



THE SOVEREIGN INDIVIDUAL: YOUR HEALTH

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LEGAL STUFF...

- Statements made herein have not been evaluated by the FDA and are not intended to diagnose, prescribe, recommend, treat, cure, or offer medical advice.
- Please see your health care practitioner for help regarding choices and to avoid actions that may have negative impacts on any of your medical conditions or treatments.

WHAT IS HEALTH SOVEREIGNTY?

- Biological perspective:
 - Healing is done by the body, not by drugs.
 - Chemical inputs can affect how the body functions, but can not heal the body.
 - Natural chemicals support the body
 - Manufactured chemicals force responses by the body
 - There is a time and reason for both

Your Designed Body by Steve Laufmann and Howard Glicksman, MD

WHAT IS HEALTH SOVEREIGNTY?

- Legal perspective:
 - You are the only one who has the right and the authority to decide what happens with your body.
 - There are laws that protect your autonomy, regardless of social, governmental, or institutional pressures.
 - There is a difference between making use of medical resources and being dependent upon them.

WHAT IS HEALTH SOVEREIGNTY?

- Medical perspective:
 - Assess what is reasonable, appropriate, or necessary.
 - Pharmaceuticals are profitable, and social messaging pushes their use regardless of health impact.
 - America is grossly over-medicated.
 - Ailments are not always cause for panic. Know your body, understand how it works, when actions are necessary, and what actions are appropriate.

WHAT IS HEALTH SOVEREIGNTY?

- Personal perspective:
 - You are in charge of your health; use others only as legally and medically necessary.
 - When you are dependent on others for your health, you may be subject to control and/or manipulation.
 - When you are dependent on chemicals for your health, you may be subject to supply issues.
 - Be aware of the social pressures and physiological risks associated with protocols or pharmaceuticals.

EXERCISING HEALTH SOVEREIGNTY

- Know your body:
 - We are all different.
 - Most of our bodies function within acceptable parameters and remain stable (homeostasis).
 - Stability is the measure we need to use to gauge how to address our health. Monitor your normal.
 - A change in functioning can be due to genetic factors, environmental factors, nutritional factors, or disease.

EXERCISING HEALTH SOVEREIGNTY

- Understand positive actions to promote health:
 - Knowledge: learn how your body works, what to expect from it, what is good for it, and what is bad.
 - Wisdom: it's your body, it's your choice. Don't be swayed by social influence.
 - Discernment: weigh the risks and benefits of medical interventions. Choose what's best for you.
 - Diet, exercise, hygiene, mental health.

EXERCISING HEALTH SOVEREIGNTY

- Understand negative factors that affect health:
 - Nutrition: garbage in, garbage out.
 - Exercise: your body is designed for exertion, lack thereof is unhealthy.
 - Environment: chemical, biological, radiological.
 - Hygiene: contaminants can impact your health .
 - Disease agents: bacteria, viruses, parasites.

EXERCISING HEALTH SOVEREIGNTY

- Empirical medicine: based on experience and observational evidence.
 - You are an active participant in the process.
 - The process attempts to identify how and why your body is not in balance, and how to return it to balance.
 - Traditional Chinese Medicine (TCM), Indigenous herbal medicine, Chiropractic, Acupuncture

EXERCISING HEALTH SOVEREIGNTY

- Evidence-based medicine: based on “controlled scientific studies”.
 - You sacrifice your autonomy to the provider.
 - The process assumes that your machinery is broken and then tries to force-fix it.
 - Pharmaceutical medicine, analytical medicine, surgical medicine.

TAKING CONTROL

- This is your body, don't let someone else have control over it.
- Know your body and when you should react to unexpected changes.
- Get informed about issues that may be of concern so that you can actively participate in your health.
- Choose practitioners that listen to you and support you, not those that control you. You don't need a mechanic, you need a resource.

TAKING CONTROL

- Use resources wisely. Don't over-use resources that are not necessary or that can be harmful in the long run. (radiology, antibiotics, drugs)
- Understand that any intervention might have negative side effects, and weigh the risks.
- Consider more “natural” solutions when actions may be needed or desirable.

TAKING CONTROL

- Preventive action: to stay as healthy as possible
 - Your body is designed to be healthy.
 - Nutrition:
 - Increase healthy inputs: Vitamins, minerals, and antioxidants
 - Avoid unhealthy inputs: junk food, alcohol, tobacco
 - Exercise: keep moving, particularly outdoors
 - Sunshine, fresh air, nature, exertion
 - Environment: reduce contaminants
 - Clean air, clean surfaces

TAKING CONTROL

➤ Preventive action

- Hygiene: personal cleanliness
 - Wash hands, clothes, and contact surfaces
- Avoid disease agents:
 - Be conscious of exposure to unfamiliar surroundings and crowds of different people
 - Kids in school become vectors of disease
- Find resources that support your efforts
 - Holistic, naturopath, integrative

TAKING CONTROL

- Preventive action recommendations
 - Vitamins: A, B, C, D, and E. Some vitamins should not be taken in excess. Get tested for your current levels.
 - Minerals: Zinc, Magnesium, Selenium, Calcium
 - Antioxidants: Quercetin, Echinacea, healthy foods (fruits and vegetables, Juice Plus), spices and herbs
 - Oxidative stress can come from both internal and external sources, and lessens the ability of your body to function properly.

