

A POSITION PAPER

From the GATHERING OF THE EAGLES Integrative Medicine
Taskforce of the Gladys Taylor McGarey Medical Foundation

Living Medicine Report . . .

Roadmap to Wholeness[®]



SPIRIT OF THE EAGLES

VISION • INSIGHT • FORESIGHT

**THE GLADYS TAYLOR MCGAREY MEDICAL FOUNDATION
GATHERING OF EAGLES
SOLUTIONS TO HEALTHCARE NEEDS IN AMERICA**

A POSITION PAPER

Ensuring that From the GATHERING OF THE EAGLES Integrative Medicine Taskforce of the Gladys Taylor McGarey Medical Foundation

*ENSURING THAT
HEALTHY LIVING
IS AN OUTCOME ENCOURAGED
BY HEALTH CARE REFORM*

*SPIRIT OF THE EAGLES
Vision • Insight • Foresight*

The Essence of Leadership –Anonymous

A true leader has the confidence to stand alone, the courage to make tough decisions, and the compassion to listen to the needs of others. He does not set out to be a leader, but becomes one by the quality of his actions and the integrity of his intent. In the end, leaders are much like eagles...they don't flock; you find them one at a time.

FORWARD

Why would 35 physicians, leaders in their respective medical fields with successful practices and busy lives, fly from different parts of the country to come together in Scottsdale, Arizona, to create a framework for a new medical model? Medicine to them is more than a business. It is a calling. They know the current US healthcare system no longer serves patients or doctors. These are physicians who believe the current system is irretrievably broken and can no longer be patched and tweaked to be made whole again. They believe it is time to weave a new system woven strong by marrying together the art of healing with the science of medicine. This marriage is known as Living Medicine.



SPIRIT OF THE EAGLES
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Dr. Gladys Taylor McGarey and the Foundation that bears her name, took the initiative to bring together this group of leading holistic physicians for three days in early May, 2009. This undertaking was dubbed, "The Gathering of the Eagles" because of the collective wealth of experience and vision of the physicians who participated. The sole purpose of this gathering was to create a blueprint for a new approach to healthcare that will lead to a paradigm shift in medicine that offers both tangible and intangible benefits including cost savings.

This fundamental shift changes the focus from fighting of disease, to the promotion of wellness of communities, families, and individuals. It understands the importance of viewing health as the wholeness of life and not from the absence of disease. It promotes discontinuing the current war model in medicine of killing disease, eradicating viruses, and eliminating symptoms, to concentrate on behaviors that promote health and wholeness. It acknowledges the innate ability of the body to heal and the importance of spirituality in the healing process. It recognizes that there are significant benefits that result from the integration of alternative and complementary medicine into a national routine health care strategy. It supports a transition from a health care delivery model of competition, hierarchy, and profit to one of collaboration, partnership, and outcome effectiveness. It appreciates that medical research is on the frontier of new discovery utilizing with energy medicine and adult stem cells with each having the potential to play a vital role in healthcare. Hence, it is understood the new system must be organic and equipped to implement new treatment options that are proven by evidence to be effective.

There has been a lot of noise occurring in the media about whether or not alternative and complementary modalities are effective. Yet statistics tell us more and more individuals are using them. There is significant anecdotal evidence that suggest these therapies do work resulting in satisfaction among those who use them. Physicians and healthcare practitioners must begin to record their patients' outcomes through case studies as a means to document their effectiveness. As politicians, policy leaders, and medical professionals work to find ways to solve the health care crisis, a new perspective is needed to help change the oft-heated tone of the debates. Out of the box thinking is imperative to find solutions. To that end, the Eagles suggest finding ways that engage the imagination. When imagination is engaged, creative thought can emerge. For example, nursery rhymes can be used as metaphors for medical issues facing us and give us a completely unorthodox way of discussing the crisis and solutions. (Appendix A).



Another example is through the use of stories. Stories are remembered. Great stories transform us. Stories engage us on a personal and emotional level, making real the abstract through inspiration, humor, and illustration. Powerful stories, by stimulating our imagination and all our senses, transport us to a different world. Imprinted within our being, great stories empower us to create. And, in medicine, they provide us with important clues that can lead to effective treatment often more readily than sophisticated diagnostics.

Listening to patient's stories is an underutilized tool in treatment and healing. Unfortunately, too many times, alternative and complementary medicine is discounted as "mumbo, jumbo medicine" with no evidence proving its effectiveness. It is time for policy makers and funders of medical research to not only accept but also require anecdotal evidence in their protocols. Case studies can give us a fuller appreciation of how integrative health is effective in helping patients and an effective partner to allopathic medicine. (Appendix B)

It is worth noting that each member of the Eagle's task force appreciates the importance and benefits of allopathic medicine and includes it in their practices. However, they also believe that to solely rely on allopathic medicine significantly limits the healing and care possibilities and can have an adverse affect on healthy outcomes and cost. The Eagles share the core belief that effective healthcare must encompass both the art of healing which could include nursery rhymes or stories, and the science of medicine.

