



Worldwide Wellness Vision 20/20

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360° GLOBAL HEALTH ASSESSMENT

Statistical evidence that millions are dying despite the billions being spent on healthcare, indicates mankind's failure.

Despite the fine efforts of health professionals, medical advancements are clouded by rising health disorders.

Until realisation dawns that web-like causality making depression, suicide and health disorders inseparable from each other; our world's sole reliance on prescription medicine matches **Albert Einstein's definition of insanity "to keep doing the same thing and expecting a different result"**.

Until treatment attitudes switch from silo-minded specialist symptom-fixated relief to holistic root cause remedial; suicides, deaths and unnecessary suffering from preventable health disorders risk continuation, as evidence of mankind's failure to ignore age-old holistic wellness wisdom.

Until every person stops being like a 'ship passing others in the dark' and starts selflessly reaching out to help others based on constructive health literacy; innocent people risk remaining adrift in rudderless boats heading to one disorder or another, losing their 'Quality of Life', unnecessarily.

CALLS FOR CONSTRUCTIVE & COLLABORATIVE ACTION, GLOBALLY

Led by Ethical Wellness Specialists & Philanthropist supported by Good Journalism.

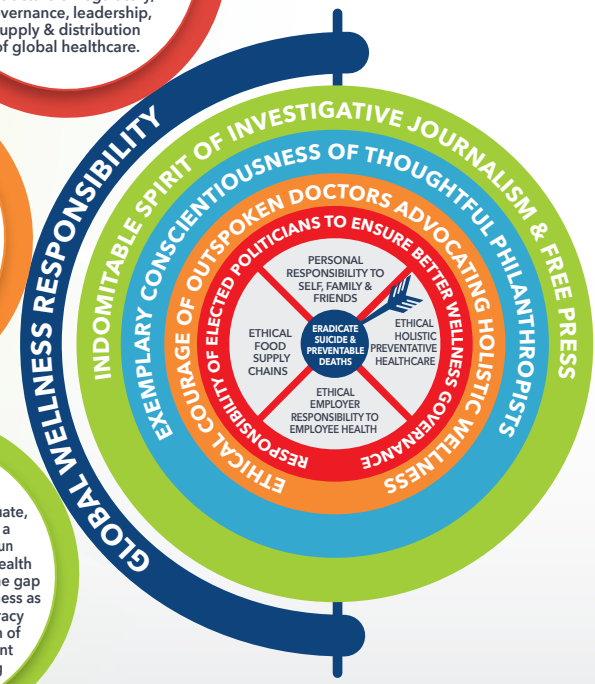


- Stop the sickness-centric business model of current healthcare from stone-walling non-drug & non-surgical remedial & wellness pathways.
- Slow down known 'causalities' at core of health disorders, led by ethical wellness all-rounders not solely reliant on pills & surgery.
- Start health literacy from early schooling through to workplaces.
- View schooling & workplaces as supply chains to deliver health literacy. Improved health = improved productivity = improved affordability of better food = less junk food consumption = less illness & costs to individuals, workplaces & governments.

No different from restructure or redundancy being the response to commercial ROI failure; flat-lining healthcare ROI represented by rising health disorders & deaths, necessitate no less than a systemic restructure of regulatory, governance, leadership, supply & distribution of global healthcare.

Better ROI on billions spent in healthcare deserves independent scrutiny, governance & wellness expertise; only possible from an unbiased coalition of investigative journalism, philanthropists & ethical outspoken doctors who have been identifying systemic shortcomings with food & healthcare supply chains.

Given decades of pharmaceuticals led attitude to 'fight' health disorders is proving inadequate, then perhaps it is time for a collaborative causeway (pun intended) encompassing all health sciences' wisdom, to bridge the gap to wellness. Establishing wellness as a global goal via health literacy will ensure better utilisation of resources instead of upfront hands-off apathy causing the rear-guard 'fight'.