TAKING CONTROL

➤ Corrective action: for when you are feeling different than normal

- Aches & pains
 - Dry congestion
 - Wet congestion
 - Runny nose
 - Addressing symptoms vs. causes
 - Enhancing the body's natural functioning
- | |
|-----------|
| Fevers |
| Dry cough |
| Wet cough |
| Malaise |

TAKING CONTROL

➤ Corrective action

- Address deviations early.
- Personal care-taking: treat yourself well.
 - Rest, warmth, soothing activities, enhanced environment.
 - Drugs: use only what is necessary and appropriate.
- Medicinal care-taking: support your body.
 - Phytochemicals: use what relieves your symptoms and enhances the body's ability to heal.

TAKING CONTROL

- Corrective action recommendations: Treat the symptoms?
 - It can make you feel better, but will not fix the ailment.
 - Feeling better can actually enhance your ability to heal, but might also encourage you to ignore your need to heal.
 - What do animals do that are injured or sick?

TAKING CONTROL

- Corrective action recommendations: Address the causes.
 - Encourage your body's return to homeostasis by providing it with the appropriate building blocks.
 - Recovery takes time: make allowances for the process.
 - Pay attention to your body and learn what works for you.

TAKING CONTROL

- Some corrective action recommendations that are based on natural remedies:
 - Aches, pains, and fevers: willow bark tincture
 - Coughs and congestion: coltsfoot, licorice root, mullein, plantain
 - Runny nose: plantain, chickweed, aster flowers
 - Malaise: ginseng, garlic, lemon balm,

TAKING CONTROL

- What is a healthy meal? Pasta!
 - Durum wheat: protein, folic acid, fiber, lutein, iron. Low glycemic index.
 - Tomato: lycopene, vitamin C, potassium, folate, vitamin K, beta carotene, Naringenin, Chlorogenic acid.
 - Oregano: Antioxidant, Antibacterial, Antiviral, Anticancer, Anti-inflammatory
 - Basil: Antibacterial, Carminative, Digestive, Stomachic, Tonic
 - Garlic: Antibacterial, Antiviral, Detoxifying, lowers blood pressure, improves immune function, reduces cholesterol

TAKING CONTROL: SUMMARY

- Understand YOUR body
- Eat well; read and understand labels
- Exercise
- Rest and relax
- Be an active participant in your healthcare
- Find resources, research, and learn more
- Consider natural solutions
- Associate with like-minded people

GOD HAS PROVIDED US WITH ALL WE NEED,
IT IS UP TO US TO USE IT PROPERLY.



MORE...

- Part two of this presentation will focus on how plants can be a valuable resource for your healthcare, both preventive and corrective.

RESOURCES

- Traditional Medicinals (commercial site with valuable information): <https://www.traditionalmedicinals.com/>
- Eat the Planet (a blog about wild edibles and medicinals): <https://eattheplanet.org/>
- The European Medicines Agency (European regulatory agency): <https://www.ema.europa.eu/en/human-regulatory/herbal-medicinal-products>
- ND Health Facts (the wiki of the Naturopathic Medicine Profession): https://www.ndhealthfacts.org/wiki/Main_Page
- Medicinal herbs - Information about more than 4000 herbs: <http://www.naturalmedicinalherbs.net/>

RESOURCES

- Legends of America, Native American medicine: <https://www.legendsofamerica.com/na-medicine/>
- Plants for a Future (researching and providing information on ecologically sustainable horticulture): <https://pfaf.org/user/Default.aspx>
- Evidence-Based Complementary and Alternative Medicine: <https://www.hindawi.com/journals/ecam/>
- The Herbal Resource (demystify both the tradition and the science of natural solutions to health ailments): <https://www.herbal-supplement-resource.com/>

RESOURCES

- Journal of Ethnopharmacology (an Interdisciplinary Journal Devoted to Indigenous Drugs):
<https://www.sciencedirect.com/journal/journal-of-ethnopharmacology>
- The World Flora Online (An Online Flora of All Known Plants Supporting the Global Strategy for Plant Conservation):
<http://www.worldfloraonline.org/>
- Botanical.com, A Modern Herbal (Home of the electronic version of "A Modern Herbal" by Maud Grieve, originally published in 1931):
<https://botanical.com/>

RESOURCES

- National Center for Complementary and Integrative Health (U.S. Department of Health and Human Services):
<https://www.nccih.nih.gov/>
- Environmental Working Group: *To empower you with breakthrough research to make informed choices and live a healthy life in a healthy environment.* <https://www.ewg.org/>
- Children's Health Defense: *To end childhood health epidemics by working aggressively to eliminate harmful exposures, hold those responsible accountable, and to establish safeguards to prevent future harm.* <https://childrenshealthdefense.org/>



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