Navigating Healthcare: Like a Mom

Take Responsibility. Demand Integrity. Stay Free.

Jennifer Walters BSN-RN, PHN, MFA

Photo Credit: Woburn Safari Park



I. Your free and inspired life:

- Take Responsibility for your family's healthcare.
 - Build a First-Aid kit & learn how to use it.
 - Nebulizer/O2, Pulse-Ox, Mercury-Free Thermometer, Sling/Splint, Tourniquet, Steri-strips, Bandages/ice-packs/heat wraps
 - Back-up Rx medications: Get your MD/DO/NP to Rx & Pay Cash
 - If you use Rx, Antibiotics Get back-up kits online
 - Silver, Magnesium, Selenium, Lysine, Milk Thistle

My Top Picks for Supplements: Aloe, Arnica, Berberine, Cod Liver Oil, Castor Oil Packs, Hydrogen Peroxide, Vitamin B,C & D, Charcoal, Iodine, Colloidal

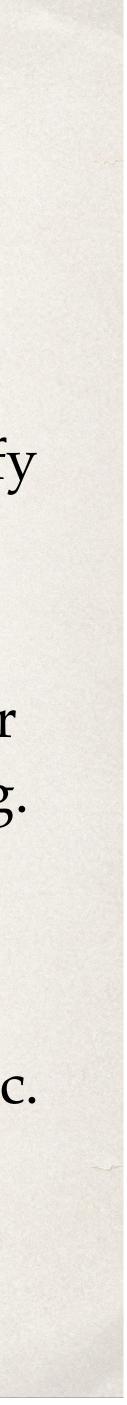


- Important books to have on hand. Purchase from Used or Local Book Stores if you can! (Complete List in Links)
 - Nursing Drug Handbook

 - Family Homeopathy Acute Care Manual by Kate Birch Dr Christophers School of Natural Healing Dr Tenpenny's "The Importance of Fever" Digital book A Holistic Approach to Viruses by Dr Brownstein Iodine, Why You Need It, by Dr Brownstein
 - The Grow System by Marjory Wildcraft



- Protect Your Sovereignty! Stop Building the Healthcare Control Grid:
 - SAY NO to the Digital ID / Drivers License
 - Help Congress keep the National Patient ID out of the Annual Budget
 - Electronic Health Records (EHR) can create distractions for doctors & nurses. Verify what med/treatment they are giving you AND keep your own notes of what treatments/procedures/meds were ordered.
 - HIPAA shares more data than you realize. YOU should share only facts about your current illness, do not volunteer more. Digital or Human Scribes record everything.
 - Refuse to fill out surveys or family history questionnaires: "They do not pertain to my visit"
 - Always ask the medical credentials of the person helping you in the hospital/clinic. (MD, DO, NP, PA, RN, LVN, CNA, MA...) Their Scope of Practice matters.
 - Read "Big Brother in the Exam Room" by Twila Brase, BSN-RN, PHN

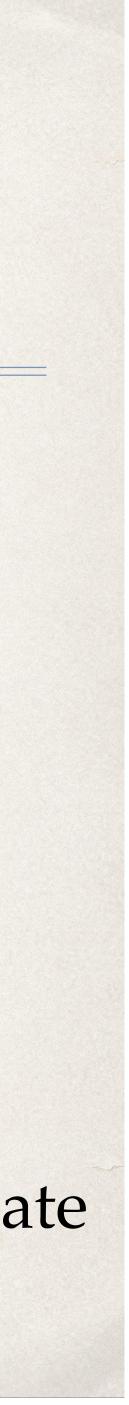


II. Navigation Tools

- Trust your Intuition, Listen to your gut.
- Faith and Prayer
- **Reliable Maps and Trusted Intelligence Networks:**
 - retaliation or censors.

Find High Integrity Health Professionals via Word of Mouth. Ask a Vax Injury Mom or a Healthy Person. Some docs aren't listed online due to

Navigate or Ditch the Government Control (CMS) Centers for Medicare Medicaid Services/EHR health model for the Direct to Patient Care/Private Cash Model that include Western Medicine and Alternative choices.



- Important Organizations that offer Direct to Patient/Cash Payment Practioners: (All Links in Notes)
 - AAPS American Association of Physicians & Surgeons AAPSonline.org
 - The Wedge of Health Freedom JointheWedge.com
 - American Institute of Homeopathy
 - AANP American Assoc. of Naturopathic Physicians
 - World Chiropractic Alliance
- Cash Pay Surgical Centers ie: <u>SurgeryCenterOK.com</u>
- Use Independent and Compounding Pharmacies ie: <u>scriptco.com</u>
- Online Labs/Cash Pay ie: <u>MyMedLab.com</u>
- Dentists: Holistic, No Fluoride, Use Students for Cleaning to Save Money.



