

# Appreciating Health For All



Almost every aspect of our lives has an impact on our health. Whether it's our jobs, our homes, our access to education, or our poverty. It all has an impact on our ability to be healthy. Unfortunately, we tend to concentrate on health care and individual choices. This is an issue. It creates a disconnect between what is said and what is done to create a healthy community.

Developing a healthy environment requires greater action on the wider will for health. However, in any public debate about how to

improve health in the community, health inequalities and the wider factors are often left out or misunderstood.

Nevertheless, what is advocated is the opportunity to act locally. It is suggested: 'Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it is the only thing that ever has.'

In other words, the first step to our health together; is an act of human compassion. Evidently, this becomes the foundation to all the great achievements of humankind.

So far, one of the knock-on

effects of the pandemic, is that it really demonstrated the impact of inequalities on health and helped build a bit more public awareness, that health differences, aren't just down to individual choices.

However, as history shows time and again, waiting for government action is never the best recipe for change. Progressively, we need to appreciate the opportunities that present themselves, daily to do things differently; both ourselves and collectively.

Best wishes, David

"I've been able to continue my hobbies of golf and gardening"

Registered **OSTEOPATH**  
**DAVID GRAY BSc (Hons)**  
*Gentle & Effective Pain Relief for all ages*  
[www.davidgray-osteopath.co.uk](http://www.davidgray-osteopath.co.uk)

"I can recommend his holistic approach and way of working without hesitation."

**Treating:** Chronic & Acute Back & Neck Pain, Sciatica, Whiplash - Associated Disorders  
Joint - Muscle, Ligament Strains, Frozen Shoulder, Pregnancy Pain.

**Children & Babies:** Cranial Osteopathy is a gentle & non-invasive treatment.

**Sports Injuries:** Tennis Elbow, Running Injuries, Tendonitis, Joint Pain.

**Treating:** Knee Pain, Coccydynia, Rotator Cuff Pain, Knee & Hip Osteoarthritis, Shoulder Pain.

Contact him directly on **07973 297 438** or on **01844 354 737**  
**Osteopathy with Cranial Osteopathy & Acupuncture**  
**Clinics:** in Chinnor and Princes Risborough

