

# From **blueprint** to **real world** health transformation in communities

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# PLANET IN CRISIS LOOKING BEYOND CLIMATE CHANGE

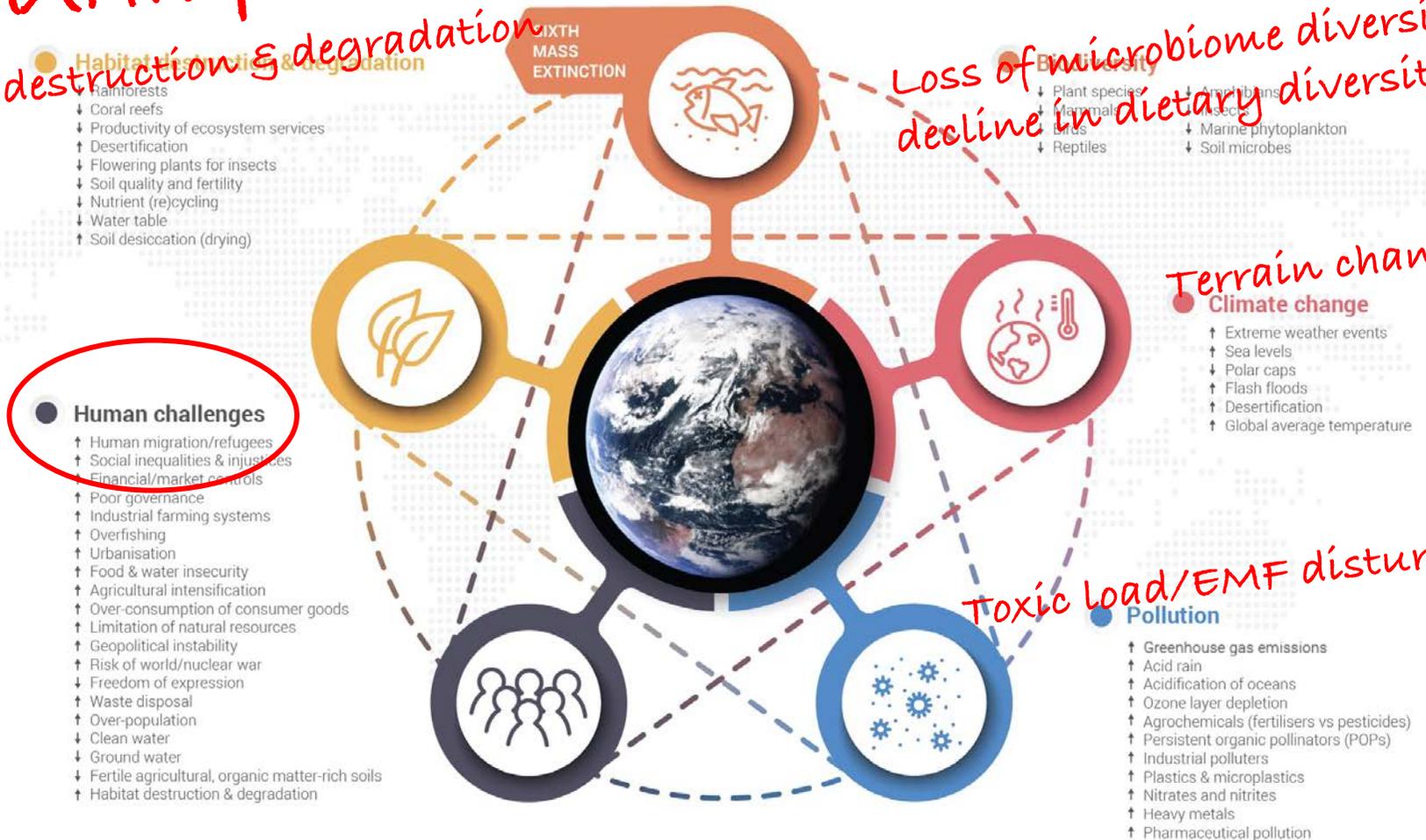
**HUMANITY**

*Terrain destruction & degradation*

*Loss of microbiome diversity / decline in dietary diversity*

*Terrain change*

*Toxic load/EMF disturbance*





COMPLEXITY. <<<

