

WHOLISTIC
HEALTH
EDUCATION/
HUMAN ECOLOGY

WHOLISTIC HEALTH UNIVERSITIES

\$200 Million

Today there are a handful of Naturopathic, Homeopathic and Osteopathic Colleges here in America... We need to create 100 or more Wholistic health Universities... The curriculum will be comprehensive and all those who attend these universities will receive a profound education in the healing arts... The curriculum will consist of education in the basic sciences such as anatomy, physiology and biochemistry, and psychoneuroimmunology (PNI)... In addition there will be courses in naturopathic, chiropractic and homeopathic medicine, behavioral kinesiology as well as vibrational medicine (reiki, hands-on-healing), nutritional medicine, chelation therapy, massage, acupuncture chi-kung, herbology, music therapy, hydrotherapy, spiritual healing, hypnotherapy, non-violent communication, emotional release therapy, rapid eye therapy, radionics and osteopathy... and the list goes on and on..

Obviously the wholistic health practitioner will be deeply versed and educated in a vast array of scientific disciplines with which he/she will be able to use in his/her practice.. The physician /Health Practitioner will be educated in the awareness of **DO NO HARM** and will be primarily an educator/counselor... He/She will work constructively and amicably with other health Practitioners (MDs) to provide the very best health care support and education for the general public..

It will be understood that the treating of disease will be a collaborative effort based on the the best therapies and protocols available to date... It is also understood that each individual is unique and his/her condition will be professionally diagnosed and the appropriate therapies will be applied.. It will also be understood that healing is very much an art as it is a science... Today because of a veritable explosion in the healing profession(s) will have the availability of effective safe inexpensive, non-toxic scientifically valid protocols which can and will serve in dramatically improving the quality of life... In the healing process it will be understood that the journey is as important as the destination...

Graduates of these universities will serve in the community doing clinical medicine and/or wholistic health counselors/teachers in K-12... Obviously it is vital that the principals of preventative medicine and wholistic health care be taught as a matter of standard practice to our young children... we envision Yoga being taught, the basics of proper nutrition and the other common sense healing modalities as reiterated in this paper... We will also be sure to make nutritious food available to our young children while they are at school...

In addition the various curriculum developed at these universities will be made available to be offered at our nation's universities online...

THE WHOLISTIC HEALTH HUMAN ECOLOGY EDUCATION CHANNEL BRINGING HEALTH EDUCATION DIRECTLY TO THE PEOPLE

Today ,there is a veritable unprecedented explosion of knowledge..Indeed we are living in an information age, however knowledge to be truly useful must be applied...It is essential to understand that information in and of itself is not the solution to our myriad “problems”..We need to embrace and internalize Wisdom...By this I mean we need to fully understand and acknowledge the fact that the laws that govern health are encoded in the laws of nature and these laws or principals are immutable...

In other words, to truly become healthy, vital individuals we must understand and obey the laws of nature... simply put, the healing process entails a progressive simplification process rooted in a dynamic educational process wherein each of us begins to take greater responsibility for our selves and cells and our planetary eco-system...Through progressive and highly professional presentations the Health channel will serve to educate everyone into the wholistic health paradigm and thus allow allopathic physicians to be schooled in the latest avances in preventative wholistic health care...

Of course most Physicians today are aware that many of our current diseases today can be eliminated and/or reversed by life-style changes such as diet, exercise , mediatation practices, environmental awareness etc...Through the Wholistic Health/Human Ecology Channel, we have an unprecedented opportunity to deliver to the general public programs products information and healing modalities which are of inestimable benefit to the individual and society at large...

We propose that business begins to fully acknowledge the absolute importance of creating more time and space so that America’s working force is given the opportunity to embark on real healing and regeneration... For straters, lets empower each other to have at least two months a year of paid vacation for healing and regeneration. People need time to get a grip on themselves to so speak... In this highly techno-bureaucratic society we have lost touch with nature and have created a highly charged stress filled competitive life style and work environment which is primarily resonsible for severe burn-out as evidenced by the ubiquitous “Chronic Fatigue Syndrome” depression and other disorders which reflect systemic immune/nerveous system breakdown...

