

The Meikirch Model

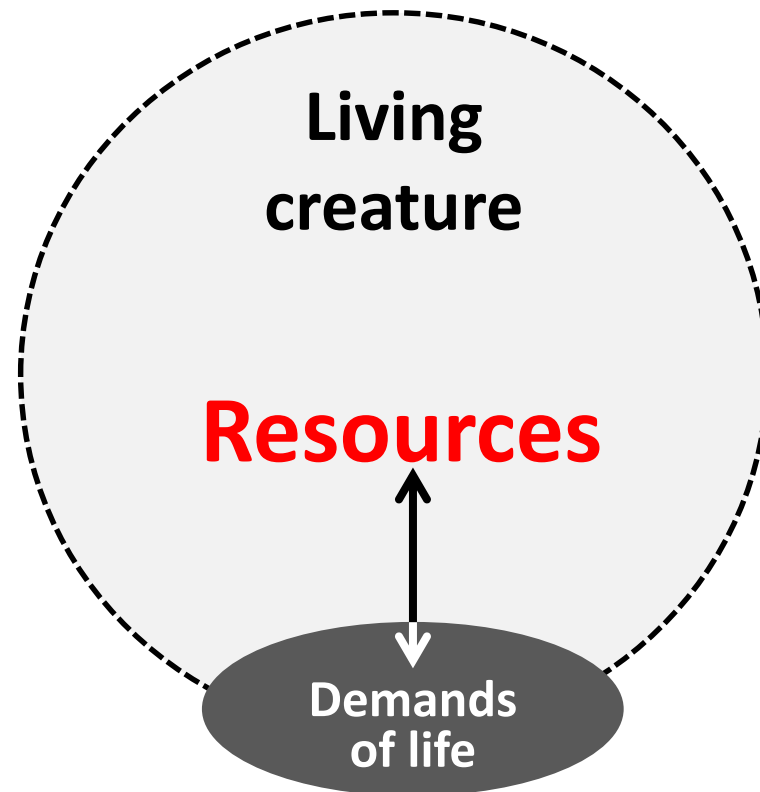
A New Definition of Health

Johannes Bircher

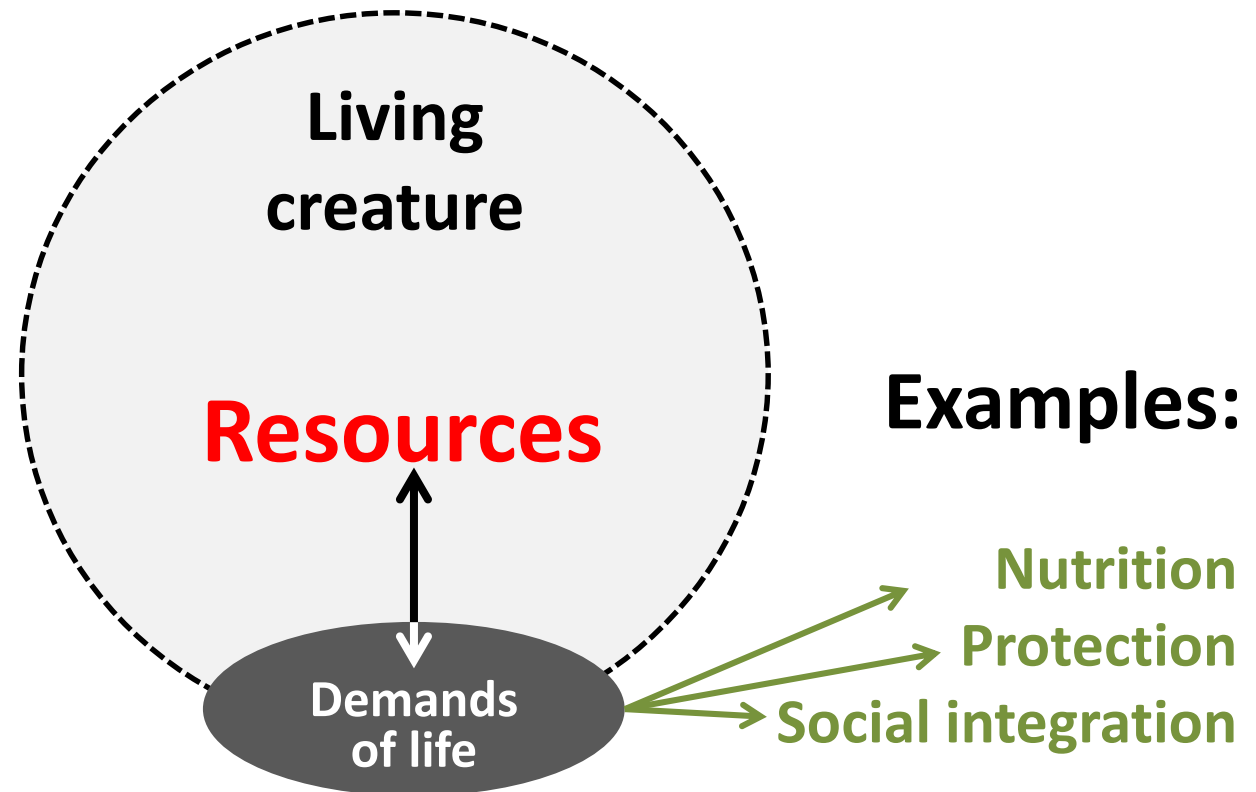
Prof. em. Dr. med.

