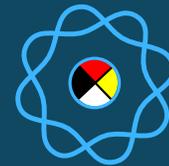


# THE PRACTITIONER HEALTH ADVOCATE

A Native American Health & Wellness Initiative



## Holding to a Practical Perspective on Health

Health can be defined as being in a state of optimal homeostasis.

**Optimal homeostasis** occurs when the body's cells and organisms are able to maintain balance by adjusting physiological response and processes appropriately and within a wide zone of adaptive capacity.

**Adaptive capacity** is the body's ability to swing and meet the demands of everyday living - *without struggle*.

Given appropriate balance and support, it will do this in a natural way with ease.

In traditional Chinese medicine it is the yin and yang of healthy expression while Native American heritage honors the flow in all of life. This encompasses not just physiology, but also what that physiology can mean to one's mental, emotional, spiritual and quantum state of health as well.

A Practitioner Health Advocate recognizes the phrase "*we are made from the dirt of the earth*" as something real that can be practically understood and applied.

It is a recognition that nature has laws and ultimately it is the food produced from the soil of the farm that supports the soil of the cell.

Health advocacy and the tools of its use help us collectively remember and apply common sense across all levels of health matters, for as it's been said;

*"When the soil is gone, men must go; and the process does not take long."*

- Promote
- Teach
- Tutor
- Coach
- Educate
- Facilitate

The Practitioner Health Advocate brings together advanced technology, techniques and principles to show people how to be healthy, because when they're healthy, they can't be sick. And that is a good place to be.

### Some places you will find a Practitioner Health Advocate...

#### CLINIC

Working in a doctor's office educating the client base in practical hands-on ways to better their overall health.

#### GROUP

Working in a group practice as a client liaison or point of entry to facilitate proper client direction.

#### CENTER

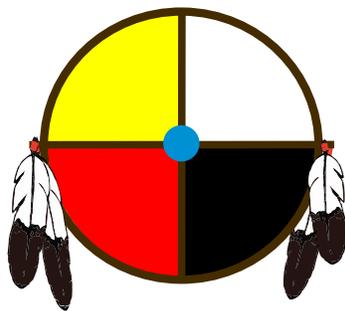
At a gym, spa or community center as a personal health coach.

#### COMPANY

In a company as part of a proactive health initiative effecting better health in employees to lower health care expenditures, increase productivity and foster happier staff.

#### PRIVATE PRACTICE

In private practice, engaging people with practical tools to show them how to be healthy and take positive control of their health.



## Tools of the Trade

**The Practitioner Health Advocate will use tools with their clients to educate, coach and inform.**

Some of these tools may include:

**High definition video microscope systems.** These offer large magnification big screen viewing with various lighting capabilities to actively show clients their "*life in the blood*". From viewing living blood to dry blood clot retraction patterns to tooth pocket micro-organisms, this tool actively engages the client to view the dynamic life processes that are occurring within the body like no other. It equally moves the client to action like no other tool due to the intimate connection it can make and the profound awareness it can bring.

**Tools from water and soil science** like pH & conductivity meters, reagent tests, standard clinical dipsticks, glucometers, blood pressure meters and more to gather information and show clients how the soil of their cells and their health potential is reflected in blood, urine and saliva and how it can be measured and managed for optimal adaptive response.

**Computer assisted tools** like heart rate variability monitors, electronic meridian testing, electro dermal screening and more are used to show and educate on the autonomic nervous system, the body electric, and other body feedback mechanisms that demonstrate how incredible and flexible the human condition is for making positive change and improvement.

**Other imaging systems** such as sonograms or thermal imaging cameras to help illustrate and show through active visual feedback how the body is presenting or responding to any given action or stress.

**Quantum devices** and/or programs of a computer, geometric, physical or energetic construct that may stretch the bounds of known science to educate on what is possible and what may be helpful for health restoration.

## The Practical Objective of Health Advocacy

The objective of the Practitioner Health Advocate is to show people how to be healthy, because if they're healthy, they can't be sick.

It's simple. Healthy is as healthy does, and the advocate understands what this means.

Practitioner Health Advocates will typically have knowledge and an understanding of all the diverse and eclectic tools that may be made available to clients that can assist them in dynamically maintaining or regaining their health. Such modalities can include:

- 1) certain services of a physician or surgeon;
- 2) chiropractors, naprapaths, massage therapists, & other methods of physical therapy;
- 3) special diets, colonics, water, fresh juices, or food supplements that can help the body's fluid dynamics and establish a healthy chemical/electrical balance in and around the cells;
- 4) various bio-electric lymphatic drainage techniques;
- 5) various methods of electrical stimulation, acupuncture/pressure;
- 6) proper breathing while moving, exercising, dancing; Tai Chi Chuan, Qigong,
- 7) herbs; naturopathic remedies; homeopathic/isopathic remedies;
- 8) oxygen therapy; neural therapy;
- 9) color/light therapy; sound therapy;
- 10) aromatherapy and essential oils;
- 11) urine therapy;
- 12) gemstone therapy;
- 13) zone therapy, reflexology;
- 14) magnetic and other energy producing, quantum, or electrically balancing therapies.

This is just a partial listing of the knowledge base that the Practitioner Health Advocate may be familiar and capable of sharing with their clients.

*All of the tools used by a Practitioner Health Advocate are capable of providing exceptional health education. Ultimately the client gains actionable information which can be used to make better decisions about what they can do to become healthier, and in the process, actually become healthier.*



### Standard of Practice

The Standard of Practice for the Practitioner Health Advocate does not provide for them directly engaging in federal or state publicly regulated laboratory processes or laboratory examination.