**THE BOTTOM LINE
ITS TIME FOR ALL OF US TO CHOOSE TO GO TO HEALTH!**

DETOXIFICATION CENTERS

It Is Time To Detoxify

www.healingdaily.com

We have attempted to make an irrefutable case for the vital importance and necessity for comprehensive detoxification programs in light of the fact that we have systematically altered and polluted our eco-systems..

Detoxification is the process of clearing toxins from the body or neutralizing or transforming them, and clearing excess mucus and congestion. Many of these toxins come from our diet, drug use, and environmental exposure, both acute and chronic. Internally, fats, especially oxidized fats and cholesterol, and other irritating molecules act as toxins.

Poor digestion, colon sluggishness and dysfunction, reduced liver function, and poor elimination through the kidneys, respiratory tract, and skin all add to increased toxicity.

Detoxification involves dietary and lifestyle changes which reduce intake of toxins and improve elimination. Avoidance of chemicals, from food or other sources, refined food, sugar, caffeine, alcohol, tobacco, and many drugs helps minimize the toxin load. Those lifestyle changes are a direct result of choices you make in your life.

The Bottom line is that we are “toxic’ due to our lifestyles(poor dietary habits) and the assault on the environment...This awareness is deeply rooted in naturopathic medicine and the other healing arts...

The art and science of detoxification needs to be brought rapidly into the mainstream if we are serious about creating a health vibrant society... The allopathic medical model is basically ignorant of the necessity for an individual to engage in systematic, periodic cleansing and detoxification... The good news is that more and more Americans are becoming aware of the vital importance to embark on their own cleansing program(s) knowing that this is an essential key for healing and regeneration..

Today most health food stores carry and promote various cleansing/detoxification programs and all the necessary ingredients... these elements being bentonite clay, flax seeds, fresh fruits and vegetables, various homeopathic and herbal remedies etc..Today via the miracle of the internet all this information and a whole variety of such programs and books are available. However the vast majority of Americans are either not aware of this and/or have chosen not to take greater responsibility for their health...

Obviously we have a major educational challenge here. It is imperative to reiterate the importance of preventative medicine if we want to lower the health care costs. Ultimately, it is everyones best interest to promote vibrant health!

VISIONS FOR PRISONS

\$50 Billion

www.visionsforprisons.com

IT IS TIME TO END THE WAR ON DRUGS AND TRANSFORM OUR ARCANE AND MIEVEAL PRISON SYSTEM WE CAN DO MUCH BETTER AND WE MUST!!

Here in America we incarcerate over 2.3 million people many of them are young inner city youth who are nonviolent drug offenders... we have created massive prison industry where hundreds of thousands of young people become criminalized... an undeniable fact which is costing society billions of dollars.. Our prisons are in great need of comprehensive reform ...

It is time get serious about rehabilitation..It is essential that the reformed prison system promotes respect, compassion, and forgiveness towards those who have transgressed arcane, autocratic drug laws... Rather than warehousing our youth, lets implement a healing approach toward these inmates and help transform these energetic young "criminals" into healthy responsible engaged young citizens by providing them with meaningful community service work...

There is plenty to do in this rapidly approaching age of Ecological Awareness..Lets create community gardens..Plant hundreds of millions of fruit bearing trees..as well as re-mineralizing the soil so that we can assure future generations healthy, vital food..it is time to graduate from punitive reptilian brain thinking..from punishment to compassion ..It is time to implement enlightened programs which empower individuals to actualize their highest potential ...Lets turn our prisons into Human Ecology Centers and provide state of the art educational programs and detoxification programs..

