

# Navigating Healthcare: Like a Mom

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Take Responsibility.

Demand Integrity.

Stay Free.

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Photo Credit: Woburn Safari Park





# I. Your free and inspired life:

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- ❖ 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
  - ❖ My Top Picks for Supplements: Aloe, Arnica, Berberine, Cod Liver Oil, Castor Oil Packs, Hydrogen Peroxide, Vitamin B,C & D, Charcoal, Iodine, Colloidal Silver, Magnesium, Selenium, Lysine, Milk Thistle



- ❖ 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

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- ❖ Trust your Intuition, Listen to your gut.
- ❖ Faith and Prayer
- ❖ Reliable Maps and Trusted Intelligence Networks:
  - ❖ 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 retaliation or censors.
  - ❖ 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 Practitioners: (All Links in Notes)
  - ❖ AAPS American Association of Physicians & Surgeons [AAPSONline.org](http://AAPSONline.org)
  - ❖ The Wedge of Health Freedom [JointheWedge.com](http://JointheWedge.com)
  - ❖ American Institute of Homeopathy
  - ❖ AANP American Assoc. of Naturopathic Physicians
  - ❖ World Chiropractic Alliance
- ❖ Cash Pay Surgical Centers ie: [SurgeryCenterOK.com](http://SurgeryCenterOK.com)
- ❖ Use Independent and Compounding Pharmacies ie: [scriptco.com](http://scriptco.com)
- ❖ Online Labs / Cash Pay ie: [MyMedLab.com](http://MyMedLab.com)
- ❖ Dentists: Holistic, No Fluoride, Use Students for Cleaning to Save Money.



- ❖ Strategic Planning and Management

- ❖ Emergency / Hospital Plan:

- ❖ 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, Uber Medical, Neighbor / Friend?

- ❖ 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.

- ❖ [ProtocolKills.com](http://ProtocolKills.com)

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

- ❖ Consult a Nurse Advocate: [AmericanFrontlineNurses.org](http://AmericanFrontlineNurses.org)

- ❖ 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

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- ❖ Health Plan/Insurance Alternatives (Links in Notes)
  - ❖ HSA with a Minimal Essential Coverage ACA plan (saves money but still CMS)
  - ❖ Health Sharing Plans
  - ❖ New Farm Bureau Plans (Six States have this) TN, IA, KS, IN, SD & TX
  - ❖ Direct Pay (Cash)
  - ❖ Concierge Models (can be Cash Pay, Medicare w/Health Plan, Health Share)
  - ❖ AAA Accident Health Coverage



# IV. Living Equity

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- ❖ '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!
    - ❖ Learning4You.org, New Biology Curriculum, [IPAK-EDU.org](http://IPAK-EDU.org) , Holistic Medicine, Nutrition etc...
    - ❖ Homeschool, Apprenticeships, Integrity over Harvard. My son will never work for the company who injured his big brother.



# V. Financial Equity

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- ❖ Health is your Wealth.
  - ❖ Invest in clean food & water, save money on hospital bills later
    - ❖ Water & Food Safety Guides on Environmental Working Group [EWG.org](http://EWG.org)
- ❖ 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:

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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.