

The Foundation for Health Creation

Fall 2022 Newsletter



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Dear Friends,

With the recent fall equinox, autumn has officially arrived here in the Northern hemisphere. There is a palpable crispness to the air, making the slanting, golden rays of sun even more appreciated as the days noticeably shorten.

After a summer of activity, inspiration, and exhalation, we may now find ourselves growing a bit quieter and more contemplative, perhaps beginning to turn inward, while at the same time, education and training activities may be pulling us into closer relationship with our communities. The Libra stars remind us of how valuable balance is, particularly at this time of year.

Looking back, the Creating Health Summit this past July brought forward some lovely insights into a broad range of topics, such as: the resiliency of intentional communities (see *The Covid Crisis and Community Health* in this issue); the potential of spatial dynamics to create wellbeing; and the paradigm shift that is possible when we reconsider how we relate to ourselves, each other, and the world. The Summit also invited an ongoing reflection on ideas related to the healing capacities found in nature (see *A Garden of Life*); to finding balance between self and community (see *Egoism, Altruism and Immunity*); and the ways our current health may be being shaped by those who came before us (see *Ancestral Health*).

Looking forward, we hope you will enjoy our newest feature, Health at Home. In this issue we offer several keys to healthy sleep. The return to a school rhythm can be challenging, and sufficient rest is important. We are also excited to share with you a short article on ["Waldorf" school for doctors and nurses](#), in hopes you will consider sharing it with a doctor or nurse in your community. We look forward to seeing many of you at one of our upcoming educational webinars (see the Events listing in this newsletter), and in the meantime, we wish you a beautiful fall season and a fruitful Michaelmas!

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Calendar of the Soul

Week 26

Michaelmas and Autumn

O Nature, your maternal life
I bear within the essence of my will.
And my will's fiery energy
Shall steel my spirit striving,
That sense of self springs forth from it
To hold me in myself.

- RUDOLF STEINER



Article: Reflections on the Creating Health Summit



In July, FHC put on our first ever Creating Health Summit! We were joined by Charles Eisenstein, Jaimen McMillan, and Dan McKanan to look at health, as it relates to the individual and in relationship to the whole. Our founding board members also gave a panel presentation covering topics from education, to the healing garden, to altruism, and ancestry. This was such a special event and we are grateful to our presenters, to all those who participated, and for the generosity and support of our sponsors. In the following pages, you will find reflections from each of our panelists on their presentations.

Daciana Iancu, MD - on Ancestral Health

Amanda Jacobs - on Education, Wonder, and Wellbeing

Carmen Hering, DO - on The Self and Community

Steven M. Johnson, DO - on The Healing Plant Garden:
Creating Community and Medicine

A Garden of Life

Dr. Steven Johnson, DO

It is awe inspiring to witness Mother Earth working in her weaving rhythms, gracing us with a sense of day to day permanence. She acts both harshly and kindly, in balanced measure. Her methods often cloaked in mystery. For the most part the subjects of her kingdom accept what comes and goes.

We, the so called "humans" are mostly trying to harness and control Mother Earth, but a growingly admonishing voice is arising speaking out about the many lessons to be learned from her. Especially, about the ebb and flow of life and the regenerating rhythms of life and death. However, I think the most important lesson is about how to evolve whilst consuming and sharing equally only what we need, free of greed and avarice.



The banner of "climate change" if you believe in it or not still begs the question: How much can mother Earth afford before she goes bankrupt. Even if we create technologies to live beyond her means is this fair to the fellow creatures and future generations we share planet Earth with.

I like the term Mother Earth because it connotes both the womb-like gift of giving birth and the quality of being a parent tasked with raising its children. We rarely abuse the child we raise and we inherently protect and nurture our kin. Another lesson to contemplate.

I find inspiration and motivation the garden as. I feel it as living organism constantly sharing Mother Earths life giving forces. I can "breathe freely" and find coherence between my heart and mind in its presence. The garden creates for me a space to meditate which lifts me up to a higher plane of collective awareness to see above illness, injustice, pain, polarization and death and find strength in the regenerative and resilient power of nature.

A Garden of Life

When I try to empty my pre-conceptions and simply observe. I experience the diversity, colors, shapes and scents of flowers and plants living in the garden; smell the dirt filled with nutrition yielding bacteria, worms and fungi and the coming and going of the honey bees, insects, birds and animals my creative imagination blossoms like the tapestry of the garden itself.