*Lake of Lucerne
Switzerland*

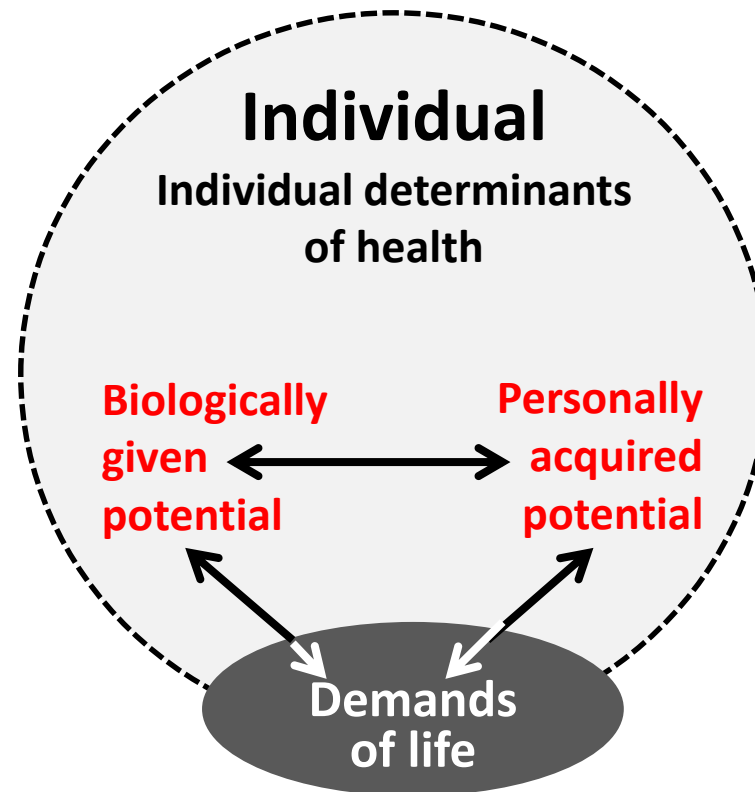
Meikirch Model of Health



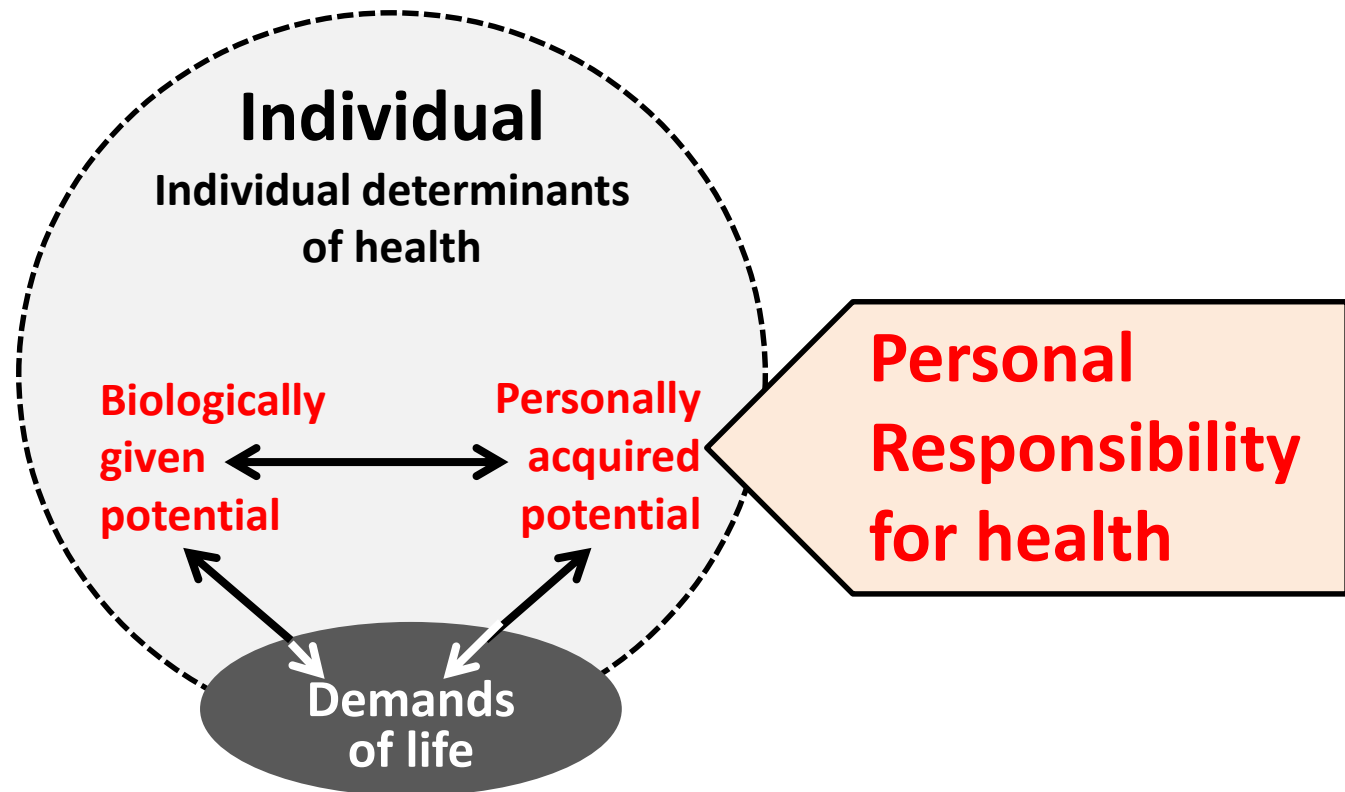
Meikirch Model of Health



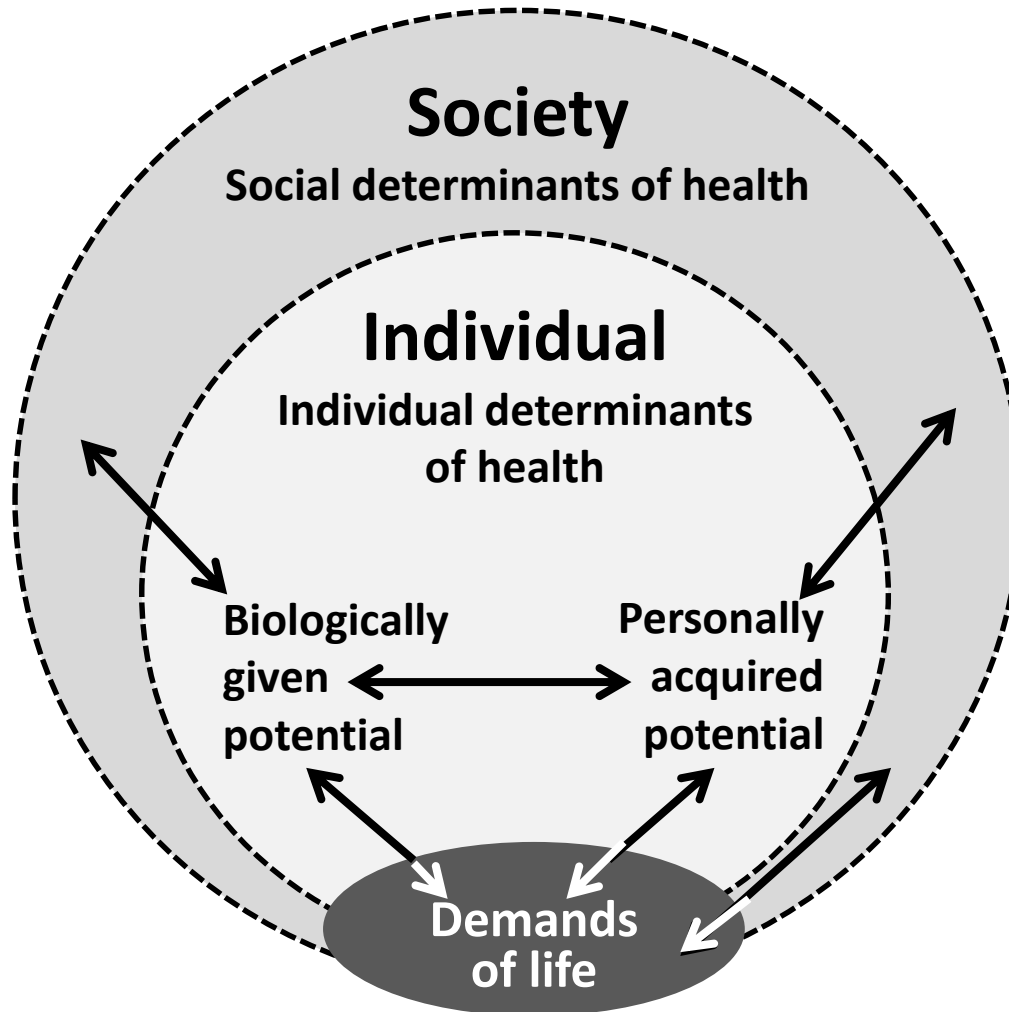
Meikirch Model of Health



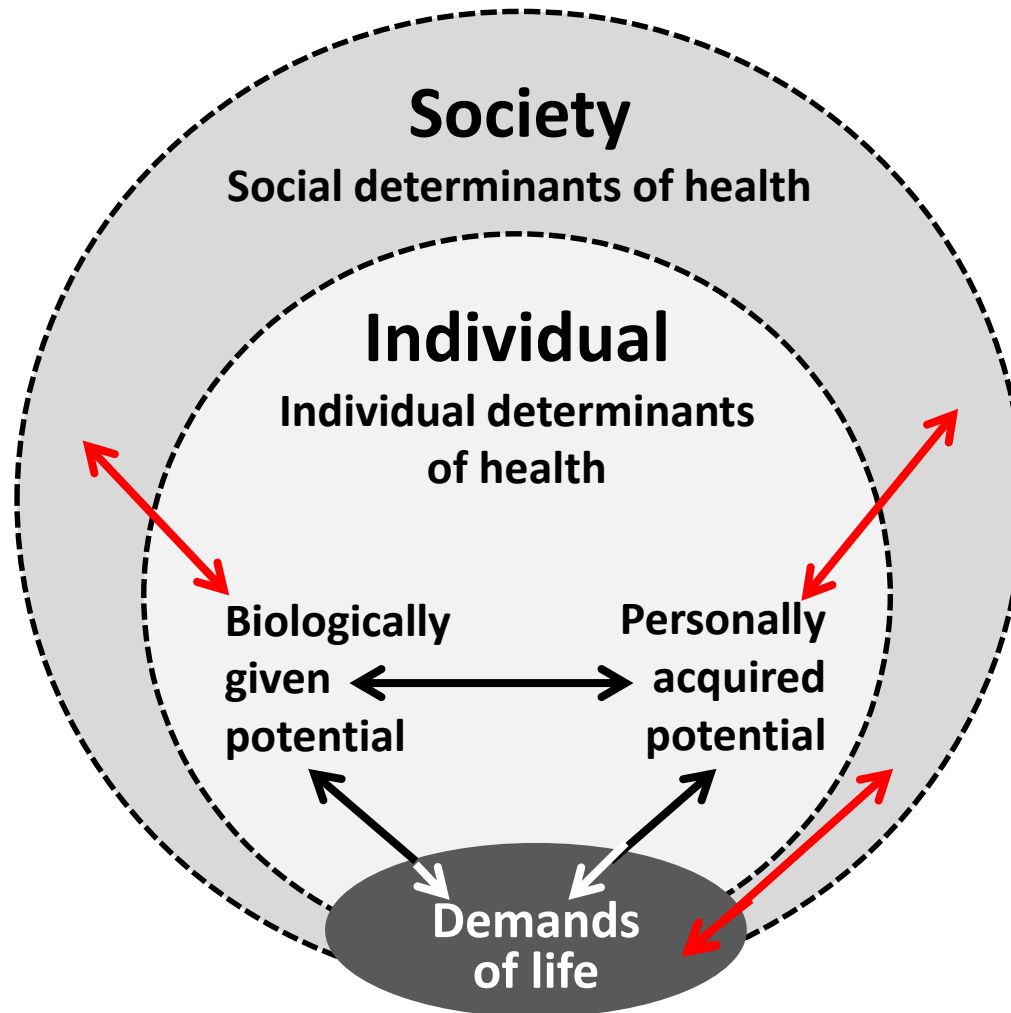
Meikirch Model of Health



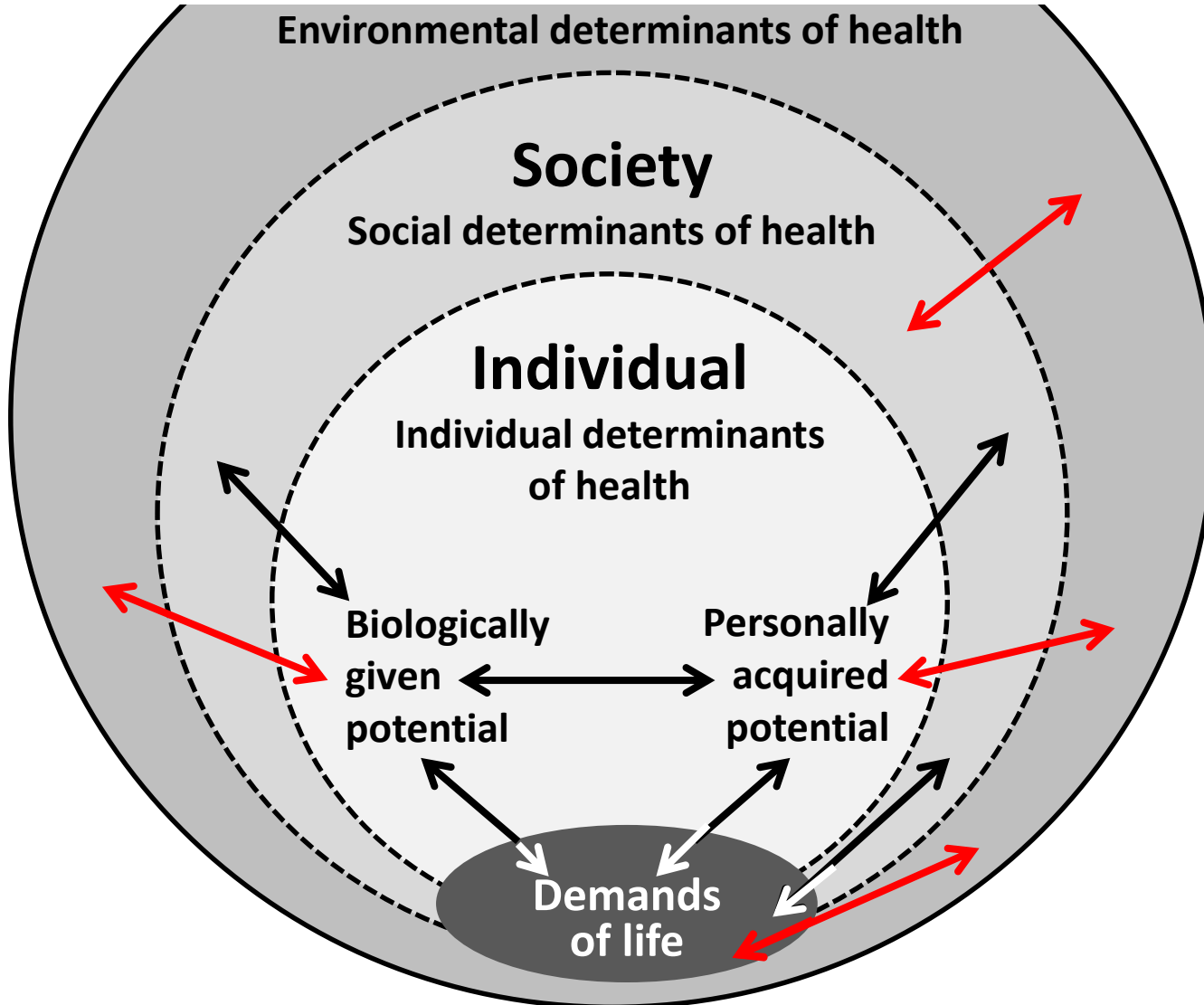