THE GTMMF



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Gladys Taylor McGarey Medical Foundation	
The Eagles	



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VISION - INSIGHT - FORESIGHT

EXECUTIVE SUMMARY

To help establish a different direction in 21st Century healthcare, we recognize that a shift in the paradigm of healthcare is already occurring: from a focus on the treatment of disease states to the promotion of wellness of communities, families and individuals that is patient-centered and community-based. To that end, we propose the following:

1. Reincorporation of the arts of healing into the science of healthcare – embracing body, mind, spirit and community.
2. Restoration of a healthy relationship with the environment and biological ecology
3. Management of the treatment of chronic disease with emphasis on lifestyle changes, prevention behaviors, and self-responsibility.
4. Integration of the effective and proven complementary and alternative disciplines.
5. Transition from the current health care delivery model to one of collaboration, partnership and outcome effectiveness.
6. Reduce the cost and improve outcomes in healthcare by a return on the investment model of health care expenditures that focus on effective interventions.
7. Recognition of a fundamental belief that Unconditional Love is life's most powerful Healer.
8. Encourage and support adult stem cell and cord blood cell research.



Areas of Concern

The taskforce has identified six areas of concern wherein a change in emphasis, behavior, education, program development, and operations will produce significant, measureable, beneficial results:

1. **Art of Care:** Re-emphasize the art of healing within health care practice, transform health care from a commodity “Industry” to a “Ministry” of human service, and refine the balance between science and technology and the arts of compassionate service.
2. **Public Health Education and Wellness:** Support the needed shift to a culture of healthy behaviors and self-responsibility that will promote the resiliency and productivity of our population through a broad education program for all ages that reflects the cultural diversity of our communities.
3. **Resource Allocation For Health Care Related Services Affecting Practitioners and Patients:** Facilitate the improvement in health outcomes by changing the behavior of patients and practitioners in the health care system through the re-allocation of resources including: physician time, ancillary providers, reimbursement policies and patient funding sources.
4. **Institutional and Structural Changes in Health System Management and Financing:** Support the shift in focus to patient-centered fiscally responsible health care services through necessary institutional changes or development.
5. **Medical School Education and Training:** Sustain a paradigm shift in healthcare, changes in medical school education and training to reflect healing and caring of the individual, family and community which encompass mind, body and spirit.
6. **Environmental Health Promotion:** Promote awareness between both the public and health care practitioners of the economic costs and contributions to chronic illness from cumulative effects of global environmental pollution.



INTRODUCTION

In answer to President Obama's charge to help establish a different direction in 21st Century healthcare, we propose that a paradigm shift is needed based on the Living Medicine model. It is within this framework of Living Medicine that the Eagles brainstormed their ideas and solutions.

The taskforce created the structural framework for a new medical model that can be built upon and will lead to a paradigm shift in medicine. This strategy can initially mitigate the health care crisis and overtime negate it. The medical model outlined in this paper is one that combines the art of healing with the science of medicine. It is one based on physician-patient partnership and individual responsibility for one's own health. Its multiple benefits include both tangible and intangible cost savings.

Evidence based medicine has shown that alternative and complementary medicine have proven to be cost effective, increase patients' involvement in their own health both in terms of prevention and outcome, and promote positive health behaviors that may prevent chronic disease. For example, alternative treatments such as yoga and meditation have proven to be effective for pain management thereby reducing the need for emergency care and expensive pharmaceuticals. Additionally, studies show that when patients perceive their physicians care about them, they are less likely to sue. Because of these proven benefits and as a means to mitigate the current health care crisis, it is both prudent and vital that the integration of alternative and complementary medicine become the accepted routine standard of care.

In order for this to occur, the question of how to marry the art of healing and the science of medicine must be addressed. This calls for a fundamental shift in paradigm from a focus upon and fighting of disease, to the promotion of wellness of communities, families, and individuals; as well as acknowledgment of the innate ability of the body to heal and the importance of the expression of love and spirituality in the healing process.

The marriage between art of healing and the science of medicine is termed Living Medicine. This model recognizes that Unconditional Love is life's most powerful Healer, and the perceived loss of love is our greatest health risk. It supports a transition from a health care delivery model of competition, hierarchy, and profit to one of collaboration,



partnership, and outcome effectiveness. It recognizes that chronic diseases will be much more successfully managed by acknowledging multiple causes of ill health, emphasizing lifestyle changes, and engaging in relationship with patients such that they are supported and empowered to assume self-responsibility. Primary care physicians must be adequately compensated to allow appropriate time with patients, as time invested with patients ultimately reduces long-term health care costs by increasing compliance and decreasing errors. In addition, Living Medicine calls for the restoration of a healthy relationship with the environment and biological ecology of our planet, for our own health and survival is dependent upon the health of the Earth.

The Taskforce, through this position paper, proposes that the healthcare crisis will be transformed through the inclusion of integrative medicine that shifts focus from the treatment of disease to the promotion of wellness of communities, families and individuals. It proposes a structural framework with Living Medicine as the foundation. It was within this framework of Living Medicine that the Eagles brainstormed their ideas and solutions. This position paper details their solutions.



