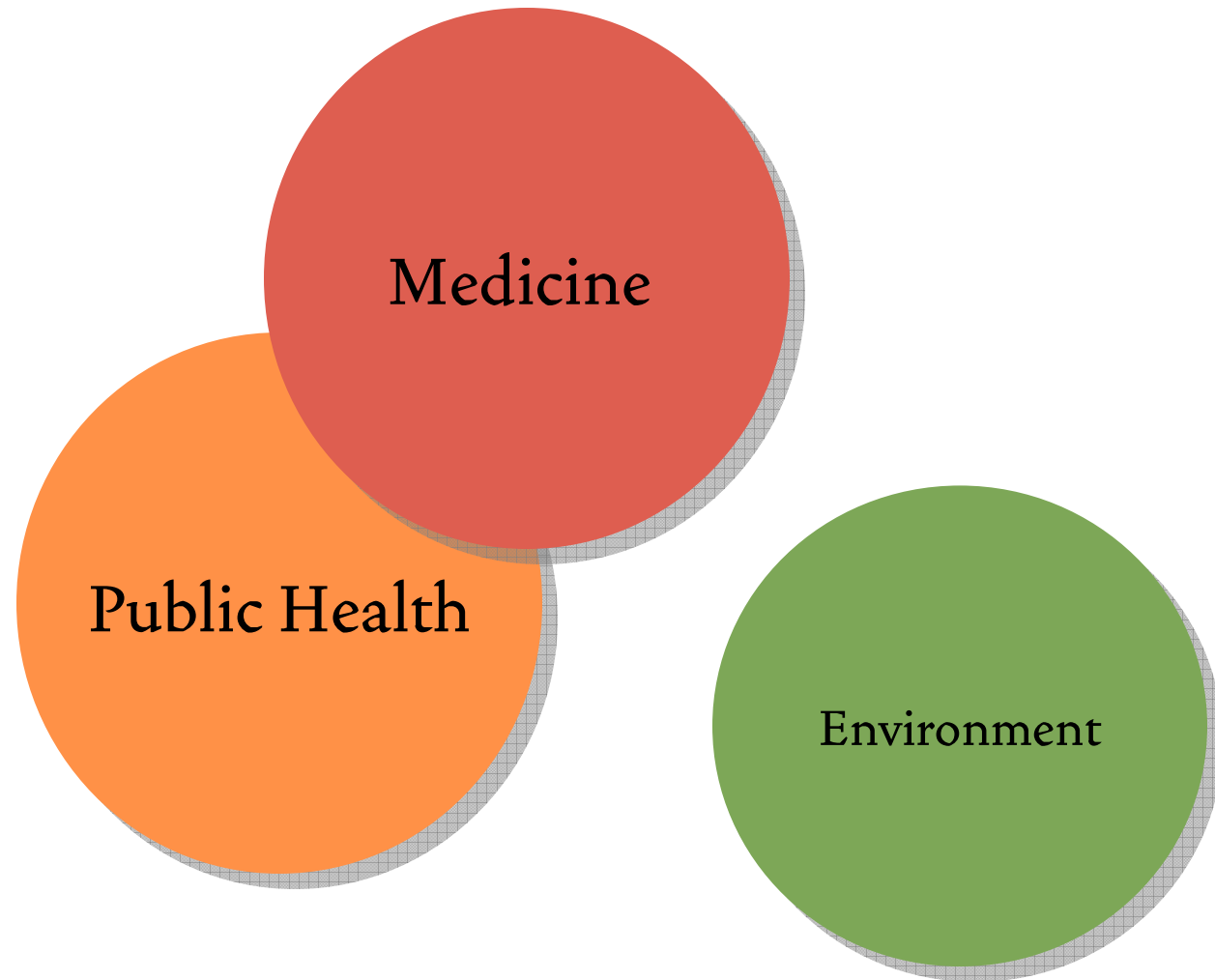
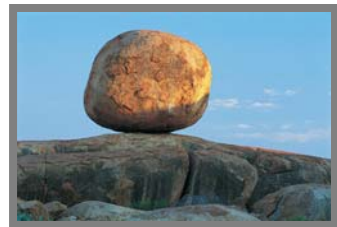
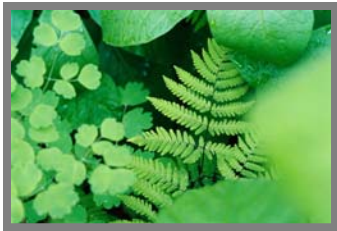
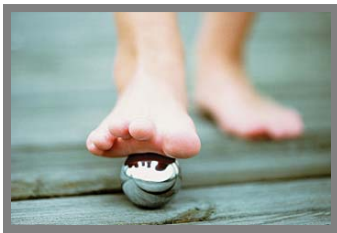


# TELEOSIS INSTITUTE

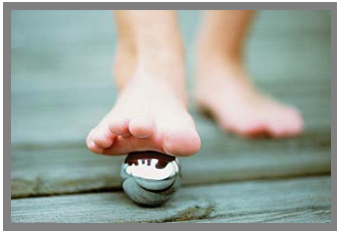
*Healthcare professionals in service of the global  
environment*



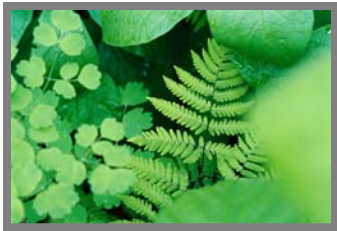
# ASPECTS OF HEALTHCARE



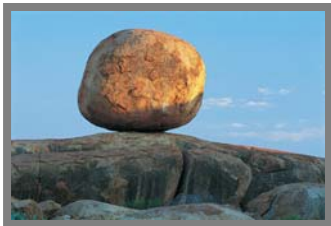
# WHAT IS MEDICINE?



