

The first hub ... is a wellbeing centre, operated by well-informed holistic health practitioners, who are committed to providing the community with advanced and well researched Naturopathic therapies and treatments, including but not limited to; naturopathic nutrition, meditation, acupuncture, breathwork, yoga, heart brain coherence and mindfulness. In addition to serving the local community, the centre will host a variety of health and wellbeing retreats for visitors and tourists from the global community.

The centre will also host the HEAL (Healthy Environment And Lifestyle) Project, as an open source research and development project for the community.

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 connection.

Sadly, 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 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 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 and 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 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 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](#).