



# HEAL

## *Healthy Environment And Lifestyle*

**Background** *"The coronavirus (Covid-19) pandemic will leave a deep and lasting scar on the mental health of millions in this country. The devastating loss of life, the impact of lockdown and loneliness, and the inevitable recession that lies ahead will affect all of us. Prioritising mental health has never been more critical than it is now. New mental health problems have developed as a result of the pandemic, and existing mental health problems have gotten worse."* [Mind – The Mental Health Emergency](#)

**The HEAL Project** is dedicated to making healthy lifestyle choices available to the community as a whole, while exploring the many safe and effective medicines and therapies that could be made accessible and affordable to everyone, through collective collaboration and transformative action.

Sadly, the global provision of 'healthcare' today is dominated and controlled by a powerful and influential 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 unfortunately 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 nutrient-dense biodynamic diet and healthy 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 and without the need for pharmaceutical drug intervention. Who would have thought that natural [magnesium is safer and more effective](#) than pharmaceutical 'anti-depressants'? There is also a growing body of 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 healthy and conscious living at community level, allows us to investigate for ourselves what works and what doesn't. 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 HEAL Project involves itself in working with mindful and well-informed health and wellbeing professionals and community members, to research, verify and proffer 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](#)

"The interesting part to this observation is that building a good relationship with food is significant in building a good relationship with yourself. Allowing yourself to receive the foods that nourish

and satisfy you is an important step towards a long-term healthy lifestyle. Also, the love that goes into the preparation of the food and the love that we share and give back to ourselves in the eating, is all important to understanding the sacredness of food.” [Silverdragon Wellbeing](#)

### [Heart Brain Coherence](#)

“Science has become the contemporary language of the mystical. In fact, it is science that demystifies the mystical. When we started seeing measurable changes in people’s health, as well as in their lives, it became evident that something was happening within a person’s mind and body and we felt it was important to measure those changes. We all have our own personal limits, whether they are related to our ability to create abundance in our life, our capacity to make some type of change in our health or our body, our inability to stop recreating the same outcomes, or just our ability to believe in ourselves. When we step beyond our limitations, we become more unlimited.” [Dr Joe Dispenza](#)

### [Cranial Electrotherapy Stimulation](#)

“The National Health Services (NHS) of the United Kingdom has released a new study on the clinical and cost effectiveness of Alpha-Stim®, a non-drug medical device designed for easy, at-home use. The study, which was published in the *Journal of Affective Disorders*, included 161 volunteers suffering from Generalized Anxiety Disorder (GAD), who had experienced unsatisfactory relief with other therapies. According to Dr. Richard Morriss, principal investigator of the study and Professor of Psychiatry at the University of Nottingham, this could take a huge burden off the workload for Improving Access to Psychological Treatment (IAPT) services in England which sees GAD as 1 of 2 common problems with 4.4% of the British population affected.” [Alpha-Stim](#)

### [Nature Therapy](#)

“There is scientific documentation that people who live in greenspaces generally seem to be happier, and may live longer than those who don’t. Passmore is taking that research further. This study is one of a series by a research team in UBC Okanagan’s psychology department known as the “Happy Team” which is providing evidence that nature can increase happiness. “The difference in participants’ well-being—their happiness, sense of elevation, and their level of connectedness to other people, not just nature—was significantly higher than participants in the group noticing how human-built objects made them feel and the control group.” Passmore’s research, recently published in the *Journal of Positive Psychology*, is supported by the Social Sciences and Humanities Research Council of Canada.” [University of British Columbia](#)

### [Psychedelic-Assisted Psychotherapy](#)

“Psilocybin therapy is effective, safe, non-addictive and, unfortunately, still illegal in most countries. Despite encouraging results, psychedelics are still subject to misinformation, stigma and slow legislative change. We want to help change that. Our goals are to provide high quality, effective treatment inspired by landmark research, and provide education and further research. At the core of our service is compassion, commitment and care. We want to make the world a better place; one liberated mind at a time.” Sara Oujjat - Psychologist & Founder of [The Psilotherapy Clinic](#)