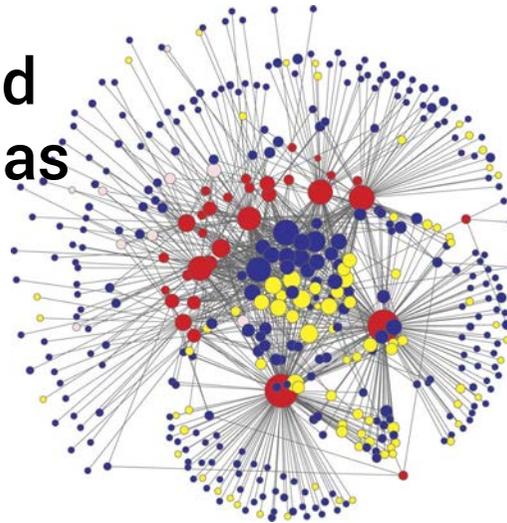


>>> STABILITY

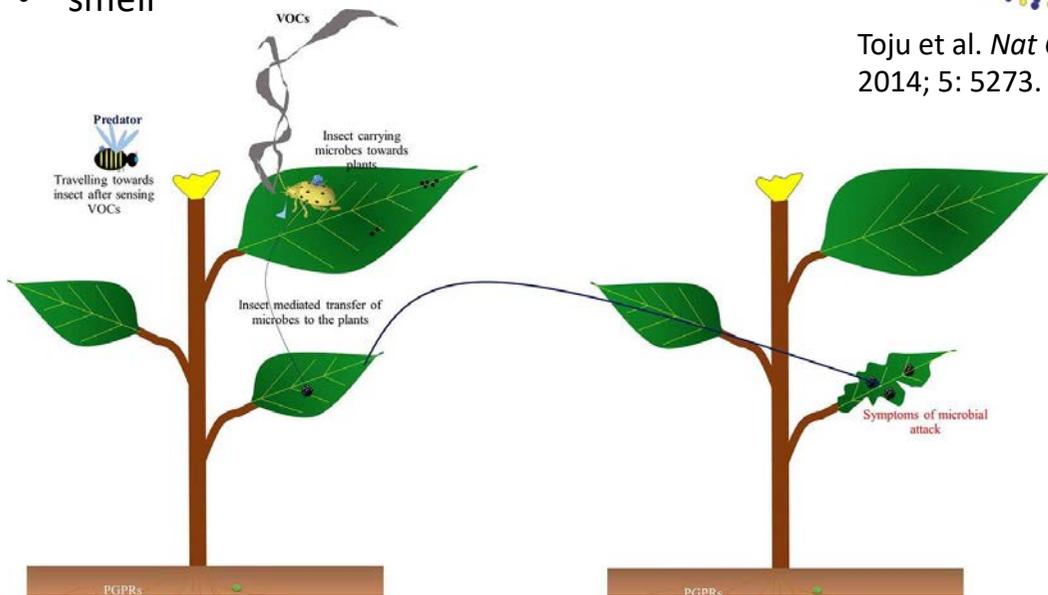
# Humans, other animals and plants are not as different as we sometimes think

Plants can:

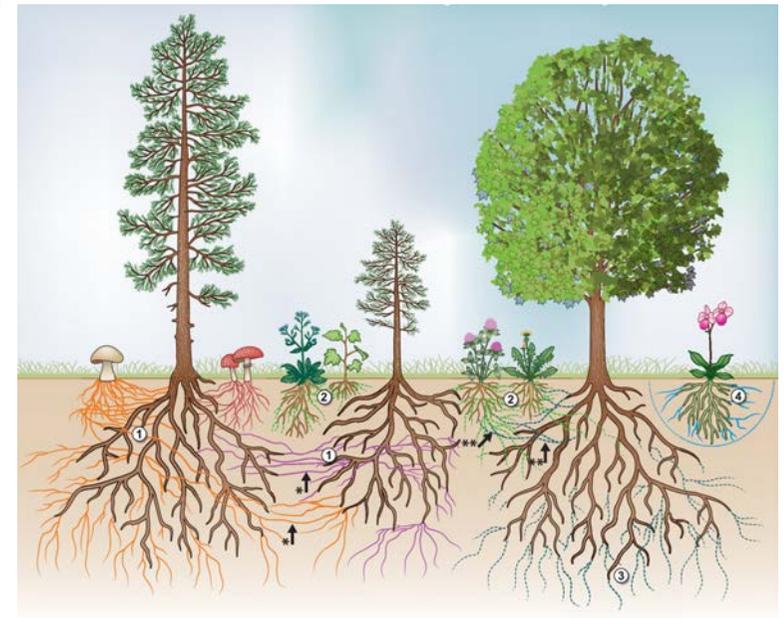
- see
- hear
- speak
- smell
- feel
- react
- think



Toju et al. *Nat Commun.* 2014; 5: 5273.



Noman et al. *Science of the Total Environment*, 2020; 699: 134181.