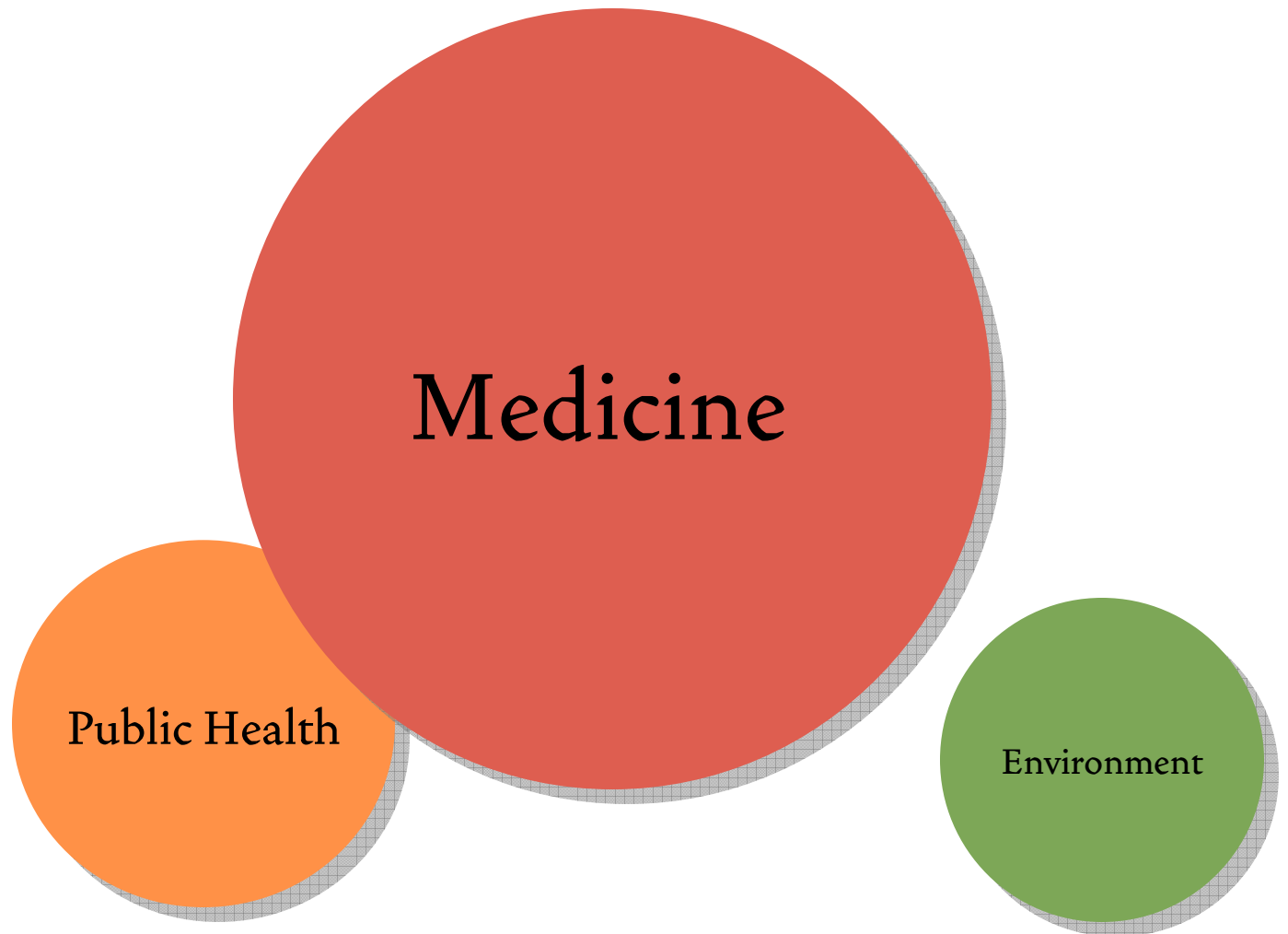
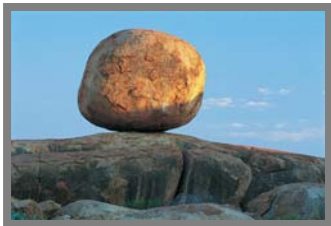
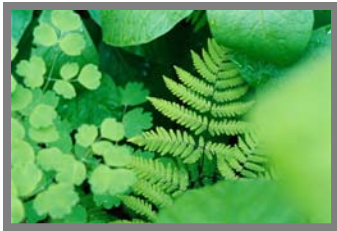
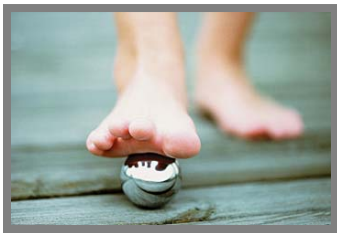
△ Medicine is the science and art of curing, alleviating and preventing disease.



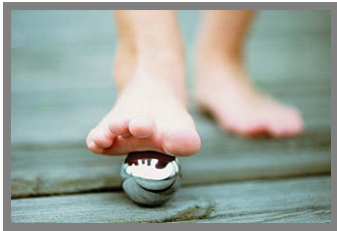
△ Modern medicine is scientific and rational  
*“The physician is capable of understanding and knowing the physiological and pathological processes occurring in the organism.”*



# CONTEMPORARY MEDICINE WORLDVIEW

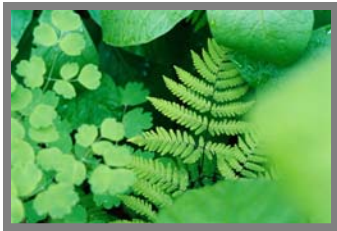


# INTEGRATIVE MEDICINE



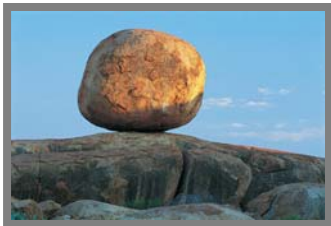
## △ Holistic Medicine

» *Holistic Medicine is the art and science of healing that addresses care of the whole person – body, mind, and spirit. The practice of holistic medicine integrates conventional and complementary therapies to promote optimal health and to prevent and treat disease by addressing contributing factors. (AHMA)*

