

Industry House

# Wholistic Health



**“Let your food be your medicine & let your medicine be your food.”**  
-Imhotep

## Join This House

If you would like to exchange knowledge and practices around regaining balance internally and externally as individuals and as a collective.

Health is essential to the thrival of any community. If an individual is ill, the entire community is unhealthy. Members of this house share, teach and exchange information and practices as they relate to physical, mental and spiritual health as vital components of community development.

## MEMBERS ARE SKILLED IN...

- MA'AT: Meditation & Energy
- Plant-based Living, Nutrition & The Science of Food
- Stress Management
- Entheogenic Medicine
- Natural Childbirth & Internal Health
- Healing Wounds of Oppression
- Natural Healing & Herbology
- Traditional Medicine

# 65-80%

## FACTS

The World Health Organization has estimated that between 65-80 percent of the world's population rely on holistic health organizations for their health care.

-World Health Organization