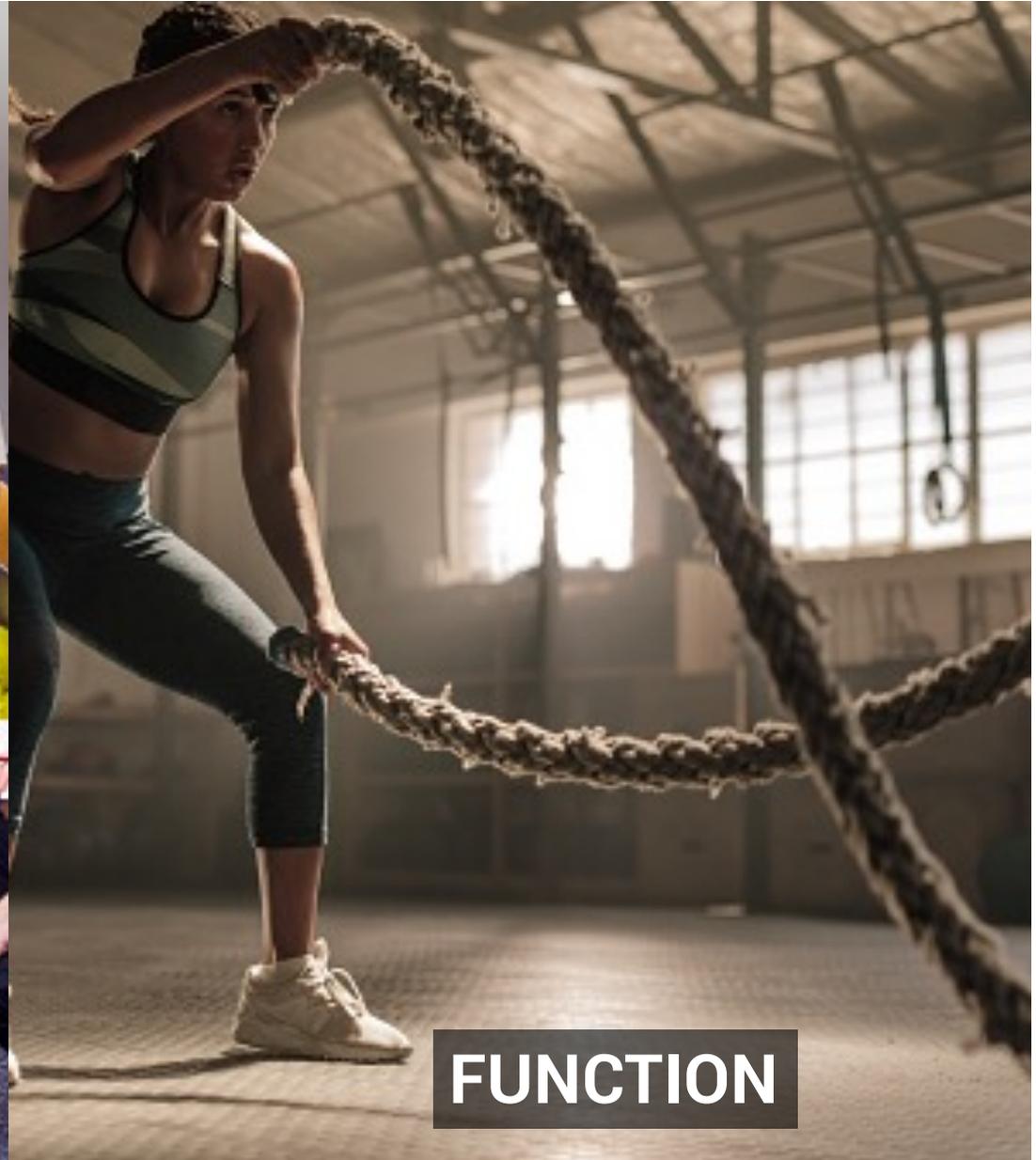


van der Heijden et al. *New Phytologist* 2015: doi: 10.1111/nph.13288

# COMMON LANGUAGE



# FUNCTION

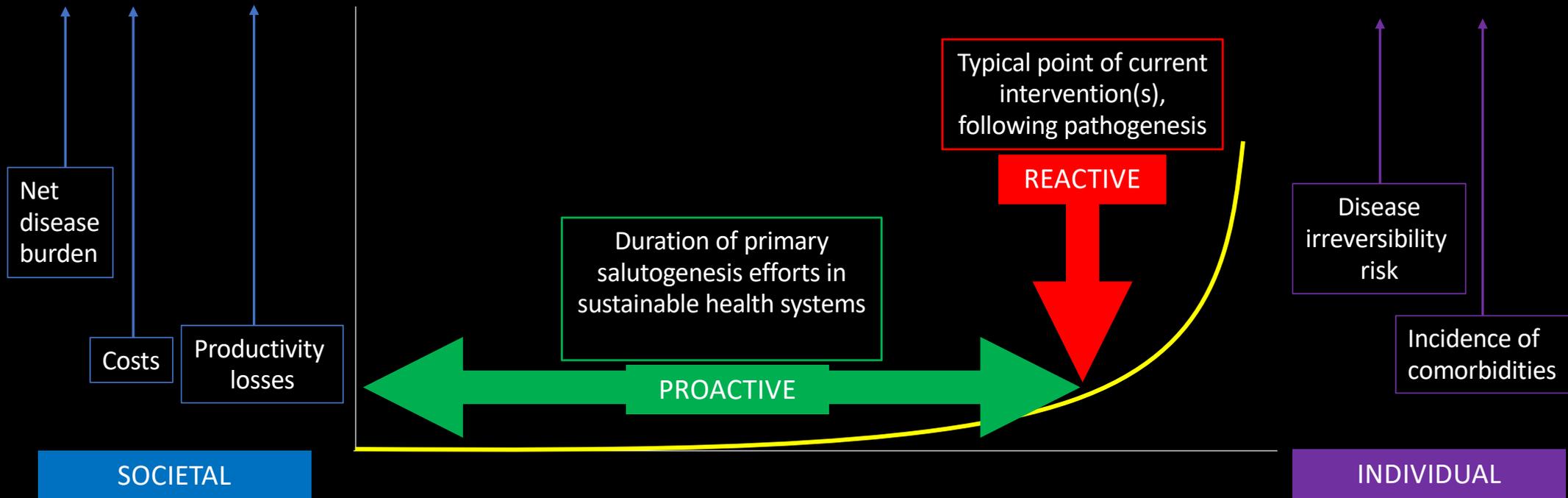


# 10 problems with existing health & care systems

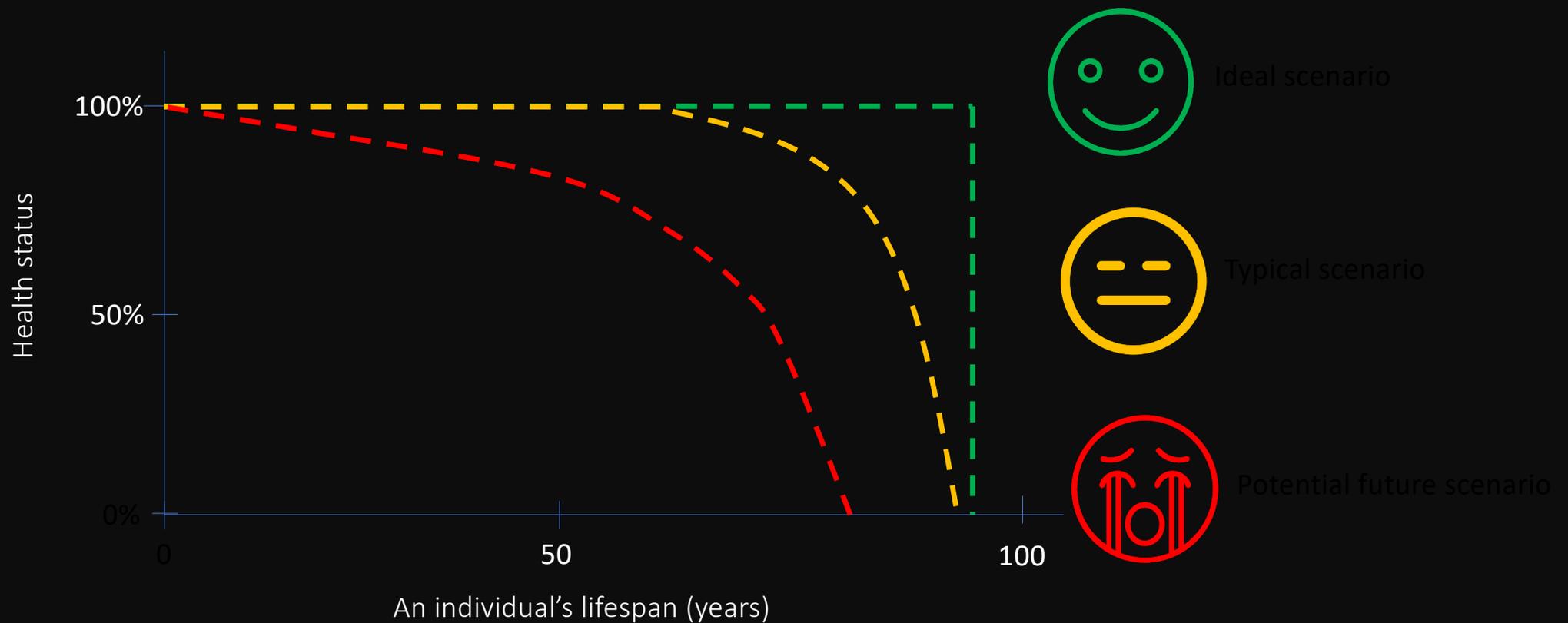


# Transitioning

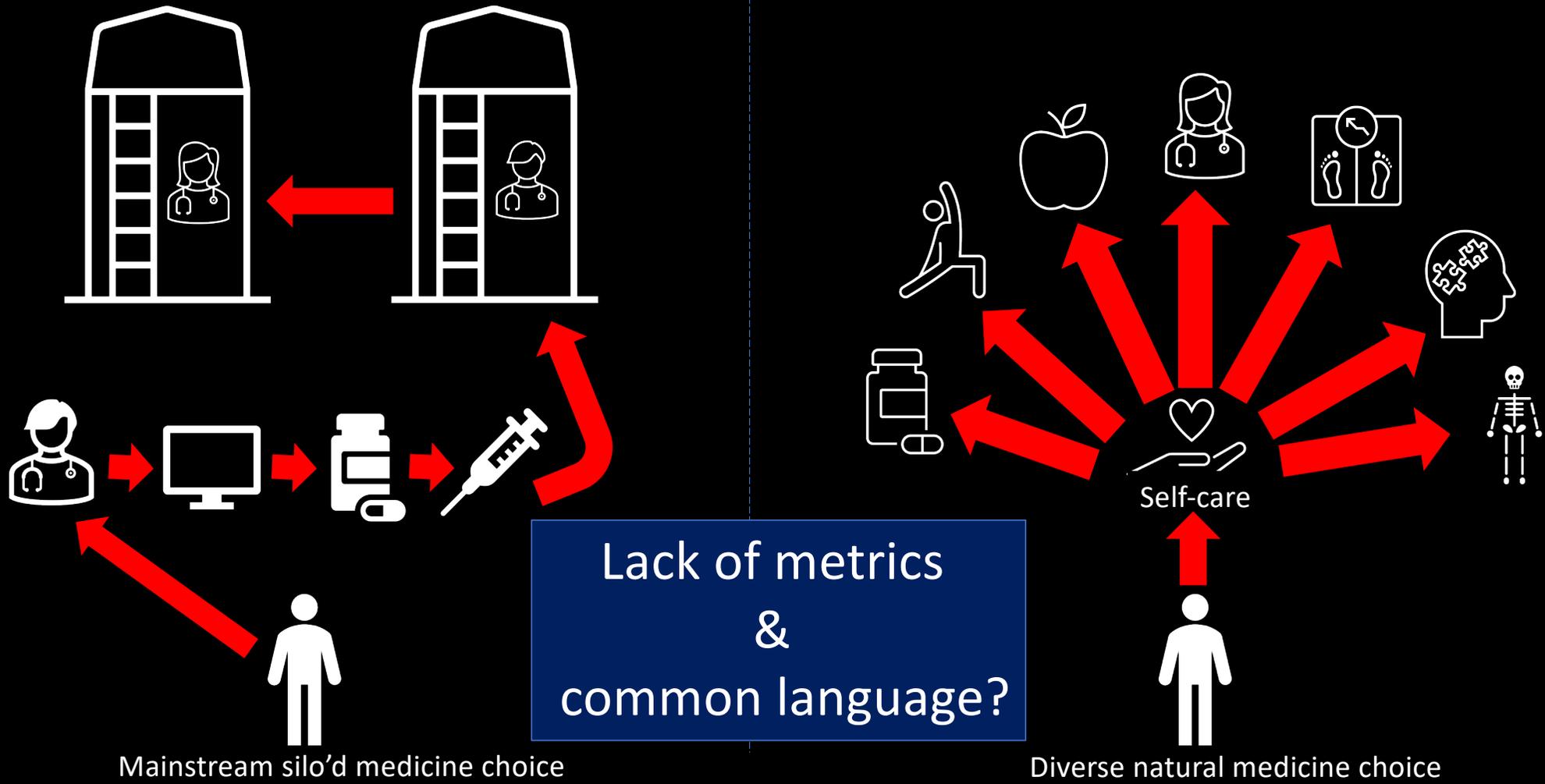
FROM REACTIVE, DISEASE-CENTRIC SYSTEMS  
TO PROACTIVE, ECO-CENTRIC SYSTEMS



# The deteriorating human survival curve



# The current predicament of many...



# 10 THINGS WE NEED...

1. Upstream
2. Ecological
3. Holistic
4. Sustainable
5. Common language
6. Bottom-up
7. Connected
8. Health-centric
9. Sovereign
10. Collaborative



Your person-based,  
local, system of  
health regeneration

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# Blueprint for Health System Sustainability

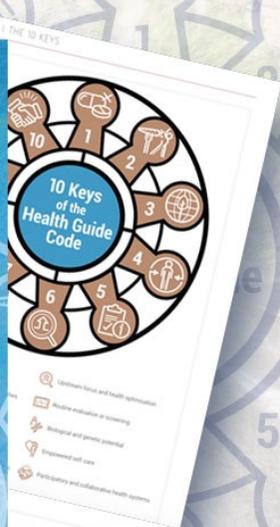
12 Domains of your Ecological Terrain

10 Keys of the Health Guide Code

4 Containers of Health

MIND BODY  
SPIRIT ENVIRONMENT

alliance for  
natural health  
INTERNATIONAL



FOOD & HEALTH  
GUIDE

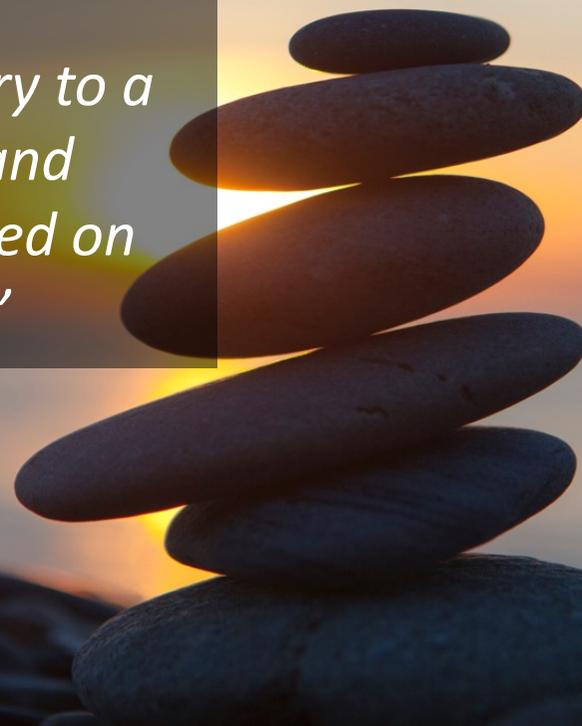