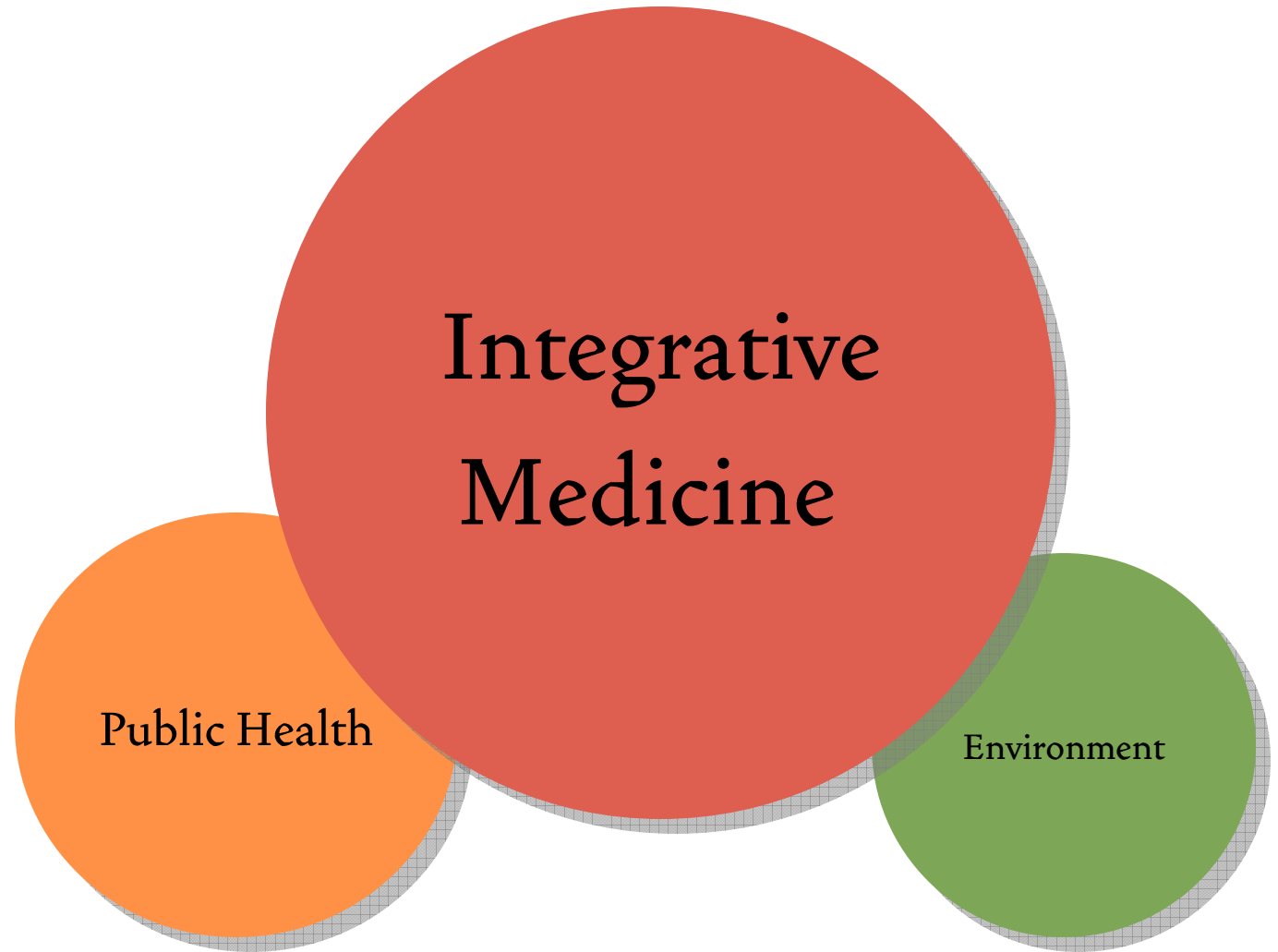
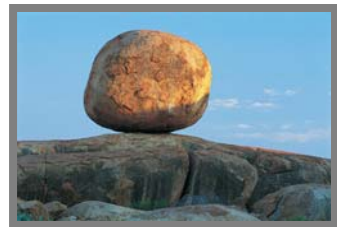
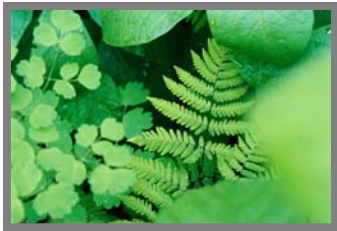
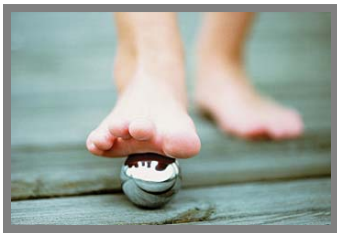


## △ Evidence-based Medicine

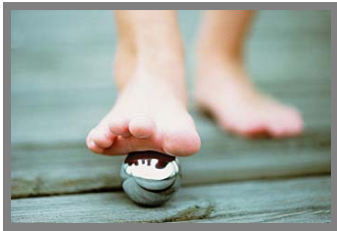
» *Evidence-based medicine is the conscientious, explicit and judicious use of current best evidence in making decisions about the care of individual patients. (CEBM)*



