

The Medicine of God is Free

THE CREATOR MODEL OF HEALTH CARE



*Empowered by the 5 Pillars of Wellness.
The Glory of God is **man fully alive** in mind, body,
and spirit.*



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Dr. George J. Ceremuga received a Bachelor of Science from the United States Military Academy at West Point, N.Y. He served as an Army Officer with the 4th Infantry Division prior to medical school. He received his Doctor of Osteopathy from the Ohio University College of Osteopathic Medicine and completed a Family Practice Residency at The Medical Center in Beaver, Pennsylvania.

One of his most memorable assignments was the Chief of Integrative Holistic Medicine and Clinical Director of the Ft Belvoir Inpatient Substance Abuse Program from 2013-2015. It was during this assignment that the HOLY SPIRIT guided his practice to Holistic Health and Healing: Empowering ourselves through the Creator Model of Health Care to the optimal health of mind, body, and spirit.

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ACTIVE DUTY VETERAN SALUTE

Veterans are the light at the tip of the candle illuminating the way for the whole nation. If Veterans can achieve awareness, transformation, understanding and peace...they can teach us how to make peace with ourselves and each other, so we never have to use violence to resolve conflicts again.

Thich Nhat Hanh

”



OBJECTIVES:

- To lead with love
- To enjoy pure peace in the presence of Jesus
- To be empowered to live fully alive in mind body and spirit through the 5 pillars of wellness



VISION:

Build a healthy, vibrant, and resilient nation.

MISSION:

Empower ourselves to the Optimal Health of Our Mind, Body and Spirit through the 5 Pillars of Wellness.

VALUES:

HUMILITY
LOVE
FORGIVENESS

GUIDING PRINCIPLES:

We are all responsible for our health and choices.

You must know that your body is a temple of the Holy Spirit, the Spirit you have received from God. You are not your own. You have been purchased at a price. So glorify God in your body.
- 1 Corinthians 6:19-20

All life and healing come from God.

For I am the Lord who heals you. - Exodus 15:26

God is the greatest physician.

God created man in his image; in the divine image he created him; male and female he created them. - Genesis 1:27

Prayer is the best medicine.

Truly I tell you, the one who believes in me will also do the works that I do. And he will do even greater works than these, because I am going to the Father. And whatever you ask in my name I will do, to glorify the Father in the Son. - John 14: 12-13

God has commissioned me to heal you. - Tobit 12:14

Then he summoned his twelve disciples and gave them authority to expel unclean spirits and to cure sickness and disease of every kind. - Mathew 10:1

THE CREATOR MODEL OF HEALTH CARE CURRICULUM

Spirituality

Starting the day with a prayer and worship.

Flame of Love and the Divine Mercy

The Flame of Love is the immense love and grace of God to blind Satan and to save souls. This will bring about the renewal of the earth.

[Suggested videos:](#)

[Flame of Love and the Divine Mercy](#)

[Five Finger Prayer](#)

[The Four Direction Prayer](#)

[Read Daily Devotions](#)

Songs of worship

Song Titles and Links:

[Jesus Sana](#)

[Talk to Jesus my Guiding Light](#)

[The Four Direction Prayer Song](#)

[Bless the Lord Oh my soul \(10,000 Reasons\)](#)

[Amazing Grace](#)

[The Chaplet of Divine Mercy](#)

[Rise Up Mighty Warrior](#)

[Love is the Answer](#)

***A joyful heart is good
medicine, but a
crushed spirit dries up
the bones.***

Proverbs 17:22

Talk to Jesus My Guiding Light

Talk to Jesus in the morning
Talk to Jesus in the night
Talk to Jesus, my mindful moments
Talk to Jesus, my guiding light.

Jesus is the Lord of Lord
Jesus is the King of Kings
Jesus is my salvation
Jesus lives in you and me.

Icebreakers

Icebreaker Questions

- If you were a vegetable, what vegetable would you be?
- If you woke up tomorrow as an animal, what animal would you choose to be and why?
- If you could live anywhere on this planet and take everything that you love with you, where would you choose to live?
- What favorite color are you and how does being that color make you feel?
- If you could sit on a bench in a beautiful woods, who would you like sitting next to you on the bench and why?

[Download other Icebreaker Questions here.](#)



Grounding Exercise

The goal is to free any blocked energy channels for optimal flow of our body's vital energy.