Meikirch Model of Health



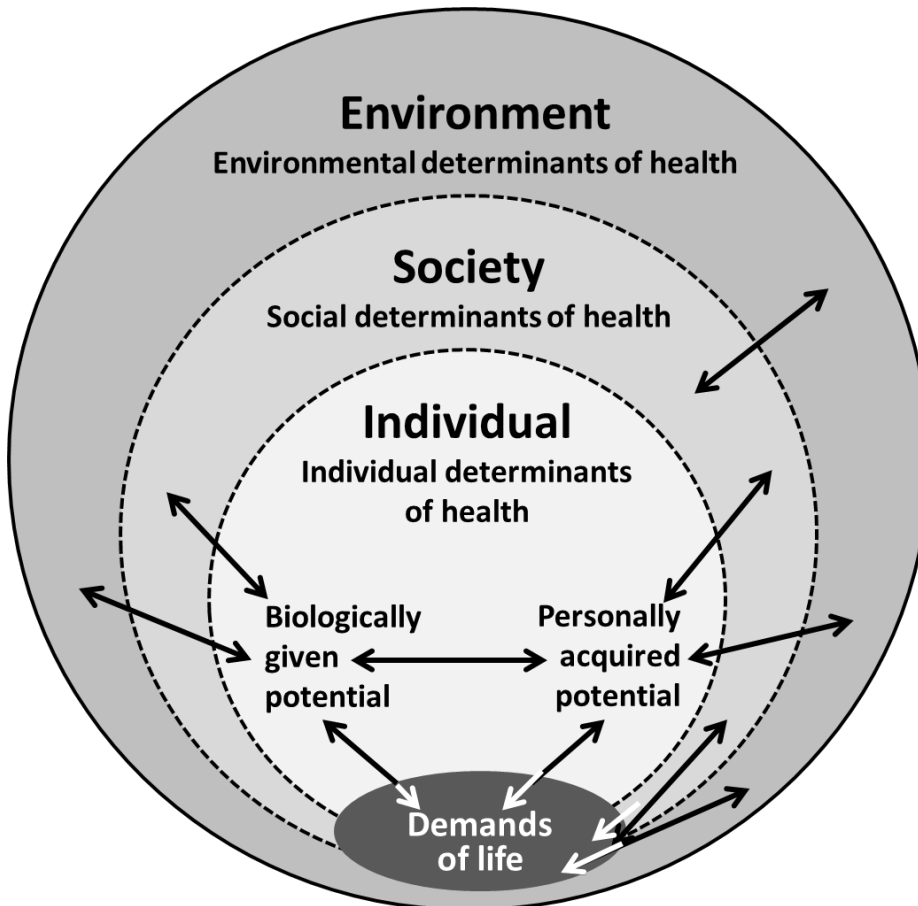
↔ Social responsibility for health



Responsibility for the environment

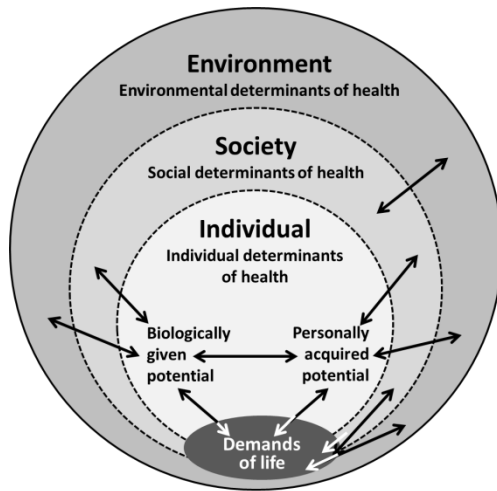


5 components
10 complex
interactions



Complex
Adaptive
System

Properties of a Complex Adaptive System



1. All components and all interactions must function.
2. The system is composed of subsystems and is a subsystem of higher systems.
3. A system arranges itself autonomously. It reacts negatively to manipulations.
4. What it can do, i.e. the emergence, is more than the sum of its parts.
5. The system has a history. It is somehow evolved to the present state and will evolve further.
6. When the conditions change the system gets into a crisis.
7. Systems cannot be manipulated

Complex Adaptive Systems

- 1. Evolve somehow from the past.**
- 2. Function autonomously as wholes.**
- 3. Create their future autonomously.**
- 4. Prevention is better than cure.**
- 5. Healing is more difficult, but medicine and love are helping.**

What have we learned ?

- 1. We now understand the rules that determine health.**
- 2. A healthy life requires a purpose in life, hygiene, healthy food, physical activity, good human relationships.**
- 3. Everybody must assume personal responsibility for health.**

Meikirch Model

A New Definition of Health

*Thank you for your
attention.*