INTRODUCTORY STATEMENT

To help establish a different direction in 21st Century healthcare, we recognize that a shift in the paradigm of healthcare is already occurring: from a focus on the treatment of disease states to the promotion of wellness of communities, families and individuals that is patient-centered and community based. To that end, we propose the following:

1. Reincorporation of the arts of healing into the science of healthcare to create a delivery system that addresses care of the whole person - body, mind, spirit and community.
2. Restoration of a healthy relationship with the environment and biological ecology of our planet.
3. Management of the burden of chronic disease in the population by focusing on treating the multiple causes of ill health, with emphasis on lifestyle changes, prevention behaviors, and self-responsibility.
4. Integration of the effective and proven complementary and alternative disciplines as members of an integrative model of treatment and prevention.
5. Transition from a health care delivery model of competition, hierarchy, and profit making to one of collaboration, partnership and outcome effectiveness.
6. Reduce the cost and improve outcomes in healthcare over the lifespan of our population by a return on the investment model of health care expenditures which focuses on interventions that are known to be effective.
7. Recognition of a fundamental belief that Unconditional Love is life's most powerful Healer, and the perceived loss of love is our greatest health risk. Consequently, it is imperative that physicians have sufficient time with their patients to learn of any current loss or threat of loss to them.
8. Encourage and support adult stem cell and cord blood cell research.

To this end, we identify six areas of concern wherein a change in emphasis, behavior, education, program development, and operations will produce significant, measureable,



beneficial results: the art of care; public health education and wellness; resource allocation for health care related services affecting practitioners and patient; institutional and structural changes in health system management and financing; medical school education and training; and environmental health promotion.

I. THE ART OF CARE

In order to re-emphasize the art of healing within health care practice, transform health care from a commodity “Industry” to a “Ministry” of human service, and refine the balance between science and technology and the arts of compassionate service, we propose:

1. Encourage that Spiritual Health Assessment be included as part of a complete personal and family health assessment by physicians.
2. Create a model of dealing with patients that use an “Identity of Healing” to replace the current model of an “Identity of Disease” based on their disease diagnosis and prognosis.
3. Use a model of Multiple Causality in evaluation and caring for chronic illness instead of assuming a single cause.
4. Transition from the current focus on Individual Health to an expanded focus on Family and Community Health in primary care and health prevention.
5. Establish Best Practice Guidelines for the health care support of conscious pregnancy, birthing, palliative care, relationship loss and dying.
6. Incorporate continuing education classes for physicians and allied practitioners in Nurturing and Healing, Ethics, Communication with Patients, Death and Dying issues, and ongoing Self-reflection.
7. Teach self-awareness techniques including introspection to both health practitioners and patients as resources for increasing their resiliency to the stresses of modern life.
8. Encourage caregiver modeling of healthy lifestyles for patients by doctors and allied health practitioners.



9. Re-align healthcare facilities to reflect the cultural diversity of the community including making language translation services readily available for health care interactions at the primary care level.

II. PUBLIC HEALTH EDUCATION AND WELLNESS

In order to support the needed shift to a culture of healthy behaviors and self-responsibility that will promote the resiliency and productivity of our population, we propose a broad education program for all ages that reflects the cultural diversity of our communities:

1. Design a Public Health Education Campaign for Healthy Lifestyles in school systems, workplaces, community organizations and media.
2. Encourage and disseminate Developmentally Appropriate Guidelines for parents, teachers, and communities to address children and youths' understanding of the social, emotional, physical and spiritual aspects of birth, stages of life and death and dying.
3. Include in the Public Health Education Curriculum: Relationship Skills, Marriage, Parenting, Healthy Diet and Nutrition, Smoking and Health, Addictions and Health, Physical Exercise, Conflict Resolution, Stress Resolution, Spiritual Health, Responsibility for Self-care, Successful Patient-Physician Relationships, and the Stages of the Life Cycle. Offer this curriculum via Community Centers, Schools, Colleges, Universities, Workplaces, and the Internet. Promote them by public service advertising. An example is the University of Minnesota on-line Health and Wellness Curriculum from the Center for Spirituality and Healing.
4. Create a patient consumer education program that addresses the inherent uncertainty and ambiguity in healthcare outcomes.
5. Provide information and access to discussions on end-of-life directives and expansion of home and hospice care.
6. Design a consumer awareness course for patients to promote effective communication and personal interaction with their physicians.



III. RESOURCE ALLOCATION FOR HEALTH CARE RELATED SERVICES AFFECTING PRACTITIONERS AND PATIENTS

In order to facilitate the improvement in health outcomes by changing the behavior of patients and practitioners in the health care system, we propose the re-allocation of resources including: physician time, ancillary providers, reimbursement policies and patient funding sources as follows:

1. Include in the Healthcare Reform National Guidelines, an incentive program to promote behavior changes to reduce personal and family risk factors that result in lower lifetime healthcare costs and in addition, increase productivity by reducing absenteeism and disability.
2. Eliminate fear-driven defensive medicine from medical practice by promoting national Malpractice Tort Reform to reduce frivolous lawsuits and the cost of practicing defensive medicine.
3. Implement No Fault Malpractice for the majority of bad outcomes in the process of care with Mandatory Mediation to determine the criteria for gross malpractice
4. Encourage greater use of both traditional ancillary health care providers and CAM providers as part of integrative treatment and prevention.
5. Encourage the use of adult stem cell treatments using the patient's own stem cells or cord blood cells to treat the myriad of diseases known to respond to this therapy.
6. Use the tax system to encourage health-seeking behaviors; e.g. expand the role of Health Savings Accounts to allow personal choice in care options for primary health maintenance services.
7. Limit the arbitrary control of insurance companies over decision-making on practitioner re-imburement. Increase the transparency of how coverage limitations and payment decisions are being made by private companies who manage health care delivery and reimbursement.



