

The Chaos of Health

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This paper presents a model of health and illness based on the author's theory of Biocognition. It argues that health is a bioinformational process that constantly oscillates between chaos-like non-linearity and linearity. When this oscillation collapses into a repetitive linear loop, it loses coherence with its bioinformational field creating a rigid state of pathology. Based on the last thirty years of research in the interdisciplinary field of psychoneuroimmunology and in medical anthropology, Biocognitive theory suggests that the individual is an inseparable unit of cognition, biology and historical culture. This paper also argues that health and illness are neither exclusively biological nor totally mental. All human processes are inseparable biocognitions of *mindbodyculture*.

The bioinformational field is contained by horizons functioning as attractors that oscillate from stability to instability in the process of communicating and learning. This oscillation is considered to be operational at all levels of the bioinformational field ranging from the cognitive to the cellular modes of communication.

Biocognitive theory considers the reductionist and dualist limitations of upward and downward causality and offers an alternative the author calls **contextual coemergence**. This model of coemergence suggests that causality is a co-authored and simultaneous process that takes place within and between bioinformational field horizons rather than originating at either the molecular (reductionism) or cognitive (expansionism) levels of life.

Contextual coemergence includes non-linear phases where Chaos theory can offer heuristic as well as practical advantages over the linear models of conventional life sciences.

Key words: Health and Chaos Theory, Bioinformational Field, Contextual Coemergence