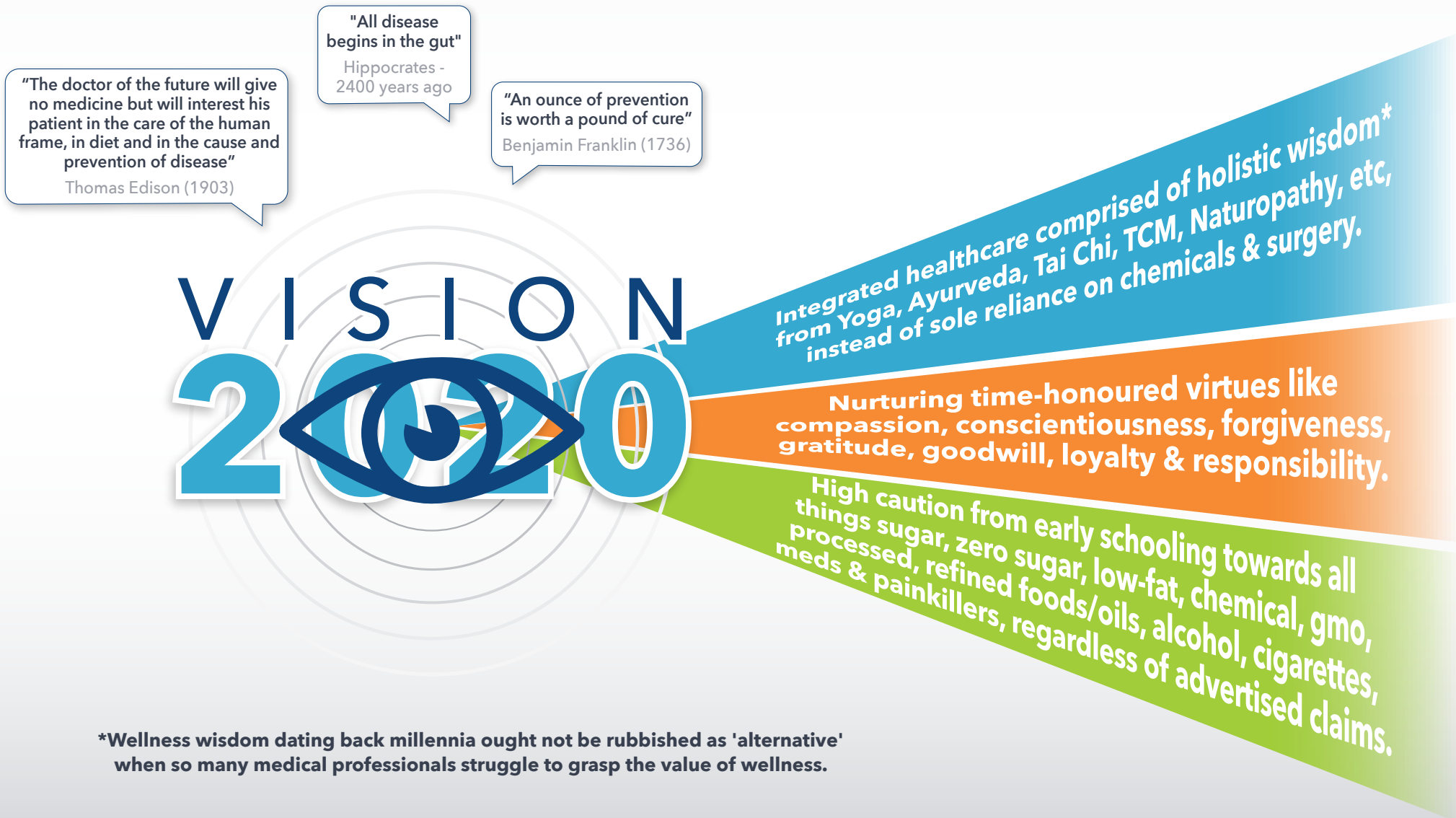
Improvement of poor performance necessitates better overall leadership.
Please see links to exemplary leadership by ethical doctors reporting alarming revelations under the 'Calls to Action' tab addressed to such doctors.

ENOUGH OF AWARENESS TALK & CONTINUING WITH ALBERT EINSTEIN'S DEFINITION OF INSANITY

IT IS TIME TO WALK THE TALK AND REALLY START TO SAVE LIVES

World Health Organisation & Governments must set Wellness Achievement Goals. Medical knowledge is no longer exclusive to laboratories.