8. Change the reimbursement system to better reflect practitioners' time spent in consultation, counseling and group therapy facilitation as well as for time spent in competency-based lifestyle and behavioral counseling.
9. Create programs for mid level practitioners (Physician's Assistants, Nurse Practitioners, Homeopathic Practitioners, Massage therapists, etc) to be certified in behavior change methods. This certification would allow counselors that are qualified to deliver and be reimbursed for health and wellness education of individuals and families.
10. Implement policies that focus health care resources on the outcomes of the health issues of birthing and the first 7 years of life. Concurrently implement a policy shift to promote the availability of family-sensitive palliative care rather than interventional care for the last few weeks of life.
11. Collate and disseminate the current research that shows that health promotion is more cost-effective than treatment of disease.
12. Assess patient satisfaction and outcomes data. Require universal assessment and publication of patient satisfaction data to inform and empower patients.

IV. INSTITUTIONAL AND STRUCTURAL CHANGES IN HEALTH SYSTEM MANAGEMENT AND FINANCING

In order to support the shift in focus to patient-centered fiscally responsible health care services, we propose the following institutional changes or developments:

1. Create adult stem cell treatment programs which will save time, resources, pain, and suffering for millions of people.
2. Creation of statewide or regional public-private partnership organizations for the development and implementation of policies and programs for management of health care expenses and investment. These organizations should provide transparency of decision-making and be at least indirectly accountable to the electorate to ensure that policies remain effective and applicable to the diversity of regional communities in the US.



3. Sponsorship and subsidization by the government of the costs of a minimum program of Universal Coverage for at least catastrophic accidents and illnesses for all citizens and coverage for acute and chronic illness and disability in the pregnant mother and pediatric populations.

4. Remodel of the health care system as a whole as a group of publically responsive human service utilities that invest in the productivity of the community members rather than a collection of private businesses whose primary goal is to maximize short term profit for their officers and share holders.

5. Expansion of the University-based Integrative Medicine Academic Consortium model into regional consortia of integrative community-based health care delivery systems.

V. MEDICAL SCHOOL EDUCATION AND TRAINING

In order to sustain a paradigm shift in healthcare, changes in medical school education and training should occur to reflect healing and caring of the individual, family and community that encompass mind, body and spirit. This premise supports:

1. Medical Education to include communication skills, the art of listening, conflict resolution, family systems, community systems and methods of nurturing self and others.

2. Medical Education to encourage a perspective of "Holism" which reflects supporting the needs of the whole person rather than just the part that is damaged or diseased.

3. Physician training to include attention to what used to be called "bedside manner" i.e. the way that their speech, action, presence and intention can be an instrument or a detriment to a positive outcome of treatment.

4. Establish, maintain, and implement a code of ethics in treatment and care that reflects that the delivery of healthcare is a professional ministry of service, not a consumer consumption industry.

5. Teach ethics and philosophy of medical practice in a focused course in addition to its being embedded into every aspect of the institution. Address issues such as flexibility and creativity in patient care, palliative care for death and dying, role modeling of



healthy lifestyles by physicians, and integration of patient choice and belief systems in medical options for the care of complex and chronic situations.

6. In addition to high quality training in Biomedicine, health care students should receive an overview of Ethno medicine including, but not limited to, Traditional Chinese Medicine, Ayurveda, Shamanism and Native American Medicine. This exposure will both reflect the cultural diversity of the public and expose students to the way that the interconnectivity of life is expressed in indigenous and traditional health care systems.

7. A course in the physiology, psychology, cultural principles, practice methods, and outcomes of integrative medical care should become a foundational part of undergraduate physician medical education.

8. Medical student admissions requirements should include ethnic diversity as well as people skills, emotional intelligence, compassion, and personalities suited to the complexity of integrative medicine and communities in the 21st century.

9. Minimize role of animal testing and experimentation in health care education and research.

10. Encourage and fund further research of the use of adult stem cells and cord blood cells.

VI. ENVIRONMENTAL HEALTH PROMOTION

In order to promote awareness among the public and among health care practitioners of the economic costs and contributions to chronic illness from cumulative effects of global environmental pollution, we propose:

1. Provide incentives to hospitals and health care institutions to reduce carbon footprints and waste.

2. Teach health care students fiscal and environmental responsibility in treatment choices and options.



3. Expand the role of the Environmental Protection Agency [EPA] to include investigation of the personal and community health impacts of cumulative environmental toxicity.



APPENDIX A: Brief Summary of Position Paper

BRIEF SUMMARY THE GLADYS TAYLOR MCGAREY MEDICAL FOUNDATION GATHERING OF EAGLES SOLUTIONS TO HEALTHCARE NEEDS IN AMERICA

Dr. Gladys Taylor McGarey and the Foundation that bears her name, took the initiative to bring together this group of leading holistic physicians for three days in early May, 2009. This undertaking was dubbed, "The Gathering of the Eagles" because of the collective wealth of experience and vision of the physicians who participated. The sole purpose of this gathering was to create a blueprint for a new approach to healthcare that will lead to a paradigm shift in medicine that offers both tangible and intangible benefits including cost savings.

