



**CHI** - Community Health Initiatives, are another area of focus that's connected to the HEAL anchor of the Inspiration Hub.

The global provision of 'healthcare' today is dominated and controlled by a disease management industry that operates primarily for the purpose of symptom suppression and maximum shareholder profit, with very little consideration and/or attention to long term healthy outcomes.

This approach is sadly and ironically proving to be diametrically opposed to human health and wellness in most respects. It is especially inexcusable considering that we have a number of far superior, safer and more effective options available to us in the public domain, outside the influence of pharmaceutical patents.

For example, it is now widely accepted and well understood that a healthy organic diet and mindful lifestyle choices, are two extremely safe and highly effective means of enhancing both mental and physiological wellbeing, while at the same time reducing the burdens of stress and chronic disease without the need for pharmaceutical drug intervention. Who would have thought that natural [magnesium is safer and more effective](#) than pharmaceutical 'anti-depressants'?

We also have a growing body of peer reviewed scientific evidence, that having access to nature, such as [spending time in a garden](#) and growing our own organic food, or even being in a forest practising [Shinrin-Yoku](#), is profoundly beneficial to our physical, mental and emotional health.

Exploring and researching all aspects of health and conscious living, allows us to investigate for ourselves what works and what doesn't at community level. The actual experience of improved health and wellbeing, is a far better indicator of safety and efficacy of a therapy or treatment, than many of the 'clinical trial' pharmaceuticals that have a long list of [dangerous side-effects](#) and questionable efficacy.

The Inspiration Hub allows individuals and groups to explore the potential benefits of researching, verifying and proffering safe and effective treatment and disease prevention options for improved physical, mental and emotional health in the community, including but certainly not limited to: [optimum nutrition](#), [psilocybin assisted psychotherapy](#), [cranial electrotherapy stimulation](#), [heart brain coherence](#) and [Nature therapy](#).



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