If 2020's decade is to not repeat the abysmal failures of previous decades; then 2020 must start with a robust Worldwide Wellness Policy repositioning healthcare to work up the 'food-chain' of wellness instead of being in the sickness business.



***Wellness wisdom dating back millennia ought not be rubbished as 'alternative' when so many medical professionals struggle to grasp the value of wellness.**

PERSONAL RESPONSIBILITY - AS THE FOREMOST STEP

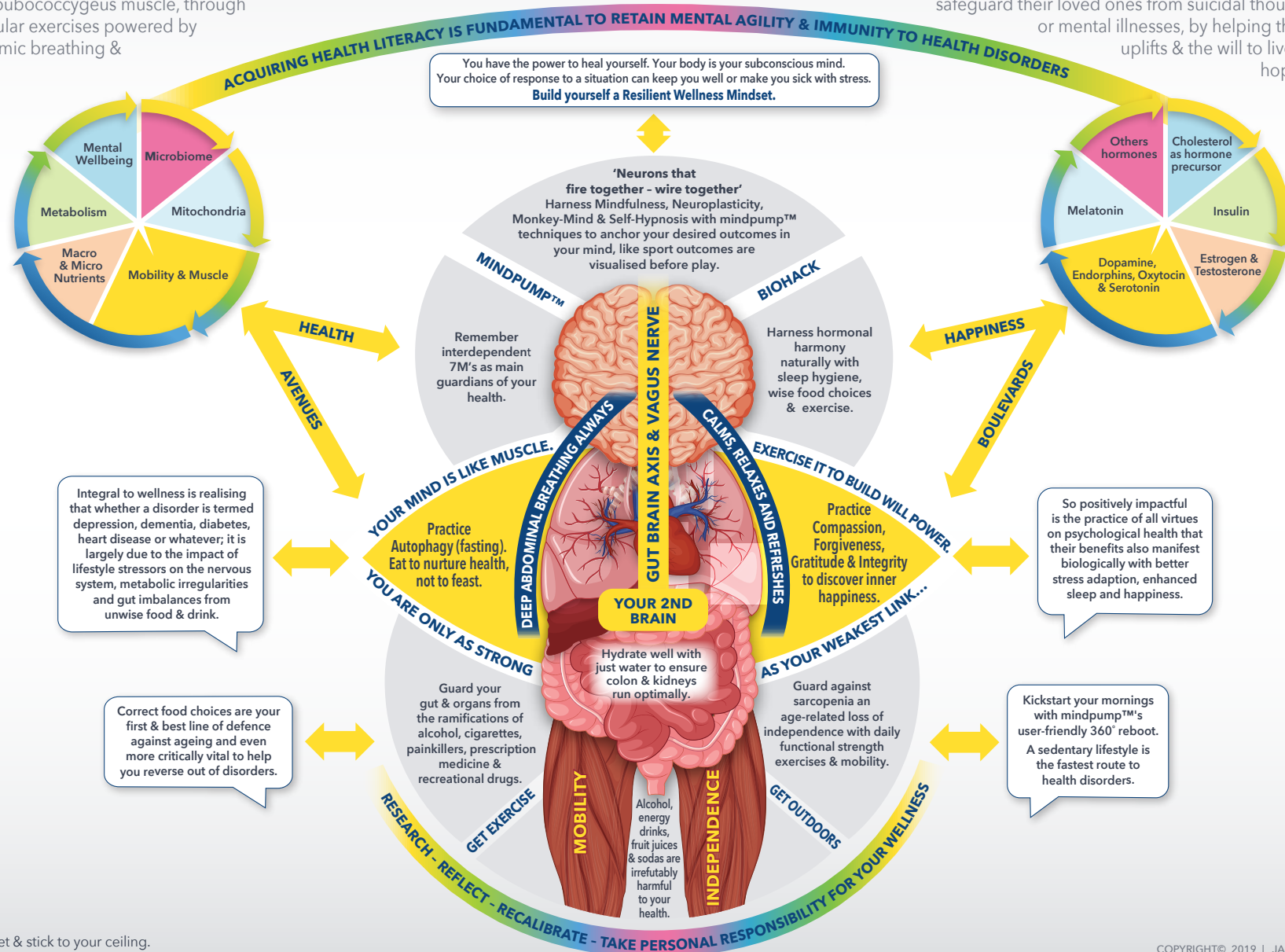
YOUR mindpump™ MINDMAP

Key Purpose

To help absolutely everyone enjoy a chemical & cost-free, convenient mind-rejuvenating reboot (preferably in the mornings) with 360° cognizance to improve today over yesterday; by simultaneously pumping oxygenated air & blood to both brain lobes and your entire gut - right down to your pubococcygeus muscle, through co-ordinated neuromuscular exercises powered by gravity-assisted diaphragmic breathing & purposeful visualisation.