When I observe the community of species living together in the garden, the changing of the landscape through the seasons the virtues of truth, beauty and goodness are no longer just words but a moral code we can change the world upon. There are no polarizing emotions emanating from the plants and the creatures sharing the garden space, only my own polarizing thoughts and feelings which immediately destroy truth, beauty and goodness in the world.

In a study of 20,000 people conducted at the European Centre for Environment & Human Health at the University of Exeter, found that people who spent two hours a week in green spaces — local parks or other natural environments, either all at once or spaced over several visits — were substantially more likely to report good health and psychological well-being than those who don't. Also, reductions in depression, robbery, assault and crime occurred in these areas.

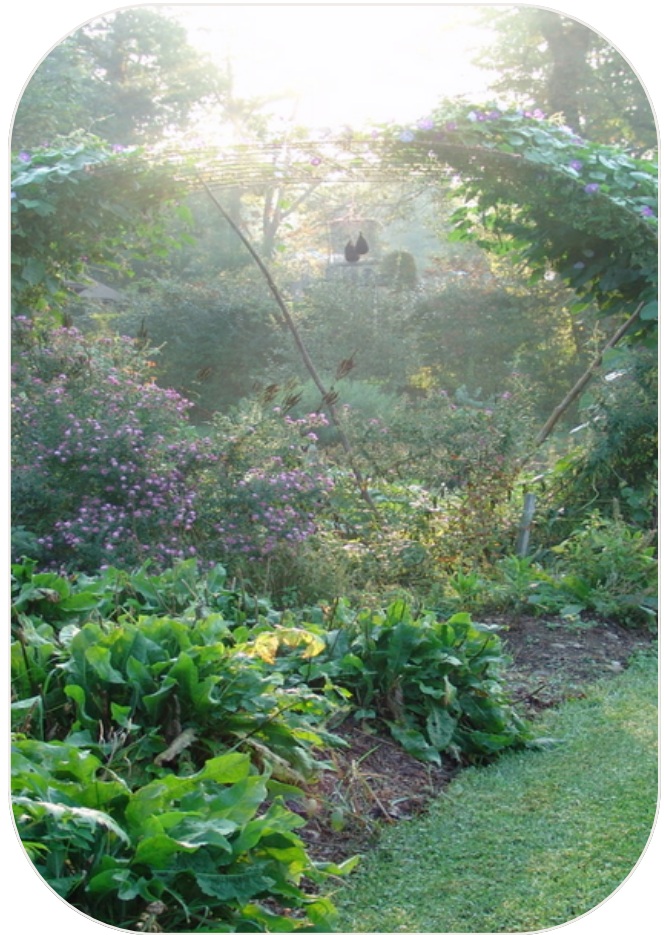
In 2015, the largest sociology review study to date entitled: Community gardens in urban areas: a critical reflection on the extent to which they strengthen social cohesion and provide alternative food ...found consistent health improvement in measures of social cohesion amongst participants in urban garden projects as well as improved nutrition.

The main message I am trying to impart thus far is that our planet is a living entity with which our lives are inextricably linked. Nature demonstrates an important pathway to physical, social and planetary health creation. The garden like ourselves is a microcosm and metaphor for the wisdom of our universe which Mother Earth abides by.

The garden as a teacher of planetary stewardship is vital for our children and young people today. The computer and internet do not provide the same experience of connectivity and coherence between person, society and planet as the garden and nature does. I would encourage all parents to instill a deep appreciation and respect for nature and the outdoors into their children while it is still possible because it is hard to recapture this later in life.

A Garden of Life

I have also had the privilege to make anthroposophic based medicines. I remember the first time I saw some of the Wala mother plant tinctures in Germany. The mother tinctures I get to help make for Uriel pharmacy are modelled after these, employing The Day and night processes exposing the tinctures only to the light of sunrise and sunset along with rhythmical cooling and warming plus stirring processes. These mother tinctures smell fresh and test full of potency years after they should have molded or fermented and started to spoil, without any preservative being used. This made tangible for me the mysterious power of cosmic rhythms and for me they are no longer and abstract idea.