Through this educational reformation we will provide the extraordinary opportunity for our young people and other members of society to heal themselves while constructively contributing to their respective communities..

COMPREHENSIVE WHOLISTIC HEALTH INSURANCE FOR ALL

We must change the thinking of the Health Insurance Industry..It needs to be emphatically stated that health care is not a privilege but an essential right... "The Health Care" Insurance Industry can be the agents of health transformation when and if they choose to support people for the right to choose wholistic health care for genuine health maintenance..In other words Insurance companies will pay for detoxification programs ,and pay for visits to Health practitioners..A useful analogy can be made here as to the vital importance of the importance of Health Maintenance...

See the body as an automobile (obviously infinitely more complex)..Just as we understand how important it is to keep our automobiles well tuned and serviced so should we have the same amount of respect and concern for maintaining our precious vehicles(our bodies) Unfortunately most Americans spend more money on to maintain their cars then they do to maintain their bodies..Of course we are all aware of the outcome of these unconscious choices...

ASTRONOMICAL HEALTH CARE COSTS IS BANKRUPTING OUR NATION...

It is time to end the allopathic medical monopoly and support the emerging professional wholistic medical health community.

THIS IS A BOTTOM LINE ISSUE THAT MUST BE ADDRESSED AND IT NEEDS TO BE ADDRESSED NOW...

COMPREHENSIVE WHOLISTIC HEALTH INSURANCE FOR ALL

We are suggesting a co-payment program whereby the state and federal government will create an insurance fund in support of the health insurance industry..We are calling for all Americans above the poverty line to contribute a minimum of \$1000. lets say that 220 Million Americans donate to this fund as a tax write-off..this would generate approximately \$250 Billion...While we cannot give fully accurate figures as to the total financial calculus we can safely guess that by committing to broad based programs as outlined above we can effectively transition from the exorbitantly expensive, inefficient and ineffective disease care system to a Total Wholistic Health Care System

In the long run we will save hundreds of Billions if not trillions of dollars while dramatically improving human productivity ,helping to heal the eco-system, re-establishing community and substantially improving the quality of life here on planet Earth. Through Conscious Capitalism we have the means to genuinely heal and regenerate America. One Person At A Time... The benefits of embarking on this new course, which is already in motion is incalculable... It is time to dissolve the monolithic pharmaceutical medical monopoly and allow people to heal and regenerate themselves, their cells...

HEALTH CARE BUREAUCRACY WASTES BILLIONS

Savings From Cutting Costs Would Cover Uninsured

Jeffery Vinson

While congressional negotiators haggle over how to provide a drug benefit to seniors on Medicare, a new report shows that cutting bureaucratic waste in the U.S. health care system by implementing a government-run, single payer program would free up enough money to provide health coverage to uninsured Americans as well as drug coverage for seniors.

The U.S. health care bureaucracy consumes at least \$399.4 billion annually in administrative costs, but national health insurance could save about \$286 billion in these costs equivalent to \$6,940 for each of the 41.2 million Americans who were uninsured as of 2001, according to a report published in August by Public Citizen and Harvard Medical School researchers. The report builds upon the findings of another study, the most comprehensive analysis to date of health administration spending, that compared U.S. health care costs in 1999 to Canada's.

"These enormous sums could be used to provide health care for the more than 41 million uninsured people in the U.S., and drug coverage for seniors," said Dr. Sidney Wolfe, director of Public Citizen's Health Research Group and coauthor of the updated report, which also included savings estimates for each state. "These data should awaken governors and legislators to a fiscally sound and humane way to deal with ballooning budget deficits. Instead of cutting Medicaid and other vital services, officials could expand services by freeing up the \$286 billion a year wasted on administrative expenses."

Profit Driven System Increases U.S. Costs

Researchers at Harvard Medical School and the Canadian Institute for Health Information found that, in 1999, the \$1,059 per capita spent on health care administration was more than three times the \$307 per capita in paperwork costs under Canada's national health insurance system. Cutting U.S. health bureaucracy costs to the Canadian level would have saved \$209 billion in 1999.