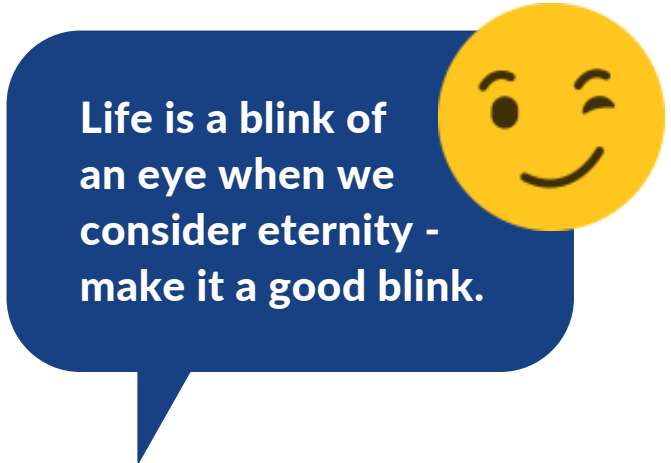
Watch video: [Grounding Exercises](#)
[Download Free Handout](#)

BREATHE IN, BREATHE OUT

- Sit comfortably with feet on the ground.
- Relax shoulders w/ hands in lap.
- Softly close your eyes if comfortable.
- Deep breathe through nose and hold.
- Breathe out through mouth.
- Repeat x10.

Benefits: Calm, Relax, Renew

[Download Free Handout:](#)
[4-7-8 Breathing Technique Handout](#)



Empowerment: Part 1

Holistic Health and Healing

Empowered to the optimal health of our mind, body and spirit.



HOLISTIC

Mind, Body & Spirit

HEALTH

"Own It" through the 5 Pillars Rx

HEALING

Body is amazingly made for wellness. Self-healing and self-regulating.

Lead with Love: Create a Culture of Kindness

1. Stressors are inflammatory.

- Sentiments
- Sedentary
- Sad American Diet
- Soda
- Suds
- Smoking
- Sin: Unlove or Unforgiveness

2. SIMPLE



S eek
I ntimacy
M editation / Mindfulness
P urpose
L ove and forgive self and others
E ternal life



A physician once said, "**The best medicine for humans is love.**" Someone asked, "What if it does not work?" The physician smiled and said, "**Increase the dose.**"



"The greatest weapon against stress is our ability to choose one thought over another."

- William James

3. Choose to Love

- Trust and Thankfulness will get you safely through this day
- Trust protects you from worry and obsessing
- Thankfulness keeps you from criticizing and complaining
- Keep your focus on the Creator and thought patterns of trust become etched into your brain.

It's a
choice.
Choose to
love

The 5 Pillars of Wellness Prescription

1 Water: Mini Wiconi, Agua is Vida, Water is Life (physical and spiritual)

Drink spring, bottled or filtered water. Half of our weight is in oz.

"...but whoever drinks of the water that I will give him shall never thirst; but the water that I will give him will become in him a well of water springing up to eternal life." - John 4:14

Amen, Amen, I say to you, unless one is born of water and the Spirit, he cannot enter the Kingdom of God. - John 3:5



2 Food is Medicine

Keep diet simple: whole foods, fruits, and vegetables. Organic if possible.

God said, "I have given you every plant with seeds on the face of the earth and every tree that has fruit with seeds. This will be your food."

-Genesis 1:29

"Please test your servants for ten days, and let us be given some vegetables to eat and water to drink." -Daniel 1:12



[Download Free Handouts:](#)

[5-Day Gut-Healing Detox](#)

[8 Health Benefits of Raw Honey](#)

[Benefits of Apple Cider Vinegar](#)

[7 Rules and Snacks To Feel Fully Alive](#)

[Additional Resource:](#)

[Dr. Weil's Anti-Inflammatory Diet](#)

[Healthy Recipes](#)

Quick Energy Tips

- Breathe In, Breathe Out
- 4-7-8 Breathing Exercise
- Brain Yoga
- head, shoulders, knees, and toes
- Drink a large glass of spring water with raw apple cider vinegar, lemon, or lime.
- Close your eyes and place eyes on chest.
- Pray: Positive Affirmations
- Go for a walk.
- Important to give and receive 3 hugs daily.



3 Exercise: 30 minutes on most days

Routine exercise on most days.