- Strategic Planning and Management
 - Emergency / Hospital Plan:

 - Uber Medical, Neighbor/Friend?

 - - ProtocolKills.com

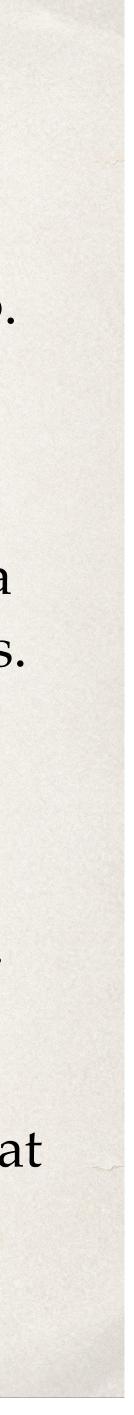
 - Consult a Nurse Advocate: <u>AmericanFrontlineNurses.org</u>

Emergency Bracelets, ICE Contact Card in Wallet & phone contacts instead of App. Have an idea of what hospital you will use & how you will get there. Ambulance,

Keep your communication simple: Think of the ER/hospital visit like you would a DUI Checkpoint. Remain calm yet firm when speaking to Healthcare Professionals. Medical Power of Attorney / other forms / medication list: Have them ready.

Choose an Advocate / Power of Attorney who will stay with you and fight for you.

Keep your own notes of appointments, hospital visits, procedures & treatments that were ordered. Verify what they are giving or doing to you. Always Ask.



III. Risk Management

- Health Plan/Insurance Alternatives (Links in Notes)
 - CMS)
 - Health Sharing Plans

 - Direct Pay (Cash)

 - AAA Accident Health Coverage

HSA with a Minimal Essential Coverage ACA plan (saves money but still)

New Farm Bureau Plans (Six States have this) TN, IA, KS, IN, SD & TX

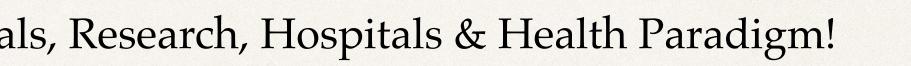
Concierge Models (can be Cash Pay, Medicare w/Health Plan, Health Share)



IV. Living Equity

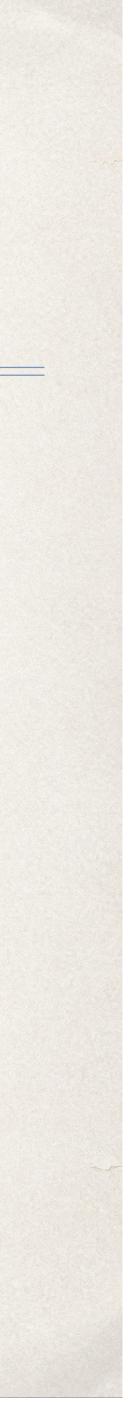
- 'The People Bank'
 - Invest in the New! New Media, Medical Journals, Research, Hospitals & Health Paradigm!
 - Institute for Pure & Applied Knowledge, Aluminium Research Group, Solari, Defender, UK Column, Join • The Wedge Hospitals, Tenpenny Health Restoration Center, Birthing Centers & Home Births
 - Invest in the Vax Injury Tsunami that is coming due to Covid shots, Childhood & Adult Schedules
 - Autism / Vax Injury Adult Home / Day Centers / Families / Caregivers
 - Autism Center Austin
 - HomeLife Communities
 - Education: Invest in yourself/Invest in your children!

 - injured his big brother.



Learning4You.org, New Biology Curriculum, <u>IPAK-EDU.org</u>, Holistic Medicine, Nutrition etc...

Homeschool, Apprenticeships, Integrity over Harvard. My son will never work for the company who



V. Financial Equity

- Health is your Wealth.
 - Invest in clean food & water, save money on hospital bills later
 - Water & Food Safety Guides on Environmental Working Group <u>EWG.org</u> •
- Taxes: Penalty vs ACA Is it worth paying the penalty if you are uninsured?
- Lower Costs of medical premiums mean more cash on hand, less Gov Control & Data sharing, more control over your health CARE.
- Career: Create a position/job if you can't find one, we need to rebuild small business. * If you are working for the bad guys, stop. Choose Integrity.





Turtle Forth

Use these 8 principles as you learn to Turtle:

- 1. Maintain a state of amusement
- 2. Integrate all aspects of your life
- 3. Acknowledge that freedom happens one person at a time.
- 4. Embrace personal responsibility.
- 5. Face Reality.
- 6. Develop discipline.
- 7. Respect the law.
- 8. Nourish your love.