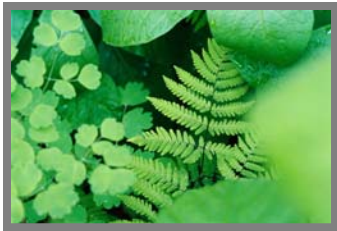
# INTEGRATIVE MEDICINE WORLDVIEW



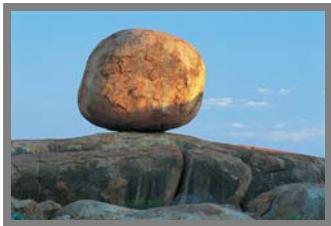
# PUBLIC HEALTH



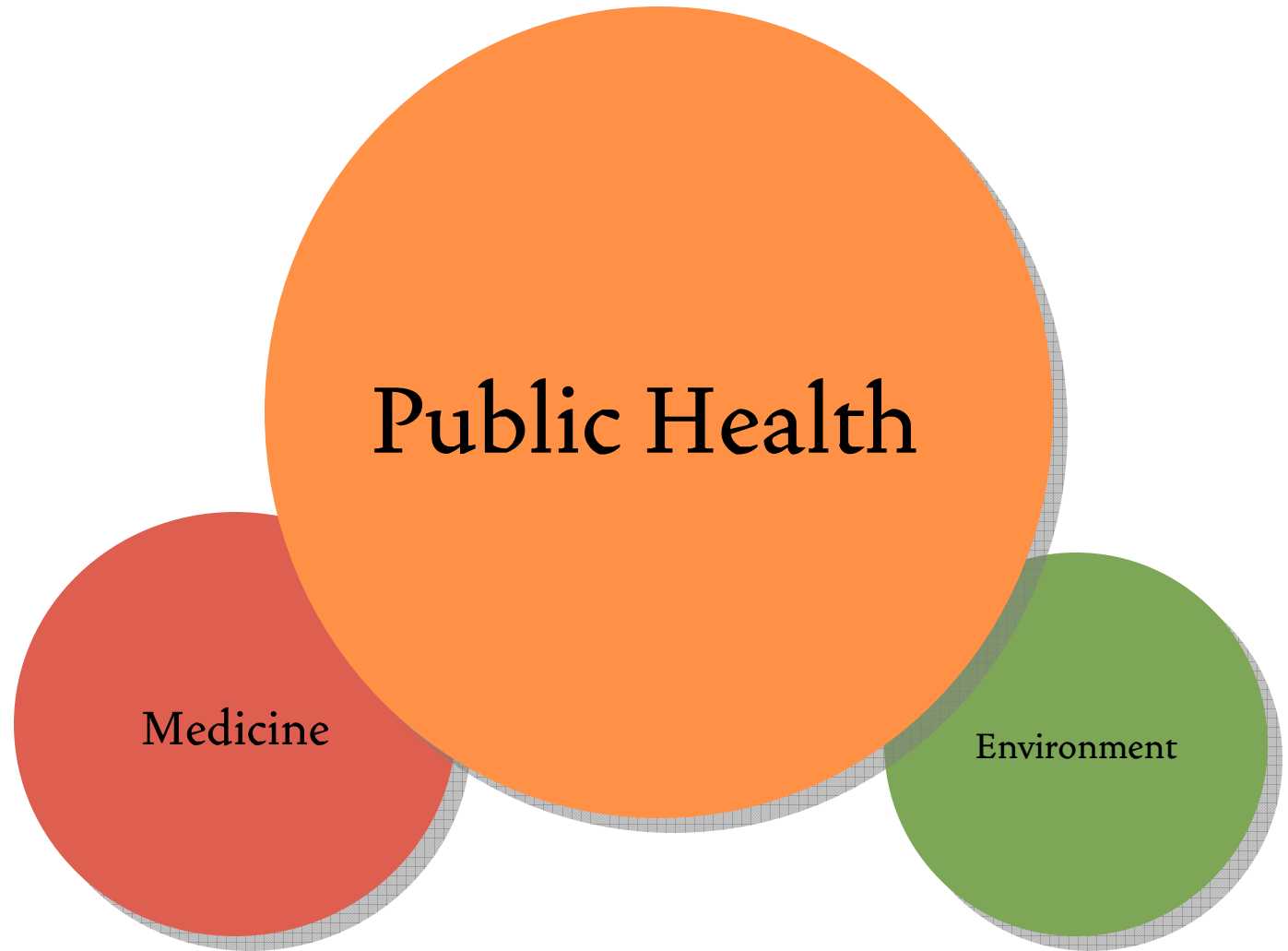
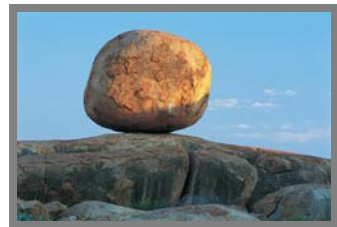
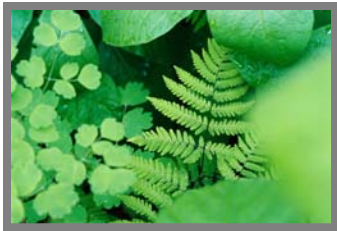
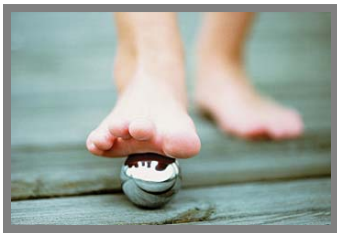
△ Concerned with the prevention and control of disease and disability and promotion of good physical and mental health at the international, national, state and municipal levels.



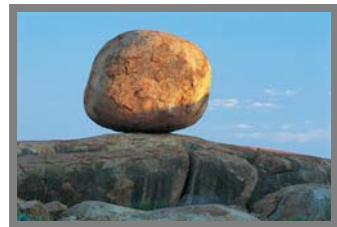
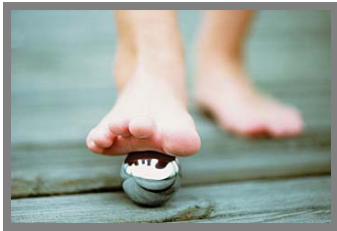
△ Ensure *good population health* through immunization, sanitation, and occupational health and safety and through monitoring of air, water and food.