mindpump is a holistic Super Fusion of carefully selected values from Yoga, Tai Chi, Haka, Martial Arts, Isometric, Isotonic, Kegel, Eye & Visualisation techniques; hitherto practiced as separate unconnected disciplines. mindpump is a chemical-free process that may help close family/friend to safeguard their loved ones from suicidal thoughts, if suffering depression or mental illnesses, by helping them to self-generate mental uplifts & the will to live by rebuilding constructive hope through holistic wellness.

Key Points of Difference



Print this as an A3 sheet & stick to your ceiling. Start your journey to wellness by 'mindpumping' 1st thing every morning.

'With yesterday gone past, treat today as a PRESENT to build a better tomorrow'

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COLLABORATIVE FAMILY & COMMUNAL RESPONSIBILITY

“Reach back, pull someone up.

Each one - Teach one.

Don't just aspire to make a living.

Aspire to make a difference”.

We urge you to watch Denzel Washington's awe-inspiring speech on our 'about us' page.

mindpump™ enables well-meaning family/friend to 'add value' in anyone suffering depression or postnatal anxiety, with a wellness-focused tool-like technique resonating the timeless principle of 'each one - teach one'. It is adaptably capable to run parallel to meds & become a safety net to save depressed people from falling through the cracks.

mindpump™ alone or with someone to rapidly refresh and reset your brain, mind & body, unconstrained by affordability, age, gender, language or location - indoors or outdoors. From Alaska, to Africa, to Asia or Australia; New Zealand made mindpump™ will work anywhere.

mindpump's heightened awareness of goodwill principles should also encourage much better conservation & protection of our environment's wellbeing; no different to caring for our personal wellness. **We are our planet's only custodians as well as its guests and need to be cognizant of our 'Duty of Care'.**

COLLABORATIVE GLOBAL RESPONSIBILITY



ETHICAL WIN : WIN OUTCOMES

To all those who ever advocated or uttered
'Add Value' or 'How may I help you?',
this is your opportunity to

'Walk The Talk'

from Depression, PTSD & Health Disorders.

Become an 'ihelper' and serve
as a Guardian to save people falling through the cracks
from depression, health disorders or both.



Philanthropic Conscientiousness

Whose visionary governance can axis-tilt current healthcare systems to Wellness Achievement Goals instead of being a damage control business geared to debatable targets.

Integrated Medical & Holistic Wellness Professionals

Whose ethical leadership in conjunction with leading citizen scientists, Regulatory bodies & Pharmaceutical suppliers, creates a thorough 20/20 Worldwide Wellness Policy to guide WHO & Governments to improve wellness & healthcare performance based on full disclosures from past & future clinical research.

Worldwide Investigative Journalism

Whose indomitable spirit can ensure full disclosures of past & ongoing clinical research, transparency in healthcare and unblock regulatory constraints on Doctors' Free Speech about factors that impede healthcare.

Personal Responsibility

For self and family's wellness with non-sedentary, actively preventative healthy lifestyles.

Elected Politicians' Oath of Office

Whose mandate must facilitate supply & distribution of healthcare literacy from schooling to workplaces, parallel to Wellness Achievement Standards for supply & distribution of food, pharmaceutical and healthcare.

Better Managed Workplaces

Whose visionary leadership values correlations between commercial & employee productivity via employee fulfillment to minimise avoidable stresses that are irrefutably correlated to health disorders; thus unburdening healthcare costs to employer, employee and tax-payer.

Food Supply Chain Ethicality

Which respects correlations between nutritive foods & wellness; wellness with productivity; productivity with consumer affordability leading to better business; all of which can synergistically nurture worldwide wellness and reduce both, the incidence of health disorders & death rates.