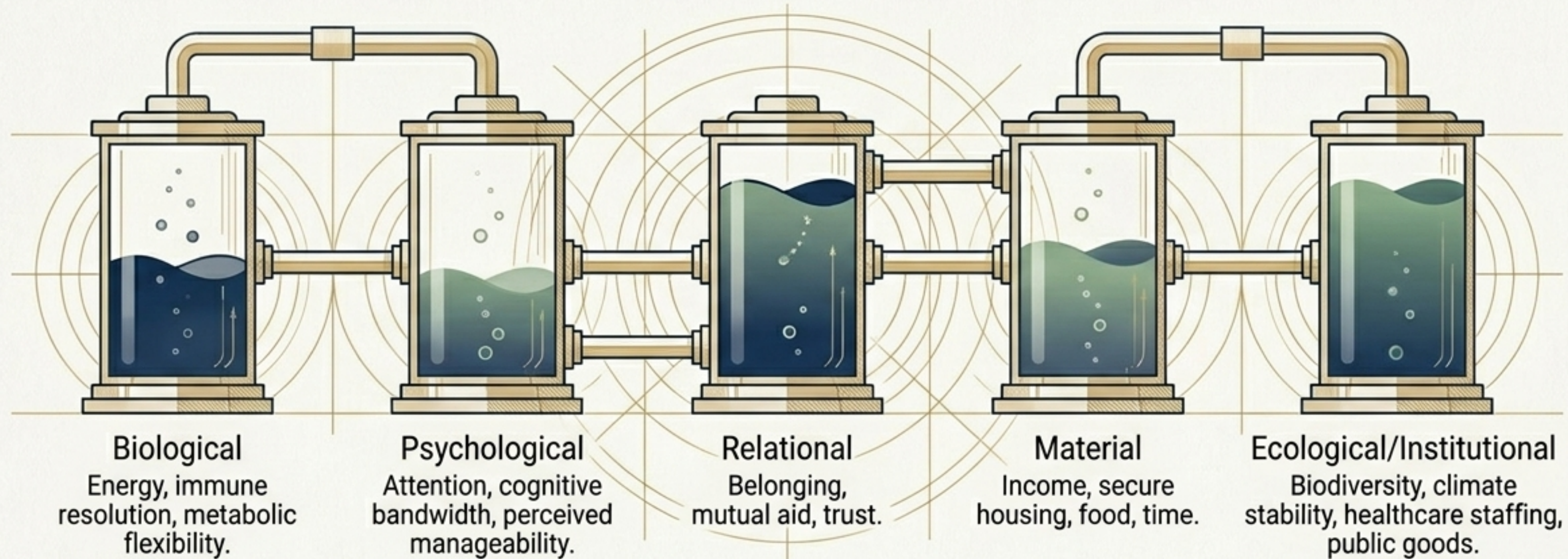


The Core Dynamic: Exposure vs. Repair



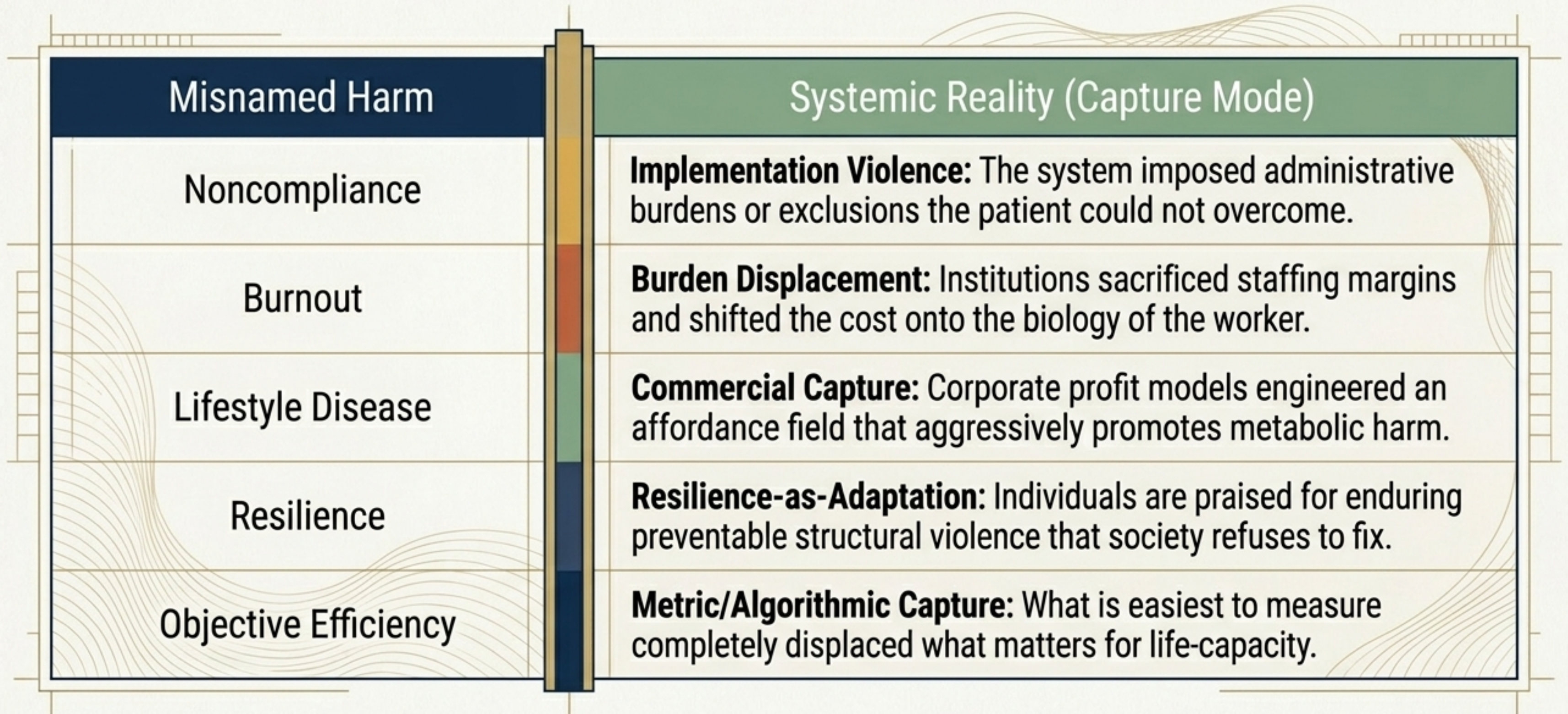
- * Health is sustained when exposures remain within restorative capacity.
- * Disease, distress, and breakdown emerge when cumulative exposures exceed repair margins.
- * Healing requires simultaneously reducing exposure and restoring the capacity for repair.