In truth, our whole planet thrives and sustains through the rhythms of seasons, tides, moon phases and the daily rhythm of the sun. We are part of a cosmic organism which we can quantify and study to some extent and yet there is so much we have as yet to understand about its secrets and expand the limits of our materialistic thinking. The fundamental wisdom and art of health creation is best taught by Mother earth.

We can only understand what is living by respecting and immersing ourselves in the living world. We are at a crisis point where artificial intelligence may soon predominate the reality of our youth and future generations. Then we might lose the opportunity to learn the true secrets of sustainability, regeneration, resilience and health creation that support the "whole" earth and not just ourselves. If this continues to happen then Human Beings will truly be the "cancer" rather than the "caretakers" of the Earth.

Egoism, Altruism and Immunity

Dr. Carmen Hering, DO

In this time of global transition, we are all struggling to balance personal interests with those that belong to humankind and the earth in general. In order to find a path forward toward a just and sustainable future, global interests will need to become increasingly personal, where the good of humanity is gathered into oneself or ego and experienced as a personal reality. Through this transformation we can come into a state of global consciousness, otherwise known as the “consciousness soul” referenced in anthroposophy.

This expanded state of awareness and experienced self-hood can reconcile the individual with the collective. Similarly, our immunity is connected to our ability to assert our biological identity while also attending to the manifold needs of our united and interdependent body. The human heart is the carrier of our immune system, and through it we can meet the paradox of self-determination and interdependence. This meeting place is the space of relationship and the social life.



1 Egoism:

- Personal Interest
- For the good of oneself

2 Altruism

- Community/Global Interest
- For the good of all

3 Immunity

- Collective Interest
- Meeting place of self-determination and interdependence

Ancestral Health

Dr. Daciana Iancu, MD

How is our current health and way of being affected by our ancestors?

When we feel into the world today, what is the state of health of our own being? What is the health of our community? Of our humanity? What is the health of our earth?

Our individual health is a representation of our environment and our history, and our environment is a reflection of our own health and history. They are all mirrors of each other.



A lot of people today in this country suffer from anxiety and this is often an underlying cause for many health problems. Yet this level of anxiety seems to be out of context given the relatively safe conditions we live in today compared to times in the past. Could this anxiety be the result of what our ancestors experienced? Has this been passed down to us through genetics and cultural habits?

Awareness about our predisposition as a result of our ancestral experiences might explain why different people have responded in such opposite ways to the pandemic.

By becoming aware of how the trauma our ancestors experienced affects us today, we can shed light upon our own ways of being into the world. This can open the path towards our own healing, which in turn can help bring transformation into the ancestral lines and affect both our past and our future.

Podcast:

The Foundation for Health Creation Podcast

Join the Foundation for Health Creation on a journey to uncover new possibilities for personal, communal and planetary health. At FHC, we envision a holistic, regenerative approach to public health that acknowledges the interdependent nature of personal, communal, and environmental well-being. On this show, we will offer practical tools to enhance the healing process and reconnect us to the health that is already present in and around us. We will discuss healthcare, regenerative agriculture, self-development and how we can collectively generate health for all.

The Foundation for Health Creation PODCAST



Meet The Foundation for Health Creation

A Conversation with the founders of FHC

In a world where the power to heal is often handed over to experts, pharmaceuticals and invasive procedures; The Foundation for Health Creation is a source of light, reminding us of our innate ability to heal ourselves and the world around us. This episode covers the why behind FHC and what is to come on this podcast.

Click to
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Creating Health Summit



"The COVID Crisis and
Community Health"
with Dan Mckanan



The Foundation for
Health Creation

Video: The COVID Crisis and Community Health



We invite you to sample this very interesting presentation by Dan McKannan about how Camphill communities fared during the Covid pandemic and how life in intentional communities can foster health.

Dan McKanan serves as the Ralph Waldo Emerson Unitarian Universalist Senior Lecturer at Harvard Divinity School. He studies religious and spiritual movements for social transformation with particular emphasis on environmental activism, intentional communities, and socialism. Much of his research focuses on the anthroposophical movement and he has been studying Camphill communities for over 20 years.

Health in Action

Camphill Village
Copake



Camphill Village
C O P A K E



Watch a Video
about
Camphill Copake

On 615 acres of wooded hills, gardens, and pastures in rural upstate New York, approximately 100 miles north of New York City, adults with developmental differences and service volunteers strive to live and work together as equals in extended family homes.