FOR ADULTS AND CHILDREN OVER 4

1. Eat a variety of fruits and vegetables  
2. Choose whole grains  
3. Limit added sugars  
4. Limit sodium  
5. Choose lean proteins  
6. Stay hydrated  
7. Limit alcohol  
8. Avoid tobacco  
9. Practice good food safety  
10. Read and understand food labels



*“Transformative and systemic changes in how we as humans manage our health are now needed as a matter of urgency.*

*This includes transitioning from a more mechanistic model of healthcare delivery to a trans-disciplinary, adaptive, emergent and holistic model of health care that is based on living, dynamic and ecological systems.”*



# Three lenses are better than one

## EPIGENETICS

How behaviour & environment **change gene expression**

### Evolution

The change in the characteristics of a species over several generations according to the process of **natural selection**

### Ecology

How organisms **interact** with one another and with their environment

### Systems biology

The **interactions and behaviour of the components of biological entities**, including molecules, cells, organs, and organisms

# An individual's Ecological Terrain:

the basis for a common language for health creation & regeneration



- 1 = Genetic and epigenetic background
- 2 = Glycemic control and metabolic flexibility
- 3 = Gastrointestinal system and microbiome function
- 4 = Mitochondrial function
- 5 = Immune system function and inflammatory status
- 6 = Oxidative stress status
- 7 = Neuroendocrine system function
- 8 = Circulatory system function
- 9 = Toxic burden and biotransformation
- 10 = Structural integrity status
- 11 = Psychological and cognitive function
- 12 = Psychosocial-emotional health status

# The sustainable health system 'code of bioethical practice'



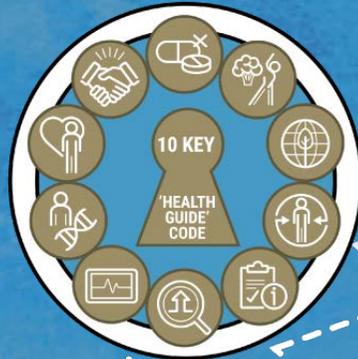
- 1 = Reduced pharmaceutical dependence
- 2 = Non-pharmaceutical healthcare approaches
- 3 = Economic and environmental sustainability
- 4 = Person-centred health care
- 5 = Health and resilience optimization
- 6 = Upstream focus
- 7 = Meaningful informed consent for medical interventions
- 8 = Health monitoring and access to data
- 9 = Empowered self-care and health data ownership
- 10 = Participatory and collaborative health systems