From this meeting a position paper has been written [Ref] and summarized in this document, proposes that the healthcare crisis be transformed through the inclusion of integrative medicine that shifts focus from the treatment of disease to the promotion of wellness of communities, families and individuals. It proposes a structural framework with Living Medicine as the foundation. This position paper details their solutions.

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APPENDIX B: BULLET POINTS

BULLET POINTS THE GLADYS TAYLOR MCGAREY MEDICAL FOUNDATION GATHERING OF EAGLES SOLUTIONS TO HEALTHCARE NEEDS IN AMERICA

To help establish a different direction in 21st Century healthcare, the Gladys Taylor McGarey Medical Foundation Task Force recognizes that a shift in the paradigm of healthcare is already occurring: from a focus on the treatment of disease states to the promotion of wellness of communities, families and individuals that is patient-centered and community-based. To that end, the Taskforce is proposing the following:

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END NOTES:

The Gladys McGarey Medical Foundation

The Gladys Taylor McGarey Medical Foundation's mission is the advancement of Holistic Medicine in the United States and Abroad. The Foundation promotes physician training, patient awareness, and practices for personal health that encompass the whole person -- including spiritual, emotional and physical health. Founded in 1989, its work continues in the U.S and around the globe that includes encouraging conscious birthing, caring for the children of lepers in India, and supporting the Afghani Women's Project. In 2008, the GTMM Foundation won special recognition from the University of Arizona Medical School for its work teaching medical students how integrative medicine can facilitate patient healing.

The Foundation, founded by Dr. Gladys Taylor McGarey and known as the "Mother of Holistic" Medicine, Dr. Gladys, as she's known throughout the world, co-founded the American Association of Holistic Medicine in 1977, along with Dr. Norm Shealy. Together they pushed to bring important "alternative" healing techniques like acupuncture and body/mind medicine into today's mainstream medicine.

The Integrative Medicine task force was assembled from a network of experienced integrative and conventional physicians who are convinced that this is the time for a rethinking of the dimensions and practices of health care for the 21st century. The affiliations listed are for identification only; the opinions in this paper are solely those of the participants.

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The Eagles Task Force

The following is a partial list of those who participated in The Gathering of the Eagles and who helped formulate the blueprint for a new healthcare system.

Alan Abromovitz, M.D., Phoenix, AZ

Dr. Abromovitz specializes in preventative maintenance and the treatment of musculoskeletal pain and chronic disorders with acupuncture, manipulation and therapeutic massage. He believes that the body can heal itself as long as the flow in the body is balanced and correct. He offers his knowledge regularly to 4th year medical students who are studying alternative modalities.

Bob Anderson, M.D., Wenatchee, WA

Dr Anderson is a true pioneer of holistic medicine, having practiced clinically for more than thirty years. He is a founder and past president of the American Holistic Medical Association as well as a founder and past president of the American Board of Integrative Holistic Medicine. He is the author of many books and articles on holistic medicine and psychosynthesis and currently is faculty at Bastyr University.

Eugenie V. Anderson, M.D., M.D. (H), Phoenix, AZ

Dr. Anderson has focused and specialized skills in all phases of gynecological services, including treatment of gynecological disorders, hormone balancing, lifestyle and nutritional counseling, general and laser surgery, and gynecological endocrinology. In her practice she integrates classical homeopathic therapies with traditional medical therapies. There is special emphasis on the total person with use of natural compounded hormones and nutrition. Dr. Anderson is Medical Director St. Vincent De Paul Free Clinic in Phoenix, Arizona.

Jerry M. Calkins, Ph.D., M.D., Cheyenne, Wyoming

Dr. Calkins recently retired from clinical practice but continues to consult, teach, and write extensively. He is currently serving on several subcommittees of the Wyoming Healthcare Commission and is the Chairman of the Board of Directors of



the Wyoming Health Information Organization. He has served on research and medical advisory boards for over 25 public and private organizations, editorial staffs of professional journals, and as a consultant to several federal agencies including the Department of Defense, NIH, and FDA. He has authored and co-authored over 160 technical articles, book chapters, and publications including editing two books and a four and a six-volume edition of an encyclopedia of biomedical devices. He has received numerous awards and honors including the "Esteemed Professor Award" from the Alzheimer's Prevention Foundation International in 2004 and in 2006, he was inducted into the University of Wyoming College of Engineering and Applied Sciences Hall of Fame.

Nancy Campbell, M.D., Berkshires, MA

Dr. Campbell, attended Brown University, Providence Rhode Island for both undergraduate and Medical School. Nancy began a general surgical residency at Berkshire Medical Center in Pittsfield, Ma which she terminated after 2 years to choose another direction. She worked for 1 year in the United States Public Health Service, until it was terminated by President Reagan. From 1980 until 1991, Nancy practiced Emergency Medicine at Berkshire Medical Center in Pittsfield, Ma. She completed an Osteopathic Manipulative Medicine Residency at Kirksville Osteopathic School of Medicine, Kirksville, Missouri. Nancy has practiced Qigong for about 7 years now and is studying "Medical Qigong" with Master Nan Lu in New York City at present. Further, she is studying "Applied Healing Arts" at Tai Sophia Institute in Laurel Maryland, while continuing her Osteopathic practice.

