

## 5 and 5X: Activist Bonus Self-Empowerment Activities

### (Eco-Medicinal Living)



The activities in the course offering are designed to support you in cultivating an eco-medicinal lifestyle. Use them to identify your interests and nurture your talents in the realm of eco-medicinal living. Be the eco-learner and Eco-Mentor you were born to be!

#### **ACTIVITIES IN PART 5 INCLUDE:**

- Is Your Bloodstream a River or a Swamp?
- Comparing The Medical Model to the Natural Health Model
- Autobiography of an Illness
- Treating Disease with Alternative Forms of Medicine
- How Can a Toxic Diet Lead a Person to Express Anger, Aggression, Anti-Social Behavior, Violence, and Crime?
- Street Drugs, Prescription Drugs (There's No Glamour in Addiction)
- Why Do Conventional Medical Doctors Push Vaccines?
- Connecting with The Unvaccinated
- Is There an Alternative to Vaccines, Doctor?

- Ancient Herbs for Modern-Day Health Needs
  - Increasing Your Sensitivity with Pure Food and Water
  - What is Big Pharma's Agenda? (Guest Contribution)

### **ACTIVITIES IN PART 5X INCLUDE:**

- Understanding the Mind-Body Connection
- How Well Do You Know (and Care for) the Holistic Needs of Your Brain?
- How Well Do You Know (and Care for) the Holistic Needs of Your Heart?
- How Well Do You Know (and Care for) the Holistic Needs of Your Lungs?
- How Well Do You Know (and Care for) the Holistic Needs of Your Stomach?
- How Well Do You Know (and Care for) the Holistic Needs of Your Spleen?
- How Well Do You Know (and Care for) the Holistic Needs of Your Pancreas?
- How Well Do You Know (and Care for) the Holistic Needs of Your Liver?
- How Well Do You Know (and Care for) the Holistic Needs of Your Kidneys?
- How Well Do You Know (and Care for) the Holistic Needs of Your Small Intestine?
- How Well Do You Know (and Care for) the Holistic Needs of Your Large Intestine?

- How Well Do You Know (and Care for) the Holistic Health of Your Lymphatic System
- An Earth-Centered Approach to Medicine Calls for Native Healers and Apprentices
- Anatomy of Gratitude (For Your Body)
- Exploring the Medicine Wheel's Wisdom for Life Balance and Harmony
- In Search of Personal Awareness
- On a Quest for Personal Fitness and Energy
- On a Quest for Balanced Personal Relationships
- Getting Into the Groove of Personal Management
- On a Quest for a Creative Professional Life
- On a Quest for Financial Fitness
- On a Quest for Personal Purpose
- Exploring Careers in Wellness

### **Learning Objectives:**

Become aware of the difference between sick care and wellness care. Explore preventative health care, therapeutic nutrition, and various healing modalities that nurture your health holistically.

Be inspired to create a more eco-medicinal mindset and lifestyle.

Use your understanding about eco-medicinal living, to encourage eco-medicinal awareness in those whose health and well-being you care about.



*Nourishing the Eco-Intelligence  
that invites whole living.*