When you come to Camphill Village USA, you will be joining an international group of people of different backgrounds, ages and abilities in building a community life inspired by the recognition of the dignity, spiritual integrity and valued contribution of each and every individual. We care for each other in an environment surrounded by friends, and enjoy the support of volunteers living within the same community.

camphillvillage.org

Health at Home

Habits and Routines

- Going to bed and waking up at the same time.
- Following a steady routine before bed
- Avoiding alcohol, cigarettes, caffeine, and big meals in the evening, especially in the hours before bed
- Reducing your use of electronic devices before bed and trying to never use them when in bed.
- Getting outside or opening your blinds to get daily exposure to sunlight, especially the early morning sunlight..
- Finding time to be physically active every day for 20-30 minutes minimum.

Keys to Healthy Sleep



Sleep Environment

- Use blackout curtains, a low-wattage bedside lamp, and if necessary, a sleep mask to avoid being bothered by excess light.
- Wear ear plugs or use a white noise machine to block out noise.
- Set your bedroom temperature to be comfortable, erring toward a cooler setting. Make sure your feet are warm.
- Make sure your mattress, pillows, blankets, and sheets are comfortable and inviting.
- Talk to a bed partner or roommate if they snore, grind their teeth, or otherwise cause potential sleep interruptions.
- Consider a warm bath, light a candle, practice a meditation, prayer, think of loved ones deceased and alive, review what is important to you and form a question to take to bed. Having a sleep routine can be very helpful. Practice Eurythmy, singing, Qi Gong, Yoga or other gentle movements and breathing to set a calming and sacred tone.
- Don't eat much before bed. Drink something warm. You can also talk to your doctor about gentle herbs, minerals and remedies that promote sleep without addiction. There are many anthroposophic, herbal and homeopathic remedies that are helpful.

Trainings and Events



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Introduction to Anthroposophic Nursing

from North American Anthroposophic Nursing Association

Tuesdays, Sept-Nov from 9-11am PST

Anthroposophic Nursing (AN) is a way of providing nursing care that comes out of a deep acknowledgement of the wisdom of the human being, Body, Soul and Spirit.

Join NAANA for a series of webinars designed to introduce you to some core concepts of Anthroposophic Nursing and the means to implement these understandings into your own self-care as well as informing your professional care.

The Kairos Institute

from The Center for Anthroposophy and Antioch University

Kairos Institute is a member of the [iARTE](#), dedicated to bringing a new, unique program that reflects the needs of North America and those of our time.

Three-year professional training in:

- Artistic Therapies: Drawing, Clay, Painting (pathways for a diploma from iARTE)
- Speech and Drama (guided by the Section for the Performing Arts, Goetheanum)



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Anthroposophical Medical Training

from Physicians' Association of Anthroposophic Medicine

Anthroposophic medical trainings are offered for health professionals in 32 different countries and on five continents. The training program for the U.S. and Canada is sponsored by PAAM and is open to all licensed prescribers (MD, DO, ND, NP, PA, DDS and PharmD), as well as students of those disciplines still in training.

The Anthroposophic Medical Training program offers multiple types of learning experiences:

- Intensive training conferences
- Live online group sessions
- In-person clinical mentoring workshops
- One-on-one phone/online mentoring



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FREE Webinar: Overcoming Anxiety, Depression, and Stress

Thursday, October 13, 2022 at 8:30pm EST

Join Dr Allissa Gaul ND for a conversation related to stress, anxiety and burnout.

The experience of anxiety, burnout, mood shift and mild depression are common ones at times of stress. They can serve as pictures of what life has set before us. The sudden onset of the physical symptoms and shifts in our life processes can help us, with a little bravery and know-how, to further our growth and awareness. In this session, we will explore the supportive remedies and perspectives that anthroposophy has to offer us during stressful times.

Dr. Gaul began practicing in 1999, one of only a dozen naturopathic doctors in Alberta at that time. Since then she has worked with thousands of patients to improve their health through Naturopathic and Anthroposophic Medicine as the founder and director of Resonance Wellness. She has had remarkable success in helping her patients achieve a healthier state.



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Free Resource



The FeverFriend app helps fever to heal your child



With this mobile app, you can safely identify how severe the feverish condition is. You can learn how to care gently for your child for a safe recovery.

<https://feverfriend.eu/>