# PUBLIC HEALTH WORLDVIEW



# ENVIRONMENTAL MOVEMENT

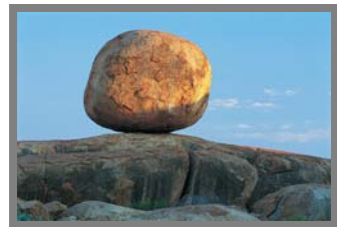
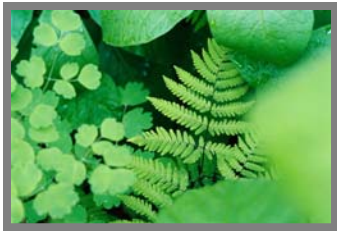
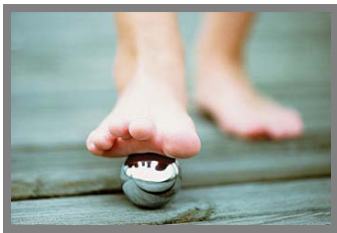


△ Activism aimed at improving the environment, particularly nature. This activism takes the form of public education programs, advocacy, legislation and treaties.

*“A thing is right when it tends to preserve the integrity, stability and beauty of the biotic community. It is wrong when it tends otherwise.”*

*-- Aldo Leopold*

# ENVIRONMENTAL WORLDVIEW

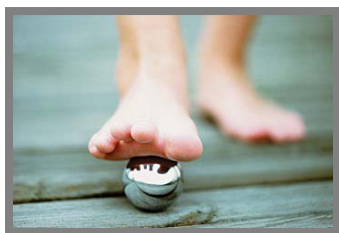


Environment

Medicine

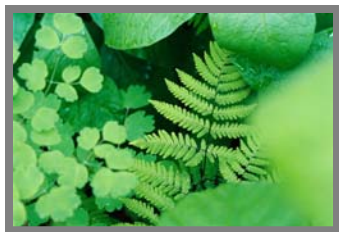
Public  
Health

# HEALTH AND THE ENVIRONMENT

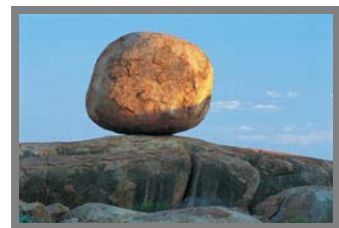


△ The health of Earth's ecosystem is the foundation of all health.

△ Health requires participation in a healthy ecosystem.

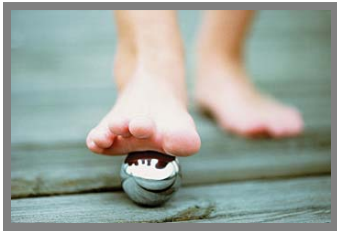


△ Maintaining health requires clean water, safe food, and unpolluted air.

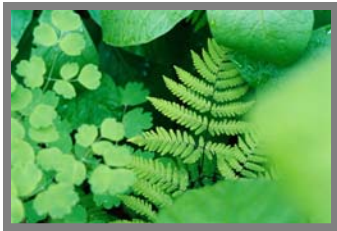


△ The starting point is fostering the conditions conducive to life and health.  
(Raffensperger)

# ECOLOGICAL MEDICINE



Δ A new field of inquiry and action to reconcile the care and health of ecosystems, populations, communities and individuals.



» *Prevent First (Cure Second)*

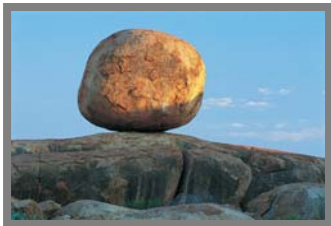
» *Think Locally*

» *Do No Harm*

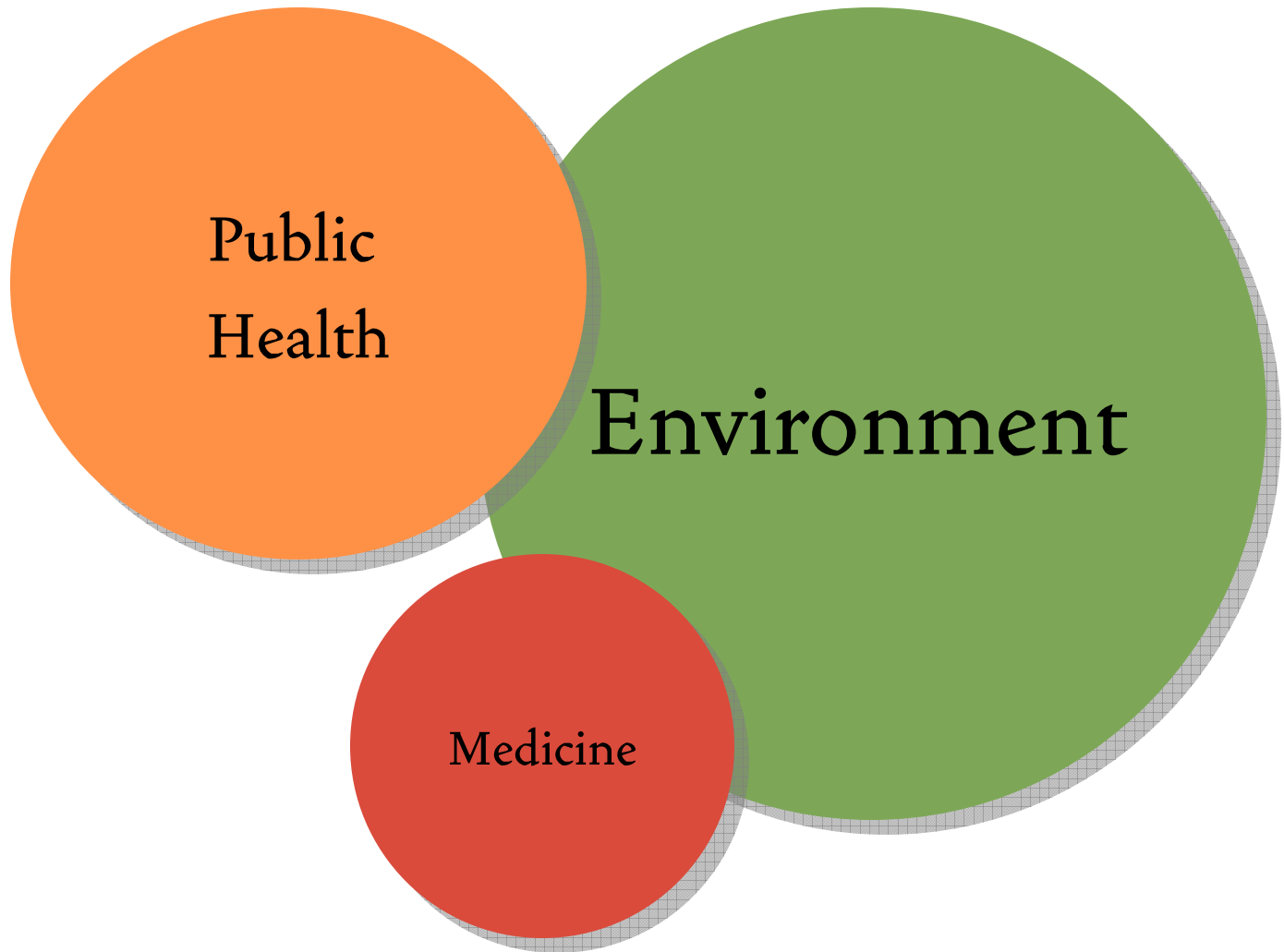
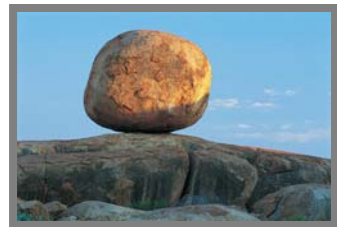
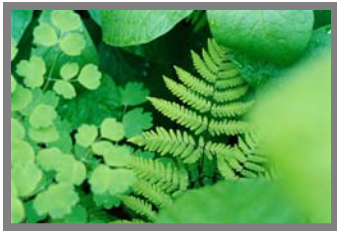
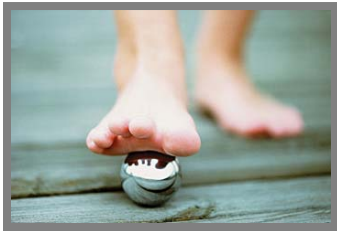
» *Create The Conditions for Health*

