

# HEALTH AS MATHEMATICS

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George Hohbach demonstrated that Albert Einstein's equivalence principle can be understood as the simple mathematical operation PLUS (see "*Plus or Einstein's Equivalence Principle*" on [www.georgehohbach.com](http://www.georgehohbach.com)). Einstein's equivalence principle then also can be recognized as defining both Plato's mathematical world, i.e. symmetry, and simplicity or information in the most abstract and, therefore, all-underpinning fashion. The equivalence principle hence serves as the basic premise that both gravity and quantum mechanics as well as life implement.

*Science is the century-old endeavour to bring together by means of systematic thought the perceptible phenomena of this world into as thoroughgoing an association as possible.*

Albert Einstein

(Science, Philosophy and Religion, A Symposium, published 1941,  
<http://www.einsteinandreligion.com/scienceandreligion.html>)

In this essay, I want to delineate how **Einstein's equivalence principle, Plus or Plato's mathematical world** serve as the simplest mathematical idea that defines health.

PLUS can mean 2 things at the same time:

1. **THE ADDITIONAL (MORE/INFINITY)**
2. **ADDING UP (UNITY/CONCENTRATION)**

So, as Plus simultaneously encompasses both the **Additional** and **Adding Up**, we get the symmetry of:

**1.PLUS(ADDING UP/UNITY) = 2.THE ADDITIONAL(MORE/INFINITY)**

*... two things cannot be rightly put together without a third; there must be some bond of union between them. And the **fairest bond** is that which makes the most complete fusion of itself and the things which it combines ...*

Plato

(Timaeus, translated by Benjamin Jowett, p.18,  
<http://www2.hn.psu.edu/faculty/jmanis/plato/timaeus.pdf> )

Note: this is also what Einstein's equivalence principle states, as it tells us that locally the effects of **gravity (adding up, concentration, warping of space-time)** and **acceleration (simply put: more and more speed)** are identical, the same, symmetric.

WATCH SUPER SHORT VIDEO:

[PLUS OR EINSTEIN'S EQUIVALENCE PRINCIPLE \(2-minute video\)](#)

*Based on our experiences so far, we have reason to be confident that nature is the realization of the simplest conceivable mathematical concept.*

Albert Einstein

(On the Method of Theoretical Physics, June, 10, 1933, own translation)

As **fundamental symmetry** (the all-encompassing system or immaterial structure), which is defined by Einstein's equivalence principle, contains 2 aspects, symmetry or the equivalence principle, Plus or Plato's mathematical world (Plato's bond), also constitute the basic structure of information: the bit, which is **a binary system** that encompasses **1, 2 bit values (1.PLUS=2.MORE)**.

MORE, isolated, can mean MORE PARTS. This denotes less unity, and that is negative, or simply put MINUS. Only in the overall, all-encompassing immaterial structure of symmetry (**PLUS=MORE**), does MORE act constructively as a PLUS. That is why both the universe and health have to be viewed holistically, that is as both an integrated, balanced system and a process which includes all aspects of reality.

MORE acts as MINUS as:

1. short-term, hyperactive aspects
2. lack of value, i.e. lack of long-term support
3. decay, when all falls apart



With respect to health, this means that MORE is positive as:

1. long-term approaches
2. value, i.e. tangible, simple principles
3. all-inclusiveness (which makes things symmetric or holistic!)

*Surely someday, we can believe, we will grasp the central idea of it all as so simple, so beautiful, so compelling that we will all say to each other, "Oh, how -could it have been otherwise!"*

John Archibald Wheeler

(Information, Physics, Quantum: The Search for Links, Reproduced from Proc. 3rd Int. Symp. Foundations of Quantum Mechanics, Tokyo, 1989, pp.354-368.)

**MORE as a positive configuration** of symmetry, therefore, always promotes UNDERSTANDING. Then, all adds up, becomes concentrated (**a PLUS**), and this unification gives us energy (**MORE**), or the ability to do work.

*The noblest pleasure is the joy of understanding.*  
Leonardo da Vinci

*No law or ordinance is mightier than understanding.*  
Plato

That is health: it is both a condition and an enjoyable process. This is **1.PLUS=2.MORE** or Einstein's equivalence principle, Plato's mathematical world, symmetry or the core of information, the bit.

*Platonic essentialism is making a comeback (...) The essentialism of the twenty-first century, though is much richer than Plato's world of simple geometric shapes.*

Andreas Wagner  
(The Arrival of the Fittest, 2015, p.34)

This symmetric, mathematical understanding of health is underpinning all the different aspects, e.g.:

- nutrition
- exercise
- mental or spiritual activity

It is, as Albert Einstein said:

*The object of all science, whether natural science or psychology, is to co-ordinate our experiences and to bring them into a logical system.*

Albert Einstein  
(The Meaning of Relativity, 1923, p.1)

