



CREATOR MODEL OF HEALTHCARE:

GOD'S MEDICINE IS FREE: TO TEACH, TO LOVE AND TO HEAL

OBJECTIVES

1. Put God first
2. Lead with LOVE - Build a culture of KINDNESS
3. Find pure peace in the presence of Jesus
4. Empowered to live fully alive in mind, body, and spirit all for the glory of God
5. Give God all the glory

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

4 GUIDING PRINCIPLES:

1. God is the greatest physician.
2. Prayer is the best medicine.
3. We are all responsible for our health and choices.
4. All life and healing come from God.

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.
- 2 Food is Medicine**
Keep diet simple: whole foods, fruits, and vegetables. Organic if possible.
- 3 Exercise: 30 minutes on most days**
Routine exercise on most days.
- 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
- 5 Loving and Forgiveness**
Practice love and forgiveness: Imitate the life of Jesus.



All we need
to fix the
world is to
love
one another