Maria Daly, D.O., FACOFP, Miami, Florida

Dr. Maria F Daly provides care through The Women's Health Institute, a healing center for women of all cultures and their families. She integrates Cultural, Alternative, Osteopathic and Conventional Medicine through the Women's Institute. She is affiliated with Jackson Memorial Hospital and delivers OB/GYN care and provides outpatient education.

Terry S. Friedmann, M.D., Scottsdale, AZ

Dr. Friedmann has integrated his intuitive, inspirational gifts into his medial practice. He treats the four human elements, the body, mind, emotions, and spirit, as one, having many times attained what conventional medicine finds difficult: complete healing of individuals. He was an integral part of



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the formation of the First World Congress of Science and Religion and served as a board member/ presenter at the Second Congress. Dr. Friedmann has maintained a life long commitment creating complete health and serving spiritual truth. He currently writes, and is completing his fourth book. He also lectures on health, spirituality, and higher consciousness.

Carl A. Hammerschlag, M.D., Phoenix, AZ

Dr. Carl Hammerschlag is a gifted storyteller, internationally recognized author, teacher, physician, and healer. He is a pioneer in the practical applications of the science of psychoneuroimmunology (PNI), or mind-body-spirit medicine.

Bethany Hays, M.D., Falmouth, ME

Dr. Hays has been an obstetrician-gynecologist in private practice since 1980, most recently at True North, Maine's Center for Functional Medicine and the Healing Arts. She is a past Board Member of the American Holistic Medical Association and present member of the Board of the Institute for Functional Medicine and the 2008 winner of the Linus Pauling Award from IFM. She is Chairman of the Mercy Hospital Division of Integrative Care, and the Medical Director at the True North Center.

Joseph Helms, M.D., Berkeley, California

Dr. Helms is a professor of medical acupuncture on the adjunct clinical faculty at Stanford University School of Medicine and has a private practice in medical acupuncture. He has been the driving force behind the emergence of medical acupuncture as a discipline in modern medicine. He has trained over five thousand doctors in the United States through Helms Medical Institute courses, with the continuing medical education of Stanford and UCLA Schools of Medicine. He is the author of Acupuncture Energetics: A Clinical Approach for Physicians. Dr. Helms is the founding president of the American Academy of Medical Acupuncture, has served on the acupuncture advisory committees for the World Health Organization and the National Center for Complementary and Alternative Medicine of the National Institutes of Health.



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Victoria Horstman, M.D., Scottsdale, AZ

Dr. Victoria Horstman has been in General Practice since 2000. She enjoys seeing patients in their home environment. She has been on the board of Directors of the Gladys Taylor Medical Foundation for seven years. She is preceptor for 4th year medical students from all over the country, in the foundation's rotation in Alternative Modalities in Primary care. In May 2008 the University of Arizona College of Medicine awarded her a "certificate of recognition," as preceptor for 4th year medical students. She has recently become certified in spinal manipulation under conscious sedation.

Rob Ivker, D.O., Littleton, CO

Dr. Ivker practices holistic medicine, with an emphasis on the treatment and prevention of chronic disease and the creation of optimal health. He has been on the Board of Trustees of the American Holistic Medical Association (AHMA) and was President from 1996 to 1999. Dr. Ivker is a co-founder and current President of the American Board of Holistic Medicine (ABHM) and co-creator of the first board certification examination in holistic medicine. He has multiple publications and maintains a website devoted to his Sinus Survival Program.

Gina M. Jansheski, M.D., F.A.A.P., Tucson, AZ

Dr. Gina M. Jansheski is the Medical Director at Tucson Pediatric Hospitalists, Pediatric Palliative Care and Peppi's House Pediatric Hospice. She has worked in hospital pediatrics for over 8 years.

Hollis H. King, D.O., Ph.D., Mesa, AZ

Dr. King is currently Professor of Osteopathic Principles and Practice, A.T. Still University School of Osteopathic Medicine in AZ. He has practiced family practice with emphasis on neuromusculoskeletal system evaluation and treatment including spinal manipulation. Dr. King has many publications and research projects to his credit and is a Founding Diplomat of the American Board of Holistic and Integrative Medicine. Dr. King completed a Certificate Program in Health Policy with the American Osteopathic Association. He received the Physician of the Year Award from the Osteopathic Physicians and Surgeons of California, 2002 and the Northrup Memorial Lecture, American Academy of Osteopathy, 2007 and is on the Editorial Board, Journal of the American Osteopathic Association.



He is actively involved in the ARE and educating on the Cayce healing practices.

Bill Manahan, M.D., Minneapolis, Minnesota

Dr. Manahan is past president of the American Holistic Medical Association and a founding member of the American Board of Integrative Holistic Medicine. He was the founding Program Director of Minnesota's first Rural Family Practice Residency Program. He is Assistant Professor Emeritus Department of Family Medicine and Community Health University of Minnesota Medical School Dr. Manahan authored the book titled Eat For Health: A Do-It-Yourself Nutrition Guide for Solving Common Medical Problems. He served with the Peace Corps for two years in Malaysia and one year in Ghana.