Likewise, it does not provide for offering the procedures or related activities of a licensed or other registered or certified health care professional who acts in a public capacity under public regulation regarding the assessment of the health, diagnosis, prevention or treatment of any diseases or the impairment of any diseases, of human beings.

While a Practitioner Health Advocate may be seen to work in a public environment through a job, their interface with the public at this level is solely incidental to being a member of the human race standing together upon the earth. When taking on a client, it is always done privately under retained right within the framework of a Private Member Association where the use of many tools for education, tutoring, teaching, training or coaching of clients for the betterment of their health is fully a retained right and very much allowed in law.

#### **The original meaning of doctor is teacher.**

To "doctor", is "to teach".

Though Practitioner Health Advocates acting in a teaching capacity may or may not be doctors in a regulated or licensed way and claim no such title if they have none, they are a special kind of educator, tutor and coach. Paramount to this roll, is to hold to the Hippocratic tradition and "do no harm".

*Harming the body in one respect to incur a mirage of health in another, is the antithesis of conscious health advocacy and is most strongly opposed. This is a Practitioner Health Advocate Standard of Practice mandate.*

Practitioner Health Advocates never engaged in the practice of medicine nor do they diagnose, treat, or prescribe in the capacity of a Practitioner Health Advocate.

### Regulation

Regulation is about keeping to the Practitioner Health Advocate's Standard of Practice.

Although all are self-regulated by moral and professional certitude, peer overseers by way of the private Council of their respective Private Member Association can take preemptive or other action as needed for disciplinary means if advocates exceed their reach when acting under that capacity.

Such disciplinary action can include termination of membership if warranted.

**The prime directive** of the Practitioner Health Advocate is to show people how health works. To educate how to be healthy as opposed to the more traditional disease management approach most popular today where health care is left to a system of never ending specialists that are most expert at writing prescriptions and making surgical intervention. This approach is very expensive as well - and not just monetarily.

With a Practitioner Health Advocate, people become better equipped to make wiser decisions that address their own particular situation, and in the process, most often gain the tools to fix themselves, safely, naturally, and working with the body, not against it.

#### **Practitioner Health Advocate Designations**

A Practitioner Health Advocate is synonymous with Health Advocate Practitioner and those using either designation may use an alternate health advocate title as well which might reflect their particular area of emphasis. For example you might see;

- Natural Health Advocate,
- Holistic Health Advocate,
- Biological Health Advocate,
- Integrative Health Advocate,
- Complementary Health Advocate,
- Community Health Advocate,
- Personal Health Advocate,
- Spiritual Health Advocate,
- Quantum Health Advocate.

# PRACTITIONER HEALTH ADVOCATE EDUCATIONAL OPPORTUNITIES

A Practitioner Health Advocate may possess a medical, osteopathic, chiropractic, nursing, naturopathic, or other allied health degree. They may have other certifications or designations in the health field, or may come from a position of simply being attuned and aligned with wanting to share and advocate for a perspective of health that honors science, logic, common sense and a principled approach to health care.

Prerequisites for effective advocacy begin with a basic understanding of anatomy and physiology. For those not yet learned in the basics, the Native American College of Health Studies is a place to learn that and much more with a completely fresh perspective beyond that of traditional academia.

The College's approach tends to be 180 degrees different than the study of medicine or nursing, where disease management is the approach and the solutions to problems are largely based on a pharmaceutical or surgical intervention. Seldom in those courses of study is it ever asked, "what would we do if such intervention were not available?"

Asking that question is important for the answer opens up a whole field of possibilities available to individuals. Not how to manage their disease or dysfunction, but how to manage their health so they can get to it and become healthy, because if they're healthy, there's no room to be sick or dysfunctional.

The individual health practitioner as a health advocate will embrace this approach. The College offers courses as new or continuing education in the tools, technology, processes and procedures to become a more effective health advocate where a prime duty is to promote, teach, tutor, coach, educate and facilitate getting this knowledge across to others.

## Core Curriculum

Here is a brief overview of what some basic courses of the College might cover:

- Anatomy & Physiology for the Health Advocate
- The Basics of Atomic Structure and the Periodic Table
- The Rotting & Rusting Mechanisms of the Body
- Biology & More Through Hands-on Microscopy
- Moving from Morphology to Physiology
- The Applied Epigenetic Perspective
- pH Principles and the Body Electric
- Simple Tools to Measure the Body's Flow Dynamics
- Colloid Chemistry & Understanding Zeta Potential
- Enzyme Systems and Anionic Surfactants
- Professional Practices & Professional Ethics
- Informed Consent & Operating within Private Association

## Learning from the Best

The wealth of knowledge and tremendous contributions provided by those that have gone before, many deceased, some not, do not escape fundamental study and practical use. Here's a few:

- Weston Price on Natural Food
- Royal Lee on General Nutrition
- Melvin Page on Body Systems
- George Watson on Cellular Energy
- Thomas Riddick & T.C. McDaniel on Colloid Science
- Emanuel Revici on Environmental Lipid Chemistry
- Carey Reams on Biological Ionization and Agriculture
- Gilbert Ling on the Cell as Gel
- Gerald Pollack on the 4<sup>th</sup> Phase of Water
- Raymond Peat on Thinking Through Physiology
- Marcel Bessis on the Living Blood & its Ultrastructure
- Alfred Korzybski on Science and Sanity...

Learn more & enroll on-line at [www.NACollege.org](http://www.NACollege.org)



Native American College of Health Studies

*Respecting the Past. Engaging the Future.*