Margins: The Reserves That Prevent System Collapse

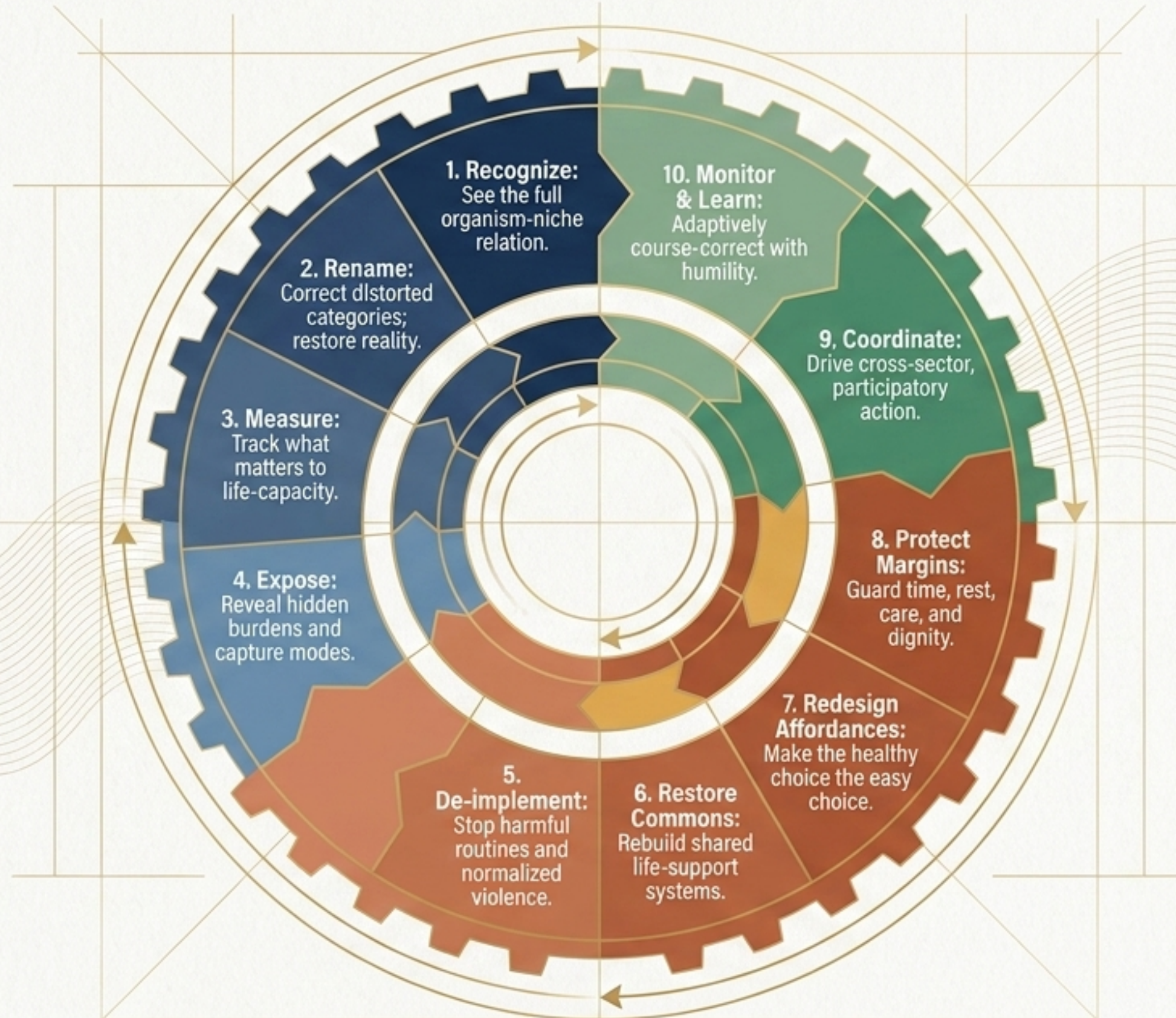


Margins are the reserves that allow living systems to absorb disturbance without collapse. Margins are often invisible until they are gone. When reserves are depleted, minor demands trigger disproportionate crises. Healing is not merely the reduction of symptoms; it is the restoration of margins.

Blindspots: How Systems Misrecognize Harm



The Transformation Engine: A 10-Step Action Method



The Master Question for Systemic Change

- The goal is not perfect health, nor a world without vulnerability.
- The goal is a civilization in which preventable harm is not normalized, healing is not blocked by preventable burden, and commons are protected.

What must we recognize, name, measure, and transform in the organism-niche relation so that life-capacity flourishes for all, within the web of life, now and for future generations?