Whatever you do, work heartily, as for the Lord and not for men. -Colossians 3:23

So, you were bought with a price. So, glorify God in your body. -1 Corinthians 6:20

4 Sleep 7 to 9 hours nightly

In peace I will lie down and sleep, for you alone, Lord, make me dwell in safety.

- Psalm 4:8

"Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light."

-Matthew 11:28-30



5 Loving and Forgiveness

Practice love and forgiveness: Imitate the life of Jesus.

You shall love the Lord your God with your whole hear, with your whole soul, and will all your mind. This is the greatest and first commandment. The second is like it: You shall love your neighbor as yourself. -Matthew 22:37-39.

Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you. -Ephesians 4:32

We know how much God loves us, and we have put our trust in his love. God is love, and all who live in love live in God, and God lives in them. -1 John 4:16



[Must watch videos:](#)

[The 5 Pillars of Wellness](#)

[Reclaiming God's Model of Healthcare](#)

[Free downloadable handouts:](#)

[5 Pillars of Wellness Prescription](#)

[5 Pillars Of Wellness E-Book](#)

Movement: Part 1

Yoga: Brings the mind, body, and spirit into the same room

[Free downloadable handouts:](#)

[Yoga Positions](#)

[Yoga Self-Care Techniques](#)

[Muscle Energy](#)

[Yoga, Tai-chi, Qigong](#)

[Planking and Push-ups](#)

[Must watch videos:](#)

[Yoga: LOL](#)

[Yoga Self-Care Technique](#)



Empowerment: Part 2

Smile, Breathe, Love

Three words to change the world.

1 SMILE

This meditation can be done throughout the day, reminds us to take time to be still in Jesus's Presence.

Put on a "Smile" and if appropriate take a step back and say to yourself:

"Jesus, I need you."

Benefits: Diffuses tension, relaxes the jaw, open to change.

2 BREATHE

Breathe In and Breathe out slowly. Disengage from the situation when appropriate. Slow our breath to calm our mind, relax our body and renew our spirit which is the foundation for healing.

"Jesus, I trust you."

Benefits: • Calms your mind, relaxes your body and renews your spirit.
• Gives time for the Holy Spirit to guide your thoughts, words and actions.

3 LOVE

Wrap you and the person(s) or situation in the **white light of love**, kindness, compassion, forgiveness, and peace. Pray for those who persecute you.

"Jesus, I love you."

As Jesus is all and in all, we have been given the mandate to love one another.

Must watch video:

[Smile, Breathe, Love Meditation](#)
[Loving Kindness Meditation](#)

Free downloadable handout:

[Smile, Breathe, and Love](#)

[Learn more at Smile, Breathe, Love page](#)

Empowering Ourselves to Optimal Health

Living each day sacred through Humility, Love, and Forgiveness.

HUMILITY

Regarding others and their opinions as more important than your own.

UNCONDITIONAL LOVE

Increase the dose of love.

FORGIVENESS

The first to apologize is the bravest, the first to forgive is the strongest, and the first to forget is the happiest!

14-Day Mindfulness Moments

Day 1

- Mindfulness Moment Video
- Lakota 4 Directions Prayer

Day 2

- Cultivate an Attitude of Gratitude
- Smile, Breathe, Love

Day 3

- Grounding Exercises

Day 4

- Loving Kindness

Day 5

- Progressive Muscle Relaxation

Day 6

- Reiki Energy

Day 7

- Yoga

Day 8

- The 5 Finger Prayer

Day 9

- Guided Imagery

Day 10

- Buddha Quotes

Day 11

- Creator Model of Healthcare

Day 12

- Positive Affirmations

Day 13

- Lakota 12 Virtues and Code of Ethics

Day 14

- Talking/Listening/Prayer Circle



Know more at [14-Day Mindfulness Moments Page](#)
[Download the free handout here.](#)

Meditation and Mindfulness

What is Meditation?

- Method for developing positive mental states and traits such as awareness and focus
- Beneficial to physical, mental and spiritual health
- Cultivates lasting changes in the brain
- An ancient discipline supported by modern research
- Nurturing the Divine Exchange

Medical Benefits of Meditation

- Anxiety disorders
- Asthma
- Cancer
- Depression
- Heart disease
- High blood pressure
- Pain
- Sleep problems



Types of Meditation

- Yoga
- Tai Chi and Qi-Gong
- Mindfulness
- Prayer
- Progressive Muscle Relaxation
- Body Scan
- Guided Imagery

What is Mindfulness?