Ann B. McCombs, D.O., Bellevue, WA

As an educationally based holistic medical practitioner, Dr. McCombs is actively engaged in clinical practice, teaching and mentoring. She uses Non-Protocol Diagnosis and Treatment to assist clients. Dr. McCombs served as a member of the Board of Trustees of the American Holistic Medical Association, Board of Directors for Dr. Devi Nambudripad's Allergy Research Foundation and Carbon Based Corporation (a company specializing in multi-variate analysis of biochemical tests.)

David McGarey, M.D., Flagstaff, AZ

Dr. McGarey is a board certified Ophthalmologist practicing in Flagstaff, AZ since 1997. Prior to becoming an Ophthalmologist Dr. McGarey was a board certified Family Physician, trained at St. Joseph Hospital in Phoenix, AZ. He practiced Family Medicine in South Phoenix and internationally in Saipan, MP. He is interested in seeing fair and comprehensive health insurance for all Americans.

Gladys McGarey, M.D. M.D. (H), Scottsdale AZ.

Dr. McGarey has been a family physician for more than fifty years. She is internationally known for her pioneering work in holistic medicine, natural birthing and the physician-patient partnership. She is known as the Mother of Holistic Medicine. She was the co-founder of the American Holistic Medical Foundation. Her work through her foundation, The Gladys Taylor McGarey Medical Foundation has helped expand the knowledge and application of holistic



principles through scientific research and education. She is author of three books and an international speaker.

Lee B. McGarey, M.D., Flagstaff, AZ

Dr. Lee McGarey is a board certified Pediatrician currently practicing general pediatrics in a private practice in Flagstaff, AZ since 1997. Prior to moving to Flagstaff, Dr McGarey was an assistant professor in the Pediatric Emergency Department of Eastern Virginia Medical School. She practiced for two years internationally in Saipan, MP. She was trained at Phoenix Children's Hospital. She has a special interest in international medicine and infectious diseases. She hopes to see universal maternal and child health coverage.

Sherry Mee, M.D., Los Angeles, CA

Dr. Mee has studied extensively in complimentary approaches to medical healing including the practitioner's training, master practitioner's training and health certificate training in Neuro Linguistics Programming, Nine Gates Mystery School completed and staffed the program as well as completing the Dahn Healing School in Sedona, Arizona. At Tower Urology Medical Group, she practices with emphasis on Female Urology at Cedars- Sinai Hospital. She has served as President of the Los Angeles County Medical Woman's Association for two years, and is currently a member of the Cedars-Sinai Center for Women's Continence and Pelvic Health. She has been selected for the 2008 Best Doctor Physician List and the Southern California Super Doctors.

Penny Montgomery, Ph.D., Hollywood, CA

Dr. Montgomery is a respected researcher and practitioner of Psychoneurophysiology. She worked together with Dr. Margaret Ayers, internationally renowned for her work with brain injury and in clinical applications of Neurofeedback, until Dr. Ayers recent death. Dr. Montgomery continues their work and research. She is a gifted writer and speaker.

Margaret Palmquest, M.D., Seattle, Washington

Dr. Palmquest is a Board Member American Medical Women's Association AMWA 2004-2008. American Medical Woman's Association and American Holistic Medical Association Conference committee member. Board



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Member Puget Sound Association Phi Beta Kappa, Medical Advisor to Ling GUI International Healing Qigong School, and Advisory Board Member-Gladys Taylor McGarey Medical Foundation. Margaret is currently studying Anthroposophical Medicine, which is a Holistic, approach to the human being and an extension of Allopathic and Osteopathic Medicine.

Maurie D. Pressman, M.D., Philadelphia, PA

Dr. Pressman, is traditionally trained as a Freudian psychoanalyst and child analyst and has reached into the broad realms of psychotherapy. Through these experiences Dr. Pressman has created a bridge between the personal realms (which guide us on the material plane) and the higher realms (which guide us on the spiritual planes). He is a Clinical Professor Emeritus at Temple Medical School in Psychiatry and Chairman Emeritus of the Albert Einstein Medical Center in Philadelphia, Pa. He is co-author of Twin Souls and author of Visions from the Soul: Bridging Personality to Spirit as well as a soon-to-be published Living in the Supermind. He lectures nationally and internationally and published more than 30 professional articles. He is a columnist for the Monthly Aspectarian.

John C. Reed, M.D., Arlington, MA

Dr. Reed is a family physician that has earned national recognition for his clinical skills in alternative disciplines including holistic medicine, acupuncture, cranial osteopathy and homeopathy. He served as the President of the Arizona Board of Homeopathic Medical Examiners and was one of the founders of the American Academy of Medical Acupuncture, the American Holistic Medical Association and the American Academy of Medical Acupuncture. At Axia and Healthways, he oversaw the Healthways WholeHealth Networks a national program of over 30,000 CAM providers of covered and discount access to integrative relationship-based health care, and provided program direction for Healthways Summit meeting on CAM practices. Dr. Reed is currently studying spirituality and the health care ministry at Harvard Divinity School.

