

## The Health Sovereign Creed

Humans across the world need a better system when it comes to health. One that takes the best of everything in the past and builds something new, sustainable, ecologically sound and mutually enriching to move forward with. This must start from a place of sovereignty. For each individual to develop their ability to respond, to think, and to act, not just react, in the world surrounding their own health. These are the tenets of doing so.

1. I understand that health starts from a place of self-responsibility. That no one, not a doctor, especially not insurance nor the government, will care about my health or the health of my loved ones as much as I do. Therefore, I will educate myself, taking radical responsibility for both my actions and inactions.
2. I recognize that there are hundreds, if not thousands, of modalities for affecting health, whether physical, mental, emotional or spiritual. I will find those that work for me. I will not give up after one, two or ten have not gotten me to where I want to go.
3. I understand that mind-body-spirit is a system and a multi-way street. Psychology affects physiology and vice versa. All levels affect all levels.
4. I will seek to understand and harness the placebo effect for my own betterment.
5. I recognize that I am not just human, but a symbiont with my microbiome that includes bacteria, fungi, viruses and even the animal kingdom. I will act as a shepherd to my body's ecology to the best of my ability.
6. I recognize that I am like a bacteria or insect in size to the greater ecology of Gaia, planet Earth. That I cannot exist without plant life, nor many other species and kingdoms in the web of life. I will do my best to align what is good for me to what is good for the greater ecology.
7. I understand that my views on health are shaped by my culture and community regardless of their truthfulness. So I keep an open mind about different possibilities. And I recognize that I, in turn, come to shape my community and culture at large, therefore having a moral responsibility to lead and inspire others in being healthy.
8. I recognize the antifragility of the human body, that its livingness can serve to help come back from stressors stronger than before. I will aim to support expanding my antifragility to further increase my health.
9. I recognize that over-intervening when it comes to health, especially at certain times, can be worse than doing nothing. There are risks and rewards to everything. So I will aim for the lowest scale intervention possible with any issue, escalating as needed, rather than jumping straight to large impact interventions.
10. I understand that you can't mess with nature without downside. While doing so may be positive in the short term, there are worse effects in the long term. Humans play on a much shorter time scale than Nature herself which gives another reason why to strive for lower scale interventions for self and ecology.
11. I will strive to understand the difference between what is scientific for health vs. what is simply technological. That the highest tech interventions are not necessarily the healthiest as shown by science.
12. I will come to terms with the inevitability of death, for myself and my loved ones. I understand that this will help avoid the fear-induced pushing of unnecessary interventions allowing for greater connection instead of denial.
13. I recognize that all of Western Medicine was built on a flawed and incomplete model of reductionistic materialism. While useful in certain contexts, the flaw is that this is one way of seeing the world to the exclusion of all others. It misses the worldviews of psychology, spirituality, holistic or systems thinking, even cultural effects. I recognize that all of these are important when it comes to health.
14. I recognize that Big Pharma has a track record of criminal and harmful activity. While drugs have their place, that place has been inflated through advertising, incentivizing doctors, lobbying and successfully passing certain legislation, public relations campaigns and more. I will strive to understand that proper place.
15. I recognize that other large industries have track records of criminal and harmful activity in releasing man-made, dangerous chemicals into the environment. I will aim to educate myself on such actions and reduce the support of such companies for the health of all.
16. I recognize that we all must be able to make our own medical choices for ourselves and our families. I will stand up against all medical totalitarianism.