- Non-judgmental awareness of the inner experience of emotions, thoughts, and sensations in the present moment.

If we judge, we leave no room for Love. - St. Teresa

- Purposefully keeping your thoughts in the present moment. Let go of past regrets and future worries.

Invite the Creator to control your thoughts, words, and actions.

- Discipline of continuous meditation

Benefits of Mindfulness?

Calms the mind, relaxes the body, and renews the spirit, the foundation for healing.

[Download free handouts:](#)

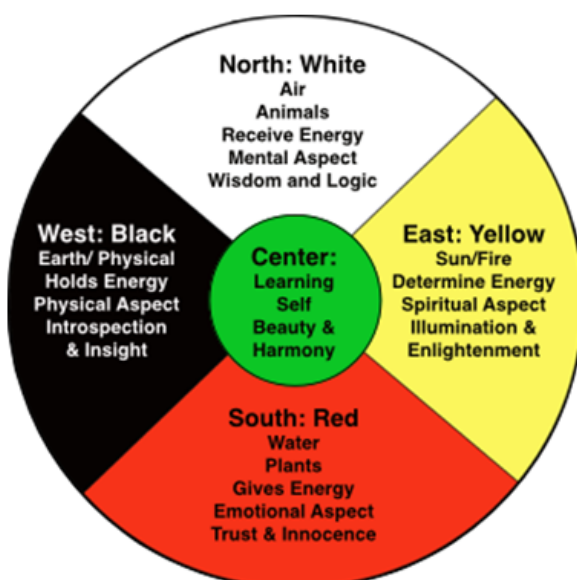
[Mindfulness Handout](#)

[Mindfulness Positive Affirmation](#)

My definition of Mindfulness:

Nurturing the Divine Exchange with CREATOR with continuous thanks and praise.

Integrative Holistic Medicine



Integrative and Holistic Medicine offers the best of Eastern Medicine (nutrition, yoga, acupuncture, meditation and mindfulness) with Western Medicine (medications, surgery, and osteopathic, chiropractic and physical therapy manual medicine modalities).

Integrative and Holistic Medicine represents the whole person.

Mitakuye Oyasin. We are all related.

All are one in Christ Jesus.
Galatians 3:28

For the Native Americans, the power of the world works in circles and everything always tries to be round. In the old days all our power came to us from the sacred hoop of the nation. So long as the hoop was unbroken, the people flourished.

The flowering tree was the living center of the hoop, and the circle of the four quarters nourished it. The east gave peace and light and the south gave warmth. The west gave rain, and the north with its cold and mighty wind gave strength and endurance.

➤ **Integrative Medicine** uses modalities such as acupuncture, osteopathic manipulation and relaxation techniques to reduce pain; dietary and herbal approaches to manage diseases such as diabetes and fibromyalgia; and group support to change habits associated with obesity, diabetes and heart disease.

➤ **Lifestyle Medicine** is an evidence-based practice of assisting individuals and families adopt and sustain lifestyle behaviors that can improve your health and quality of life, such as eliminating tobacco use, improving diet, practicing stress relief techniques, and increasing physical activity. Poor lifestyle choices are the root cause of modern chronic diseases. Scientific evidence is clear - adults with common chronic conditions who adhere to a healthy lifestyle experience rapid, significant, clinically meaningful and sustainable improvements in their health.

“
LIFESTYLE IS
IMPORTANT TO
ENHANCE
HEALTH
”

Movement: Part 2

Muscle Energy Techniques

Benefits:

- Help build core muscles.
- Strengthen lower backs.
- Uses opposite muscles to balance and promote a proper structure-function relationship.
- These techniques will be used to balance the pelvis. Pelvis is key in establishing optimal spinal health

[Download free handout.](#)



Affirmation

- Bring our worries to God and return to his great Love.
- May I be happy.
- May I be humble.
- May I be peaceful.
- May I be Loved.
- Replace worries with worship.
- God turns our battles into blessings.

[Download more affirmation here.](#)

**We are all
responsible
for our health and
all life and healing
comes from the
Great Spirit.**

**Let GO
and let**

God

Got questions?

Contact Us:

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