# Blueprint

for **community-based sustainable health systems**

- Assessments: ecological context
- Modality agnostic
- Natural selection of effective approaches
- Costly pharma R&D no longer a priority
- Health data sovereignty
- Democratised digital platform & apps
- People and domain expert health guides connected
- Stakeholders managed via comprehensive bioethics framework

Ecological Terrain aware, diverse modality 'health guides'



Awareness & understanding of whole system function

Effective guided support & care

Healthful & resilient individuals and communities



Guidance sought

No guidance sought

Effective self-care

Self-guided or biomedical assessment



Optimise wellbeing via the 12 domains of the Ecological Terrain

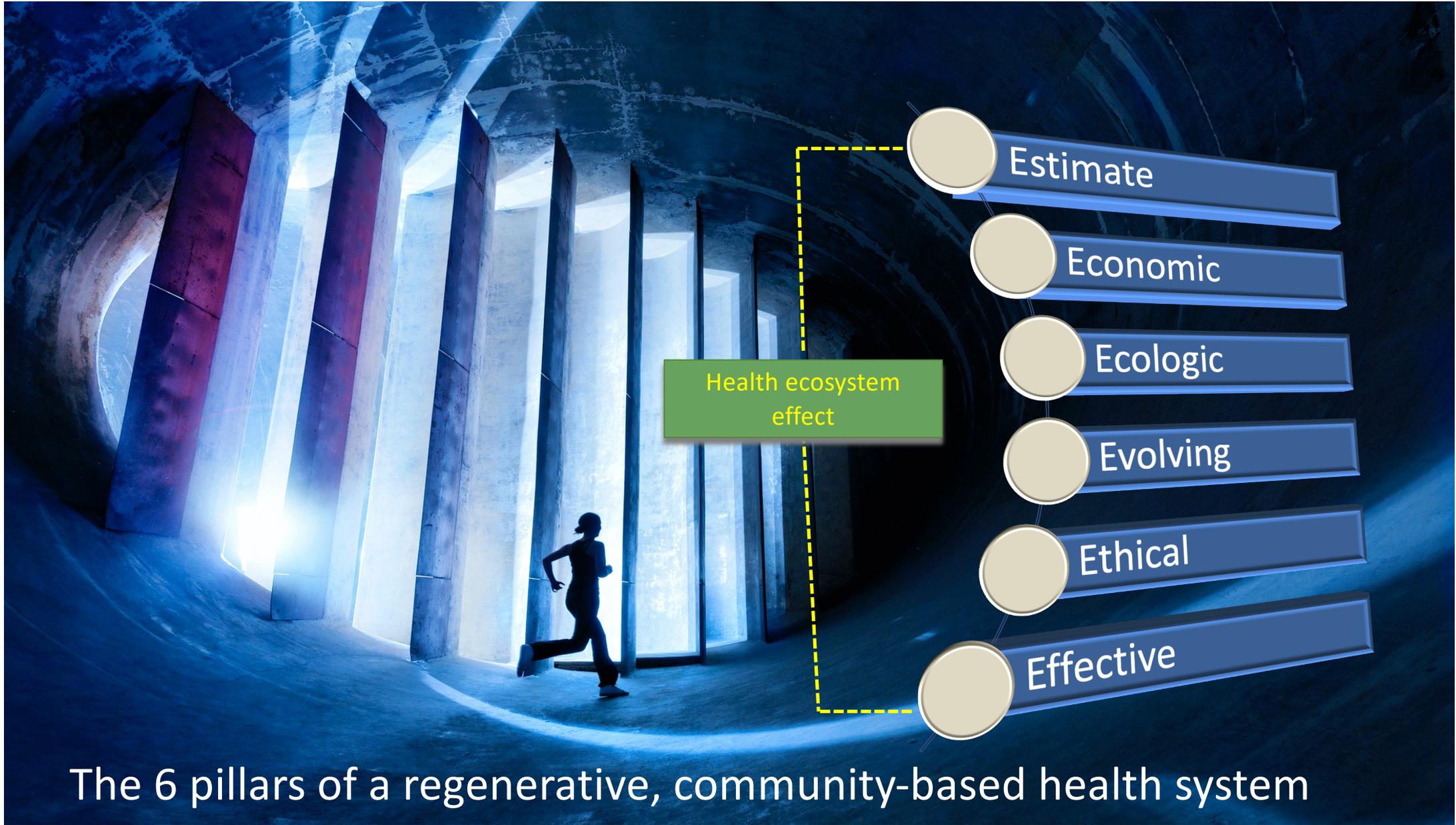
Building resilience and self-healing capacity of individuals and communities



HOW DO WE  
GET THERE?

