

HOLISTIC CARE DOCTORS' MANIFESTO

1. No Pill Pushing

We will not prescribe medication as a first resort unless patient's life depends on it. To pressure someone to take medicine they do not need is to add to that person's health problems later. We will not depend on pharmaceutical to improve someone's life; we will improve their life through their body in the most natural way possible. We will not accept kickbacks for prescribing a specific pharmaceutical company's drug.

2. Treat the Patient, Not the Symptoms

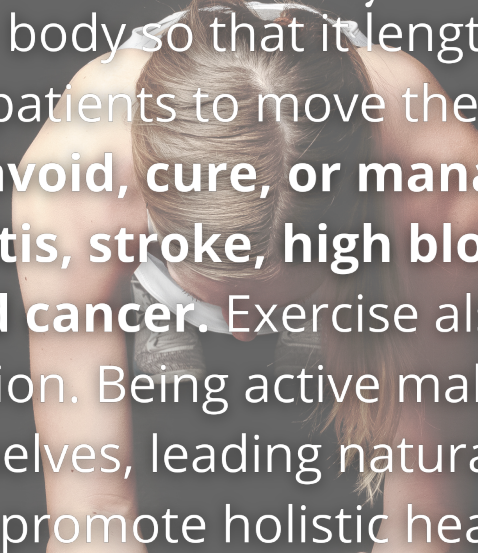
There is a person behind every illness, be it minor or major. Remember, our goal is to get our patient back to living the healthiest life they can. We are not fixing a broken machine; we are treating a sick body that is interconnected, each part affects another, and those parts make a whole, beautifully functioning body with a fully cognizant human being in charge of it.

3. Stress What Nourishes the Body

Our patients may not know the harm and benefits eating certain foods has on their body's function. By informing and recommending certain dietary changes, we help enact a whole body change that thrives off of the human body's ability to transform food into feel-good hormones, extra energy, renewed vitality, and better mental focus. **Advocating healthier food options provides our patients with the information they need to maintain a strong and fulfilling lifestyle they choose.**

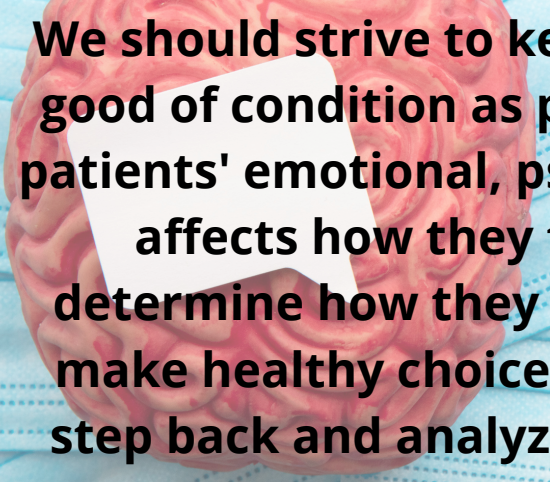
4. Incentivize an Active Lifestyle

We condition the body so that it lengthens our lifespan. Encouraging our patients to move their bodies more will help them either **avoid, cure, or manage heart disease, diabetes, arthritis, stroke, high blood pressure and cholesterol, and cancer.** Exercise also correlates with decreased depression. Being active makes our patients feel better about themselves, leading naturally to better choices that promote holistic health.



5. Take Care of Mental Health

We should strive to keep our patients' mental states in as good of condition as possible. Mental health includes our patients' emotional, psychological, and social well-being. It affects how they think, feel, and act. It also helps determine how they handle stress, relate to others, and make healthy choices. We should encourage patients to step back and analyze their mental well-being. Let them tell us what could be stressing them and provide alternatives to assist in solving their problematic situation.



6. Listen

We should listen to what our patients are telling us about their health. This should be a given, but many doctors believe they know better than their patients when it comes to healthcare. Our patients know their bodies better than we do. They understand their family history, their bodily pains, their diets and activity level.

