



ECOLOGICAL HEALING

ALL HEALING HAS ECOLOGICAL CONSEQUENCES

Healing means to “make whole.” Our personal health is interconnected to all the other beings on this planet. We have been acting as if choices for our individual health can be made without taking into consideration the consequences our intervention might have on the health of the environment. When we approach the process of healing with integrity for the whole, we create a healthier and more just society. Our concern for the environment begins with what we put in our bodies -- not just our food, the air we breath, and the water we drink -- but the medicines we use.

HEALING IS COMPLEX AND CANNOT BE UNDERSTOOD THROUGH A SINGLE DISCIPLINE OR TECHNIQUE

Modern epidemiological studies continue to uncover many roots of illness not only in biology, but in social injustice, environmental toxicity, community degradation, and chronic impoverishment as well. In truth, illness and healing are complex. Solutions to these complex problems will require complex solutions, which are better served by an integrative approach.

THE WAY HEALING OCCURS IS AS IMPORTANT AS ITS THEORY

Researchers have proven that the atmosphere of healing, including the way the doctor interacts with the patient, has a significant positive effect on the outcome of medical treatments. Relationships based on good dialogue improve long-term health goals, resulting in more lasting and sustainable healing. In this context, healing becomes a service, not a commodity. In an ecologically literate health care system, the way healing occurs will always include the humane delivery of health services with an emphasis on communication and interconnection.

EXPERIENCE IN THE NATURAL WORLD IS AN ESSENTIAL PART OF UNDERSTANDING HEALING AND CONDUCTIVE TO GOOD HEALTH

Research into the value of the natural world in the healing process offers a strong case for incorporating nature into our own health journeys. As we become increasingly alienated from the natural world, immersion in nature will continue to play a significant role in both our physical and emotional health. Since cultural choices continue to have a detrimental effect on the environment, personal healing may well become one of the primary incentives not to further compromise our planet.

HEALING OCCURS IN PART AS A DIALOGUE WITH PLACE AND HAS THE CHARACTERISTICS OF GOOD CONVERSATION

Medicine that is closely connected to the natural world requires a deeper connection to the places we live and work. Central to a functioning vision of ESM is a supportive network of community clinics that provide health care where people live. This vision is more sustainable, promoting direct participation in our cultural and natural communities. Healing clinics of this type will provide an antidote to our fragmented, technology-based culture, offering a healing place for the whole person and a healing center for our communities.

ECOLOGICAL HEALING ENHANCES OUR COMPETENCE WITH NATURAL SYSTEMS

The infusion of ecological thinking into matters of personal health care will serve to enhance our understanding of natural systems by reinforcing our intimate relationship with nature. We begin to live the truth, that what happens to the world around us affects our health, just as our healing affects the world in which we live.