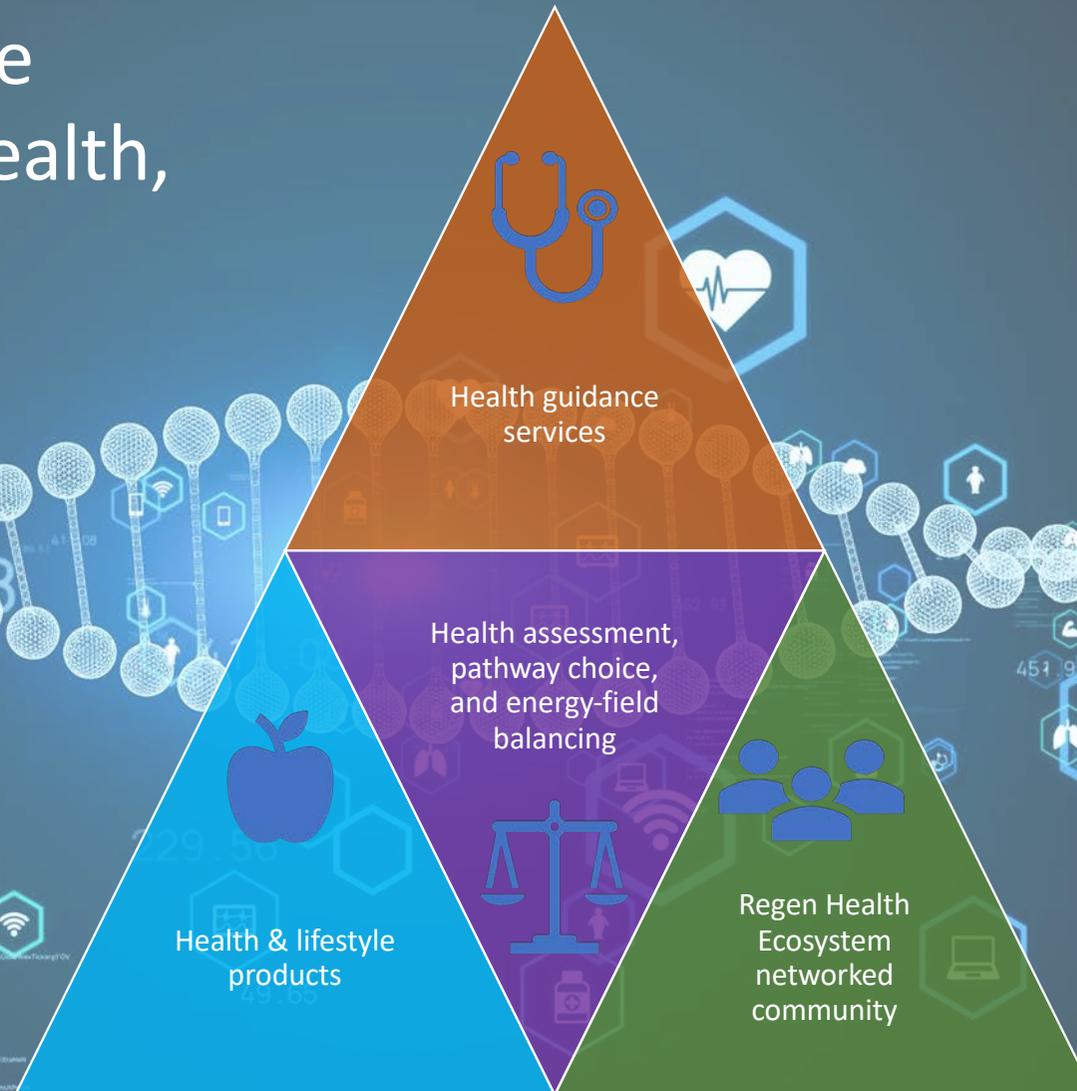
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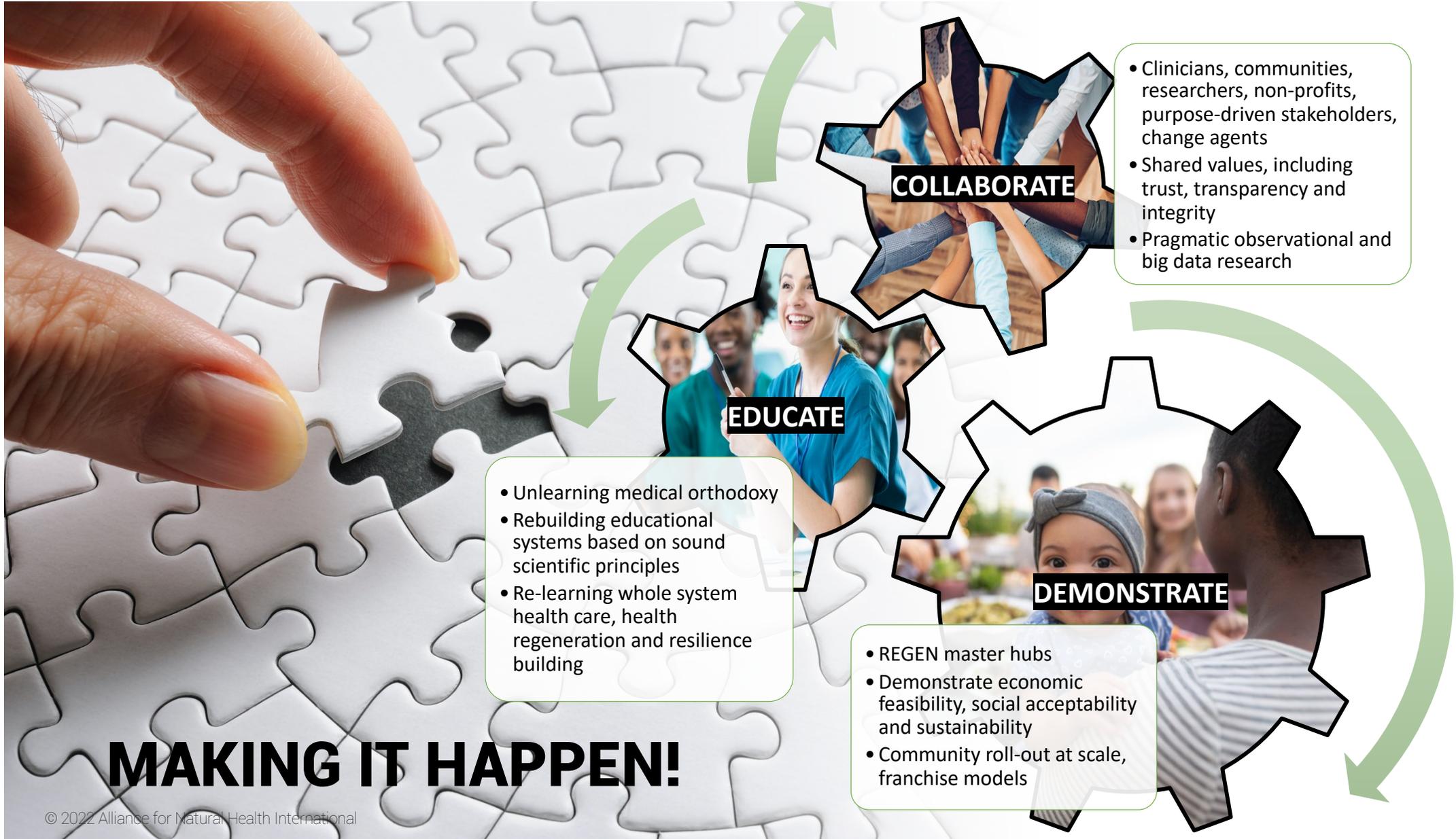




