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# **HOLISTIC HEALTH PARADIGM**

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# Current Medical Paradigm

Mechanistic view of the body  
Reductionist, standardised approach  
Mind & body separation  
'Objective' diagnosis  
Relies on data & test results  
Quantitative value  
External intervention & authority  
Disease orientation  
Single causes  
Magic bullet cures  
Dependency relationships







Aesclepius





Hygieia





Hygeia



Aesclepius



**Health Preservation  
Preventative Measures**

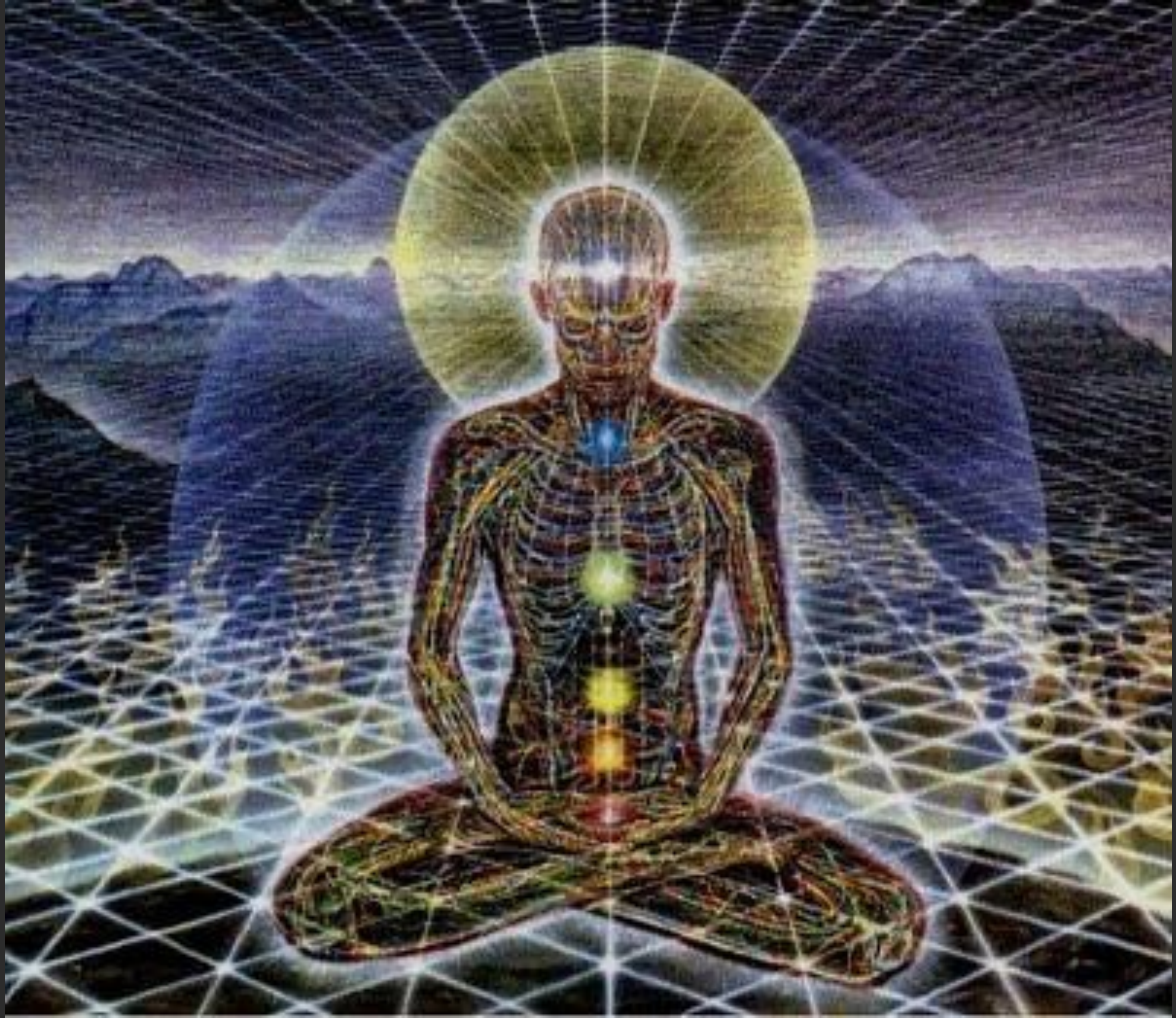
**Inner Peace - Fulfilment  
Environmental Health  
Hygiene & Sanitation  
Community  
Diet & Nutrition  
Movement - Exercise  
Tonics & Elixirs**



**Health Restoration  
Curative Measures**

**Soul Medicine  
Psychological Support  
Emotional Release  
Energy Healing  
Physical Therapies  
Medicinal Agents  
Surgery**







# Emerging Holistic Paradigm

Vitalistic energetic view  
Body-mind indivisible whole  
Individualised holistic approach  
Validates subjective experience  
Internal authority & prevention  
Health orientation  
Qualitative value  
Multiple contributory factors  
Self-healing from within  
Participatory relationships