Authors of the "Costs of Health Care Administration" study, which

was published in The New England Journal of Medicine in August, analyzed the administrative costs of health insurers, employers' health benefit programs, hospitals, nursing homes, home care agencies, physicians and other practitioners in the United States and Canada. They used data from regulatory agencies and surveys of doctors, and analyzed census data and detailed cost reports filed by thousands of health institutions in both nations.

They found that bureaucracy accounted for at least 31 percent of the total U.S. health spending in 1999 compared to 16.7 percent in Canada. Moreover, the study showed that administration has grown much faster in the United States than in Canada.

Three factors contribute to higher U.S. administrative costs, the researchers found. Private insurers have high overhead in both countries but play a much bigger role in the United States. Also, the United States has a fragmented payment system that drives up administrative costs. Doctors and hospitals deal with hundreds of different insurance plans (at least 755 in Seattle alone), each with different coverage

and payment rules. By contrast, Canadian doctors bill a single insurance plan, using a single simple form, and hospitals receive a lump sum budget similar to how a fire department is paid in the United States. Finally, the drive among U.S. hospitals and insurers to make health care a profitable business venture has expanded bureaucracy.

“Only national health insurance can squeeze the bureaucratic waste out of the health care system and use the money to give patients the care they need,” said Dr. David Himmelstein, an associate professor of medicine at Harvard and coauthor of Public Citizen’s report. He and Dr. Steffie Woolhandler are cofounders of Physicians for a

National Health Program, a 10,000member organization that advocates a Canadianstyle national health insurance for the United States. They are also coauthors of the U.S.Canada health care costs comparison study.

National Health Insurance Would Aid Struggling States

Among the states, Public Citizen found that potential savings available per uninsured resident vary widely. Texas, with 4.96 million uninsured (nearly one in four Texans), could make available \$3,925 per uninsured resident in saved administrative costs by implementing national health insurance. Massachusetts, which has high per capita health administrative spending and a relatively low rate of uninsured residents, could make available \$16,453 per uninsured person.

Meanwhile, the nation’s governors are desperate to save money for their struggling states.

The United States already spends enough money to provide every American with superb medical care 42 percent more than in Switzerland, which has the world’s second most expensive health care system, and 83 percent more than in Canada.

In essence, Wolfe said, national health insurance would pay for itself through administrative savings. Sen. John Kerry (DMass.) and other presidential candidates who have proposed some patchwork reform, assert that they could cut administration through computerization. But Wolfe said such assertions are not credible. Most health insurance claims are already computerized.

“In the current economic climate we can ill afford massive waste in health care,” Wolfe said. “Radical surgery to cure our failing health insurance system is sorely needed.”

PHYSICIANS FOR A NATIONAL HEALTH PROGRAM

www.pnhp.org

"Health care is an essential safeguard of human life and dignity and there is an obligation for society to ensure that every person be able to realize this right."

– Cardinal Joseph Bernardin, Chicago Archdiocese

Maya Rockeymoore PhD, Urban League

Physicians for a National Health Program is a not-for-profit organization of physicians, medical students, and other health care professionals that support a national health insurance (NHI) program. Specifically, we believe that a single-payer system (where the government finances health care, but keeps the delivery of health care to mostly private control) is the only solution to solving the United States' many health care problems: 43 million citizens with no health insurance, many more with only limited coverage, skyrocketing health insurance premiums, malpractice costs, long-term care issues, and relatively poor health indicators, when compared to similar industrialized nations.

PNHP members have addressed hundreds of grand rounds and conferences, testified before dozens of federal and state legislative committees, spearheaded single-payer efforts in several states, and worked extensively with the media and local community groups to educate the public. Members receive our quarterly newsletter, have access to PNHP slide sets and other resource materials, and are invited to participate in policy-setting national meetings and to be involved in our over two dozen local chapters.