Todd Rowe, M.D., Phoenix, AZ

Dr. Todd Rowe is the president and a founder of the American Medical College of Homeopathy. He is certified by the American Board of Homeotherapeutics, the Council for Homeopathic Certification and is the director of the Desert Institute of Classical Homeopathy. Dr. Rowe teaches



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extensively. He supervises homeopathic students and trains medical students and residents in classical homeopathy as the director of the American Medical College of Homeopathy Medical Center. He has recently published a book called *Desert Medicine: A Homeopathic Exploration*. In addition, he has participated in conventional research exploring the efficacy of homeopathy in the treatment of fibromyalgia through the University of Arizona.

Charlie Schwengel, D.O., Mesa, AZ

Dr. Schwengel is licensed as an Osteopathic Physician and Surgeon, as well as a Homeopathic Medical Doctor. He served on the Arizona Board of Homeopathic Medical Examiners from 1978 until 2007 and was the President of the board during his last three years. He specializes in developing integrative programs of care for cancer patients, as well as for patients with chronic pain, heart and cardiovascular diseases, and for anti-aging medicine. His philosophy is "in life, health and healing, is do what works."

Norm Shealy, M.D., Springfield, MO

Dr. Shealy is one of the most influential pioneers in holistic medicine. In 1971 he founded the first comprehensive pain and stress management clinic in the world. The Shealy Institute was recognized for several years as the most successful and most cost effective pain clinic in the U.S. He is the winner of the first Harold G. Wolff award for excellence in pain research. He was the founder and first President of the American Holistic Medical Association.

Scott Shannon, M.D., Denver, Colorado

Dr. Scott Shannon has been instrumental in the creation of a holistic and integrative perspective in psychiatry for over a decade. Scott joined the American Holistic Medical Association in 1978 as a founding member and served as President from 2000-2001. Academic Press published his textbook (the first in this field), *Handbook of Complementary and Alternative Therapies in Mental Health* in 2002. Recently, Scott started the country's first academically based Integrative Clinic in Child Psychiatry at the University of Colorado-Children's Hospital in Denver where he works as Assistant Clinical Professor. Beyond his private practice in Fort Collins, Scott also writes and teaches extensively.



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Ken Stoller, M.D., Santa Fe, New Mexico

Dr. Ken Stoller is President of the International Hyperbaric Medical Association, a Diplomat of the American Board of Pediatrics, a Diplomat of the American Board of Hyperbaric Medicine, a Fellow of the American College for Hyperbaric Medicine, and a member of the New Mexico Medical Society. He has almost two decades of clinical experience in pediatric medicine. Dr. Stoller is medical director of multiple hyperbaric centers, including President of the International Hyperbaric Medical Hyperbaric Medical Center of New Mexico, Medical Director of the San Francisco Institute of Hyperbaric Medicine, Medical Director of the Hyperbaric Recovery Center, Larkspur, and Medical Director of the Hyperbaric Oxygen Clinic in Sacramento.

Carol M. Tunney, M.D., Arlington, VT

Dr. Tunney is a Shaman Practitioner, educator, and public speaker. She has served on the faculty at Southern Vermont College and chaired the Division of Science and Technology, where she developed and taught experiential course on integrative therapies. She hosts a weekly radio show on WBTV entitled Natural Instincts: Health, Healing, and Conscious Living.

Mary Grace Warner, M.D., M.D. (H), Phoenix, AZ

Dr. Mary Grace Warner is the former Medical Director of the School of Cardiovascular Ultrasound at the Arizona Heart Institute. She was a staff cardiologist for 16 years and a leader in vascular and cardiac ultrasound. She was one of the first physicians to use transesophageal echocardiography in Arizona. She is the founder of Integrative Cardiology PLLC in Scottsdale Arizona. Dr. Warner received her MD(H) in 2008. She practices classical homeopathy and consults in cardiovascular diseases in Integrative Homeopathy PLLC.

Helene Wechsler, M.D. M.D. (H), Scottsdale, AZ

Dr. Wechsler started her Family practice at the ARE Clinic in Phoenix AZ. In 1989 she and her mother, Gladys McGarey, formed The Scottsdale Holistic Medical Group. In 2004 she moved her practice to North Scottsdale and started her practice of "concierge medicine," Scottsdale Private Physicians, where she continues to practice holistic medicine.



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Bradley Williams, M.D., Phoenix, AZ

Dr. Williams practices family medicine in Phoenix, AZ. He has used alternative modalities in his practice for a number of years. He received his medical degree from the University of Kansas Medical School.

Patricia M. Wright, M.D., Elko, Nevada

Dr. Wright has practiced general orthopedics in rural Nevada for more than 20 years. In addition to traditional orthopedics she focuses helping patients see the connection of the emotional, spiritual and physical aspects of their ailments.

A heartfelt thank you to our facilitators who contributed to the success of The Gathering Of The Eagles.

Facilitators

Jerome Landau is an attorney, mediator, and arbitrator with offices in Scottsdale, AZ. He performs conflict resolution and legal services nationally and internationally.

Larry Seal is the founder and President of Engaged Communication. Since 1991 he has honed his skills as a communication and leadership consultant, facilitator and coach. In these roles Larry has worked with leaders at more than 100 organizations including more than 50 Fortune 500 companies.

Bernie Williams, PhD, is the Dean of Graduate Studies at Energy Medicine University, in Sausalito, California; President of Holos University Graduate Seminary, at Fairview, Missouri; and President of The Center for Environmental Energy Medicine Studies in Lawrence, Kansas.



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