» *Heal The Whole*

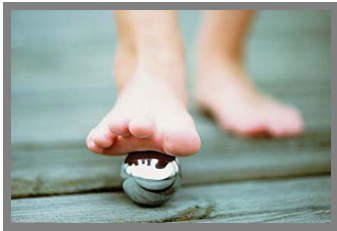
• (C. Raffensperger of SEHN)



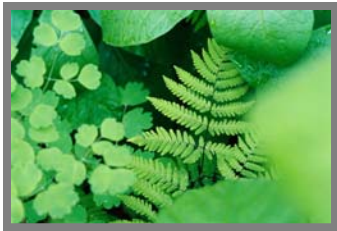
# ECOLOGICAL MEDICINE WORLDVIEW



# ECOLOGICALLY SUSTAINABLE MEDICINE

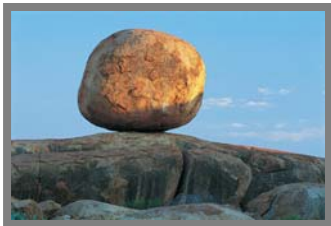


△ ESM are healthcare practices that do no harm to people and the global environment.



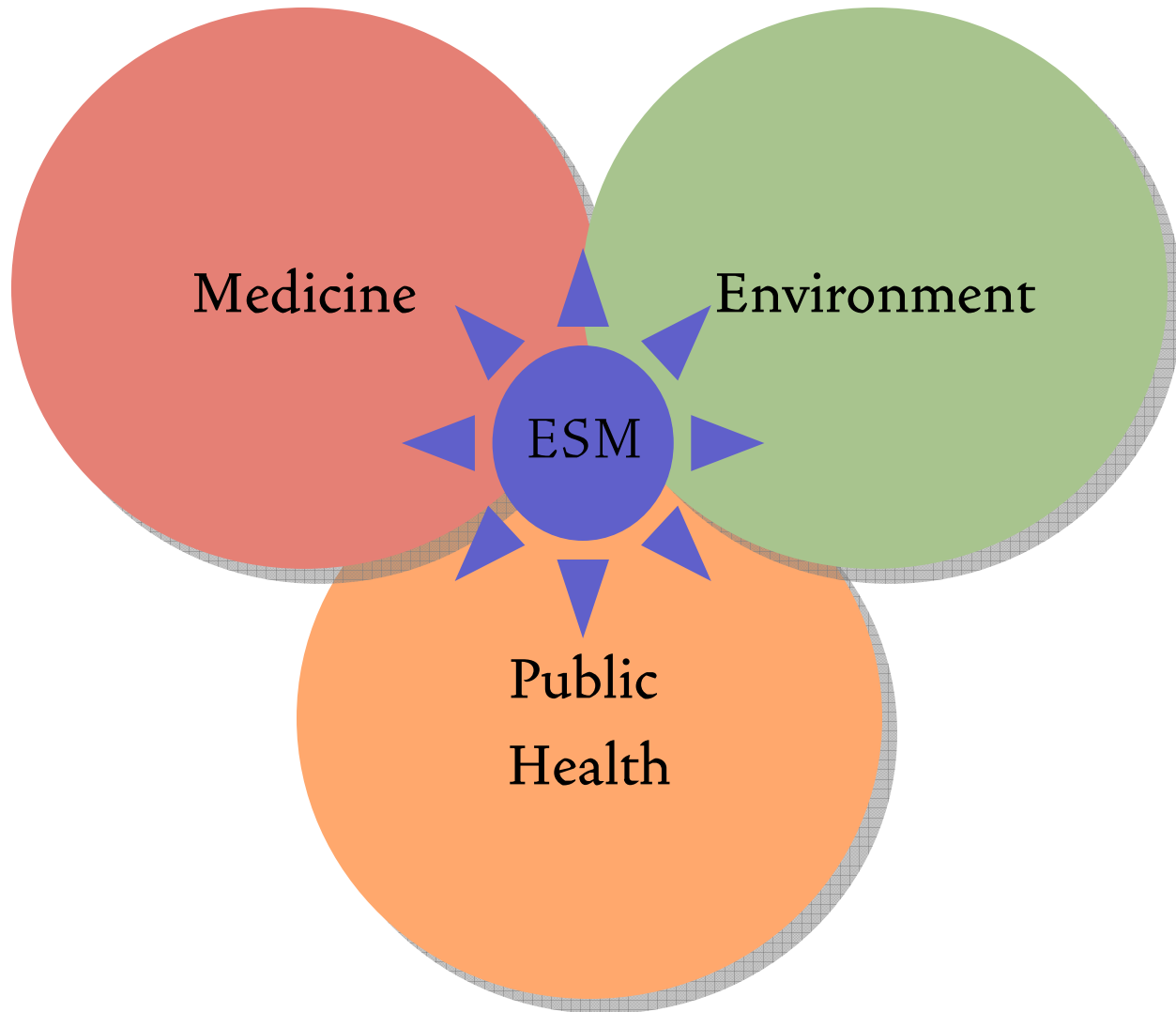
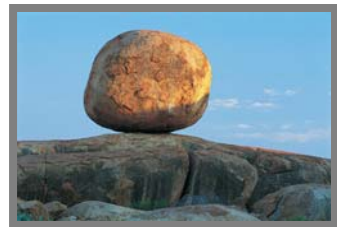
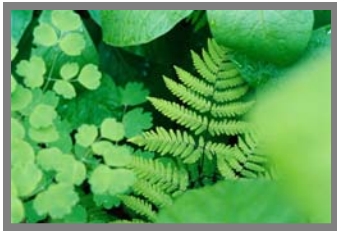
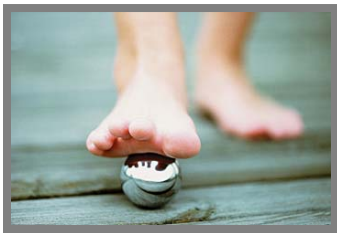
△ ESM is more sustainable than high-tech hospital-based medicine.