We believe that the current malaise afflicting health policy debate will be short lived; that bold and articulate advocacy for national health insurance can coalesce the broad constituency for change.

"A recent poll shows that managed care had a respectability rating just above the lowest-rated tobacco industry." - Public Assessments of Managed Care

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THE KUCINICH PLAN

Universal Health Care

The Kucinich plan is enhanced 'Medicare for All' -- a universal, single-payer system of national health insurance, carefully phased in over 10 years. It addresses everyone's needs, including the 40 million Americans without coverage and those paying exorbitant rates for health insurance. This approach to healthcare emphasizes patient choice, and puts doctors and patients in control of the system, not insurance companies. Coverage will be more complete than private insurance plans, encourage prevention and include prescription drugs.

Health care is currently dominated by insurance firms and HMOS, institutions that are more bureaucratic and costly than Medicare. People are waiting longer for appointments. Fewer people are getting a doctor of their choice. Physicians are given monetary incentives to deny care. Pre-existing illnesses are being used to deny coverage.

Over time, the Kucinich plan will remove private insurance companies from the system -- along with their waste, paperwork, profits, excessive executive salaries, advertising, sales commissions, etc -- and redirect resources to actual treatment. Insurance companies do not heal or treat anyone, physicians and health practitioners do ...and thousands of physicians support a single-payer system because it reduces bureaucracy and shelters the doctor-patient relationship from HMO and insurance company encroachment.

Non-profit national health insurance will decrease total healthcare spending while providing more treatment and services -- through reductions in bureaucracy and cost-cutting measures such as bulk purchasing of prescriptions drugs. Funding will come primarily from existing government healthcare spending (more than \$1 trillion) and a phased-in tax on employers of 7.7% (almost \$1 trillion). The employers' tax is less than the 8.5% of payroll now paid on average by companies that provide private insurance. For budgetary details, [click here](#).

This type of system -- privately-delivered health care, publicly financed -- has worked well in other countries, none of whom spend as much per capita on healthcare as the United States. 'We're already paying for national healthcare; we're just not getting it, says Kucinich. The cost-effectiveness of a single-payer system has been affirmed in many studies, including those conducted by the Congressional Budget Office and the General Accounting Office. The GAO has written:
"If the US were to shift to a system of universal coverage and a single payer, as in Canada, the savings in administrative costs (10% to private insurers) would be more than enough to offset the expense of universal coverage."

Over the years, groups and individuals as diverse as Consumers Union, labor unions, the CEO of General Motors, the editorial boards of the Atlanta Journal-Constitution and St. Louis Post Dispatch, and Physicians for a National Health Program have endorsed a single-payer approach. It is sound economics -- what actuaries call 'Spreading the Risk' -- to extend Medicare to younger and healthier sectors of our population, thereby putting everyone in one insurance pool. It permanently saves and improves Medicare, while eliminating duplicative private and government bureaucracies.

While enhanced Medicare for All makes economic sense, it has not made political sense to some, due to the power of the private insurance lobby. The streamlined Kucinich plan is very different than the 1993 Clinton HMO-based plan, a complex proposal that left big insurance firms in a central role. After Clinton's 'Managed Competition' plan failed without coming up for a vote, talk-radio host Jim Hightower asked President Clinton why he hadn't put forward a "simple, straightforward" single-payer plan "instead of all this bureaucracy." Clinton replied, "I thought it would be easier to pass" a bill that left the insurance industry in place. "I guess I was wrong about that."

SUMMARY

As we become increasingly health conscious and aware that health is a function of lifestyle (choices), and as the business of America becomes the business of health for our people, we shall become a peaceful nation of strong, vital, socially conscious and creative individuals...

Through wholistic healthcare practices, eco-agriculture, and the implementation of wholistic health insurance programs for all, we will manifest our inherent birthright:

Freedom From Dis-ease!...