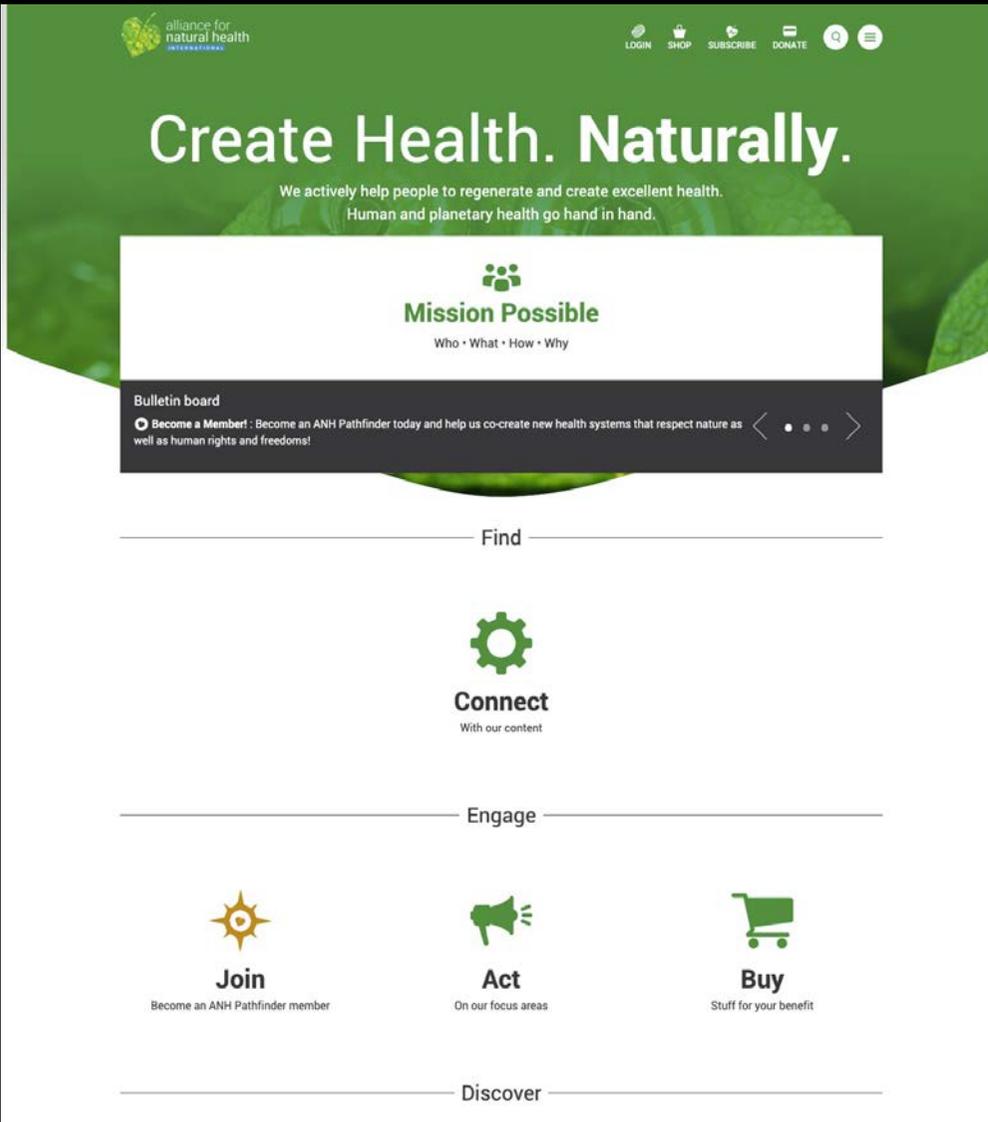
The 6 pillars of a regenerative, community-based health system

# Potential structure of regenerative health, community hubs





# MAKING IT HAPPEN!



Transforming how  
we manage our  
health – together.

Find out more at:  
[www.anhinternational.org](http://www.anhinternational.org)

Search: blueprint, great health reset,  
sustainable health