△ ESM is more equitably available.

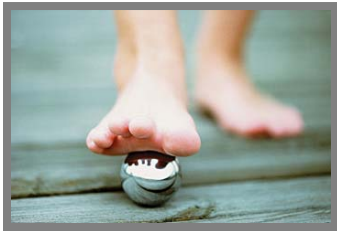


WITH ESM WE ACHIEVE SUSTAINABLE LEVELS OF PERSONAL AND PLANETARY HEALTH AND VITALITY.

# ECOLOGICALLY SUSTAINABLE MEDICINE WORLDVIEW

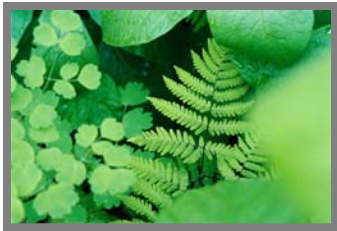


# THE RATIONAL FOR ESM



△ The physical environment and living ecosystems are one of the most important determinants of human health.

△ Protection of the environment is a public health issue as is the prevention of illness.

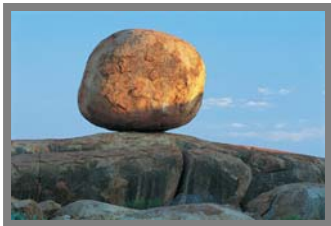


△ Health practitioners should be knowledgeable about environmental health factors that create health and cause disease

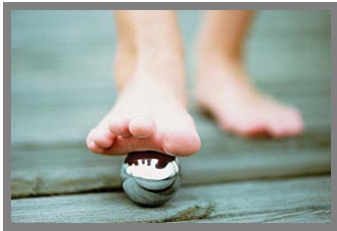
△ Healthcare practitioners should be spokespersons for:

» *prevention of environmental illness*

» *promotion of sustainable wellness care*



# THE CRITERIA FOR ESM



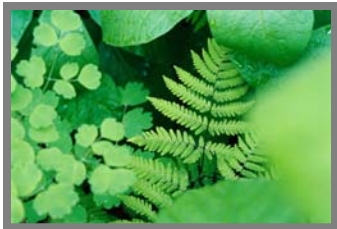
△ Safe and harmless

△ Clean and non-toxic

△ Cost-effective

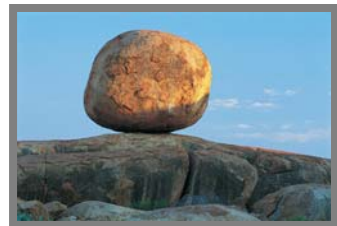
△ Non-polluting

△ Adaptable and flexible



△ Renewable

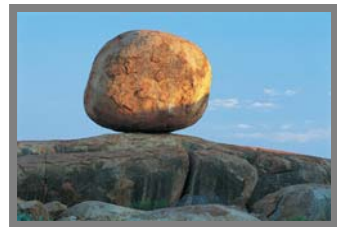
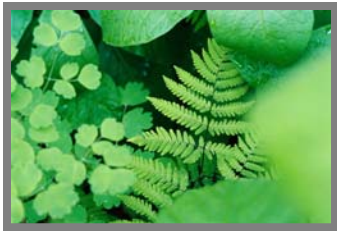
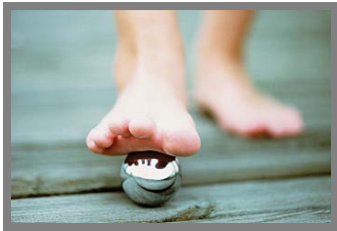
△ Protective of the quality of life on earth, the environment and earth's natural resources



