

The Paradigm Shift from Mechanical Medicine to Holistic Health, America's Healing Journey

Mat Stowell
March 24th, 2007

We are at last seeing transformation, a paradigm shift from mechanical medicine to a unified, proactive approach to holistic health and well being.

In the nineteenth century when Rene Descarte, the French philosopher, contributed his theory of the separation of mind and body and the French invented diagnostic tools such as the stethoscope, medicine became increasingly mechanical. Diagnosis and treatments were decided by analysis of the patient's symptoms as the primary means of determining a patient's condition. Specialization of medical care was encouraged across the board to increase profitability and provide a higher standard of health care to a growing and more diverse America.

Until the discovery of sulfa drugs and Dr. Jonas Salk's cure for poliomyelitis, most of our medicines came from plant sources and up to fifty percent still do today. At the time chemists in the pharmaceutical industry decided to create a pain reliever, they made salicylic acid or aspirin modeled after the molecular structure of white willow bark, known as an effective pain reliever in native culture for centuries. We know now from the philosophy of homeopathy, or like symptom like cure, that the symptom should not be suppressed but is actually the first phase in the healing process. So, homeopathy works with the symptom to encourage the body's natural ability to heal and restore homeostasis or balance and vitality.

In our age, economic, environmental, and community preparedness demands that we redefine and fully support health care which responds quickly, effectively and that honors the healer within and our stewardship relationship with each other and creation. New botanicals with great potential are being discovered every day in the Amazon rain forest and other bioregions. These discoveries require consistent, unified global cooperation in the preservation and research of our natural pharmacopeia such as the work of Plant Savers, a Vermont organization. This research holds the key to our healthier future.

We are now seeing the results of the law of accumulative effect. Increasingly higher levels of heavy metals, insecticides, and pesticides resulting from our industrial and high tech development and expanding agricultural production are evidenced in an increase of auto-immune conditions in people and animals, autism, adhd, cancers, Alzheimers, Parkinsons, and Multiple Sclerosis. We know that insecticides and pesticides are designed to disrupt the insect nervous system and eliminate it. These toxins then can also compromise our nervous and immune systems as they accumulate in our bodies from food produced this way. We should then eat our foods fresh, local, organic, and in season which also supports our goals of regional agricultural independence and sustainability. Increasingly, the use of antibiotics in treatment and in the meat and dairy industries have made them less effective against bacteria, viruses, and opportunistic infections which can mutate more quickly than our

ability to create new vaccines to treat them.

We recognize and support those businesses and organizations dedicating and coordinating their resources for a healthier America for the 21st Century. In our community, we are setting the standard in these ways.

We are creating a Fresh Start Program which will include establishing an organic nutrition standard for students and their families in the program, providing affordable holistic health consultation, classes, programs, products, and services. We are working with natural health practitioners, teachers, and Oregon Tilth to provide organic nutrition and program development. Supernatural Foods, makers of Nola Nuggitz, are creating high quality, grain based products, fully committed to purity and quality, working with local growers and suppliers. The Supernatural Food staff are also dedicated to building community partnerships that will provide the best nutrition and guidance to our youth and those adults who are ready for a fresh start. This will then become our model for development in cooperation with other communities ready to participate with us across the country such as Grace Center, St. Louis, Missouri, one of Celebration Tabernacle's outreach programs. Univera, a Lacey, Washington company is helping lead the way with their leading edge nutraceutical formulas for detoxification and cellular renewal working with a 6,000 plant library with comprehensive double blind scientific studies and genome research to choose the very best botanical formulas and eliminating any undesirable components to optimize their effectiveness with a commitment to helping humanity.