

American Healthiatriy Association **AHA**

NATURE OF THE ASSOCIATION

The nature of the American Healthiatriy Association (AHA) is that of a private organization. It is open to all individuals, regardless of age, sex, religion, nationality, race or creed. Membership requirements involve knowledge of AHA principles, philosophy and Scope of Practice and understanding of and agreement with these tenets as signified by a signed CONTRACT OF AUTHORIZATION. There are no fees or other obligations to maintain AHA membership.

PURPOSE OF THE ASSOCIATION

The purpose of the American Healthiatriy Association is to secure for the private citizens of the United States of America, their full and unalienable right to life, liberty, and the pursuit of happiness as provided by the Declaration of Independence, the United States Constitution, and the Bill of Rights, with regard to health, health care, and health care products, by providing the following:

1. A community for those with a like belief concerning the nature of health and health care as held by the AHA and through which members only may find a forum for research, education, communication, participation and service to others.
2. A source from which members only may obtain health care information and products within the AHA's stated health beliefs and principles.
3. A framework for participation, training and self-regulation as a health care professional, known as a Healthiatriy Consultant, to provide, to AHA members only, natural health building and education as established by the AHA.

PHILOSOPHY

The professional Healthiatriy or Healthiatriy Consultant has been educated and trained in the science and art of building health according to the convictions and principles of Healthiatriy as a distinct and separate health science. Healthiatriy is practiced for the exclusive purpose of helping people become healthy and has nothing to do with disease. Healthiatriy is not a therapy or a treatment; it is a natural health building process. It does not exclude the need for medical and disease care simultaneously while building health. A Healthiatriy does not give medical advice, but provides individuals who want to build health the opportunity to do so with science based information and necessary testing, within the AHA Scope of Practice.

CONVICTIONS

- Optimal health is the natural and God intended state of the human body. The human body possesses innate biological healing capabilities to reach this state and by intelligent divine design, it desires to do so.
- Optimal health is defined as the state of the human body in which cellular, tissue, organ and system function is without aberration or deviation from its biological design.
- Optimal health is the uppermost desired outcome on an individual's personal health continuum and is relative to their highest capacity for health. This continuum includes various levels of "Sub-Health" as any state other than Optimal Health and is contrasted by biological death on the opposing end.

- Sub-Health conditions produce a series of “manifestations” that may be experienced by the individual and/or may be evident by professional assessment tools.
- Optimal health eliminates sub-health manifestations.
- The path to optimal health can be accomplished by restoring eight building blocks, also referred to as eight origins of health as described in The Principles of Healthiatriy.
- All people have a God given unalienable right to obtain health care service, information and products in keeping with these principles.
- No government can, under the color of law, provide a legally mandated monopoly of health care philosophy, service or products.
- The diagnosis, prevention, relief, mitigation, alleviation or cure of disease is the domain of the medical profession and is a foreign concept to Healthiatriy.
- Healthiatriy holds that all health building scientific knowledge and the tools of science with regard to health are part of the public domain and to deny access to them is discrimination and is a violation of our civil right to pursue life, liberty and happiness.

PRINCIPLES OF HEALTHIATRY

Eight building blocks or origins of health can be categorized by the following:

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| 1. Attitude | 5. Elimination |
| 2. Nutrition | 6. Utilization |
| 3. Digestion | 7. Exercise |
| 4. Assimilation | 8. Environment |

Restoring and maximizing these eight principles into one’s life provides a holistic pathway to optimal health. This can be accomplished through science based assessment and education. Sub-health occurs to the degree that these principles are not utilized or applied to one’s life.

There are basically six barriers to optimal health. The first three account for approximately 5% of sub-health conditions and may require medical attention. The last three are barriers that account for approximately 95% of sub-health and can be significantly influenced by personal health choices and lifestyle behaviors.

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| 1. Genetic Anomalies | 4. Cellular Toxicity |
| 2. Congenital Deformities | 5. Cellular Malnutrition |
| 3. Organic Injury | 6. Emotional/Physical Stress |

Cellular decline and eventual system/organ compromise and even failure occur in a progressive order that begins with lack of nutrients and excessive toxins at the cellular level. This progressive decline can be described as follows:

1. Inflammation
2. Edema
3. Fibrosis
4. Calcification
5. Cell Death

Manifestations of declining cellular function may be evidenced by:

1. Fatigue
2. Pain
3. Loss of mental clarity
4. Significant weight changes
5. Difficulty sleeping
6. Gastrointestinal discomfort/difficulties
7. Loss of function
8. Emotional decline/ mood swings
9. Spiritual distress

SCOPE OF PRACTICE

- The Healthiatrist is by education and intent a specialist in the eight building blocks of health. Their role is to identify which aspects of optimal health are missing in an individual's life and then aid the individual in restoring those aspects in order to facilitate natural healing.
- The Healthiatrist DOES NOT diagnose, prevent, treat, or cure disease, nor prescribe any form of medication.
- The Healthiatrist DOES make full use of scientific laboratory testing procedures available to him/her as deemed necessary to determine the individual's state of health from the Healthiatry perspective and NOT for the purpose of diagnosing or treating a pathological disease. These tests may involve obtaining body fluids such as urine, saliva, hair, and stool. Healthiatrists that are otherwise licensed healthcare professionals also may obtain blood specimens for the same intent.
- The Healthiatrist uses only AHA approved tests, nutritional and supplement regimens and the use of any testing procedure or recommendations outside this Scope of Practice is grounds for removal of the right to practice under the name of Healthiatry.
- The foremost motto of a Healthiatrist is to "do no harm" and to place the interests and well being of their client above the interest and well being of the Healthiatrist.
- The Healthiatrist shall never make immoral advances or have sexual contact with any of their clients.
- The Healthiatrist shall keep their charges for services within the recommended range of fees. They shall never offer more products, testing or services than absolutely necessary for the purpose of obtaining natural health.
- The Healthiatrist shall commit to continued education, independent research, consultations, and any outside health certifications that may support the AHA principles of natural health building.