△ Synergistic with human health and planetary well-being

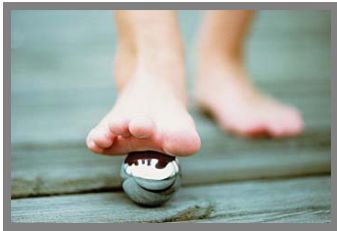
△ Connected with the web of life

# THE PRACTICES FOR ESM



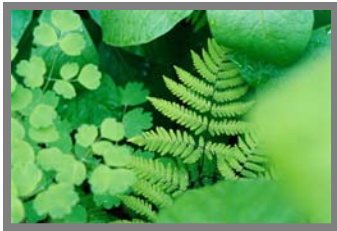
- △ Butekyo Method, Clinical Ecology, Clinical Nutrition, Environmental Medicine, Exercise, Hatha Yoga, Qi Gong, Stress Management, Tai Chi
- △ Alexander Technique, Chiropractic, Craniosacral Therapy, Feldenkrais Method, Hellerwork, Massage, Ortho-Bionomy™, Osteopathy, Physical Therapy, Polarity Therapy, Rolfing, Reflexology, Shiatsu, Trager
- △ Biofeedback, Guided Imagery, Hypnosis, Meditation, Prayer
- △ Anthroposophical Medicine, Ayurvedic Medicine, Homeopathy, Naturopathy, Traditional Chinese Medicine
- △ Acupressure, Acupuncture, Auricular Therapy, Flower Essence Therapy, Reiki, Therapeutic Touch
- △ Art Therapy, Somatic Therapy, Wilderness Therapy
- △ Orthomolecular Medicine, Sustainable Herbology
- △ Public Health

# THE ELEMENTS OF A GREEN PRACTICE



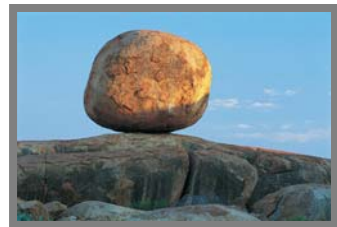
△ Create an eco-friendly office – minimize resource consumption and waste.

△ Stay informed about environmental issues, sharing pertinent information as part of your practice.



△ Provide a monthly Ecological Wellness Circle to create an eco-wise community.

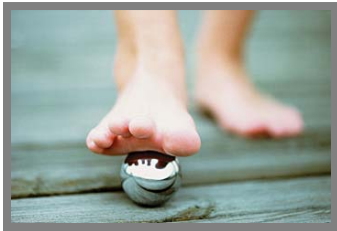
△ Meet regularly with other ESM professionals to receive peer support and build community.



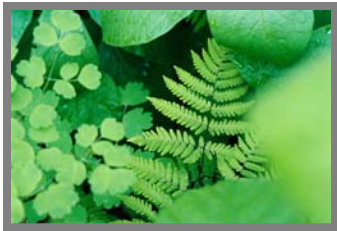
△ Use ESM treatments wherever possible.

△ Provide low-cost services to make your services equitably available.

# MISSION OF TELEOSIS INSTITUTE



△ The Teleosis Institute is devoted to the sustainable healthcare services provided by medical professionals who serve as environmental stewards.

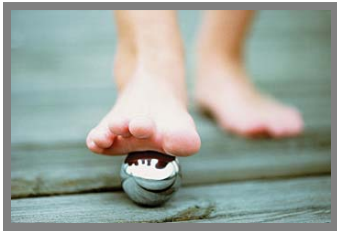


△ Teleosis provides tools and resources for healthcare professionals to develop sustainable medical practices.

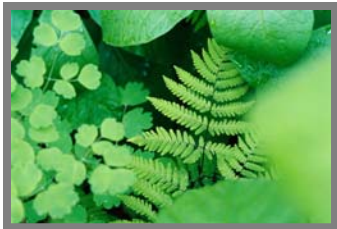


**WE ARE CREATING A NEW VISION OF SUSTAINABLE HEALTHCARE.**

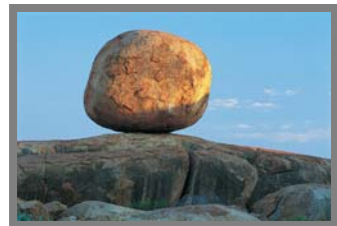
# EDUCATIONAL PROGRAMS



Δ To educate healthcare professionals about the principles and practices of Ecologically Sustainable Medicine (ESM).



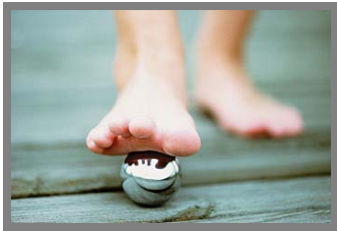
» *Symbiosis: The Journal of Ecologically Sustainable Medicine*



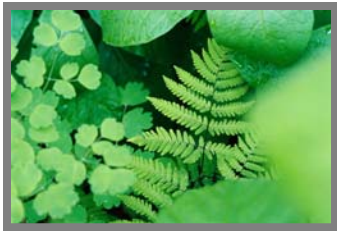
» *Brochures, practitioner guides and web-based resources*

» *Classes and curriculum*

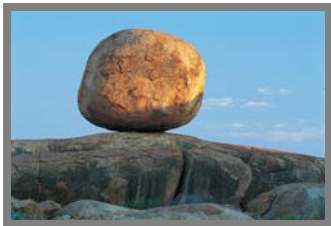
# THE ESM NETWORK



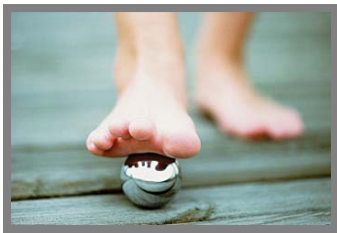
Δ To build a community-based network for healthcare professionals providing sustainable services



- » *National network, locally-based*
- » *Provides education and professional support*
- » *Cross fertilization between medicine, public health and environmental advocacy*



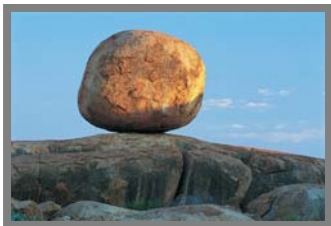
# CLINICAL PROGRAMS



△ To provide access to high quality, cost-effective, sustainable medical services benefiting underserved populations and the environment in which we live.



- » *Clinics for underserved populations*
- » *Staffed by volunteer providers*
- » *Administered by Teleosis and partner organizations*



# JOIN US

