

NADA USA
Nashville Conference
2014

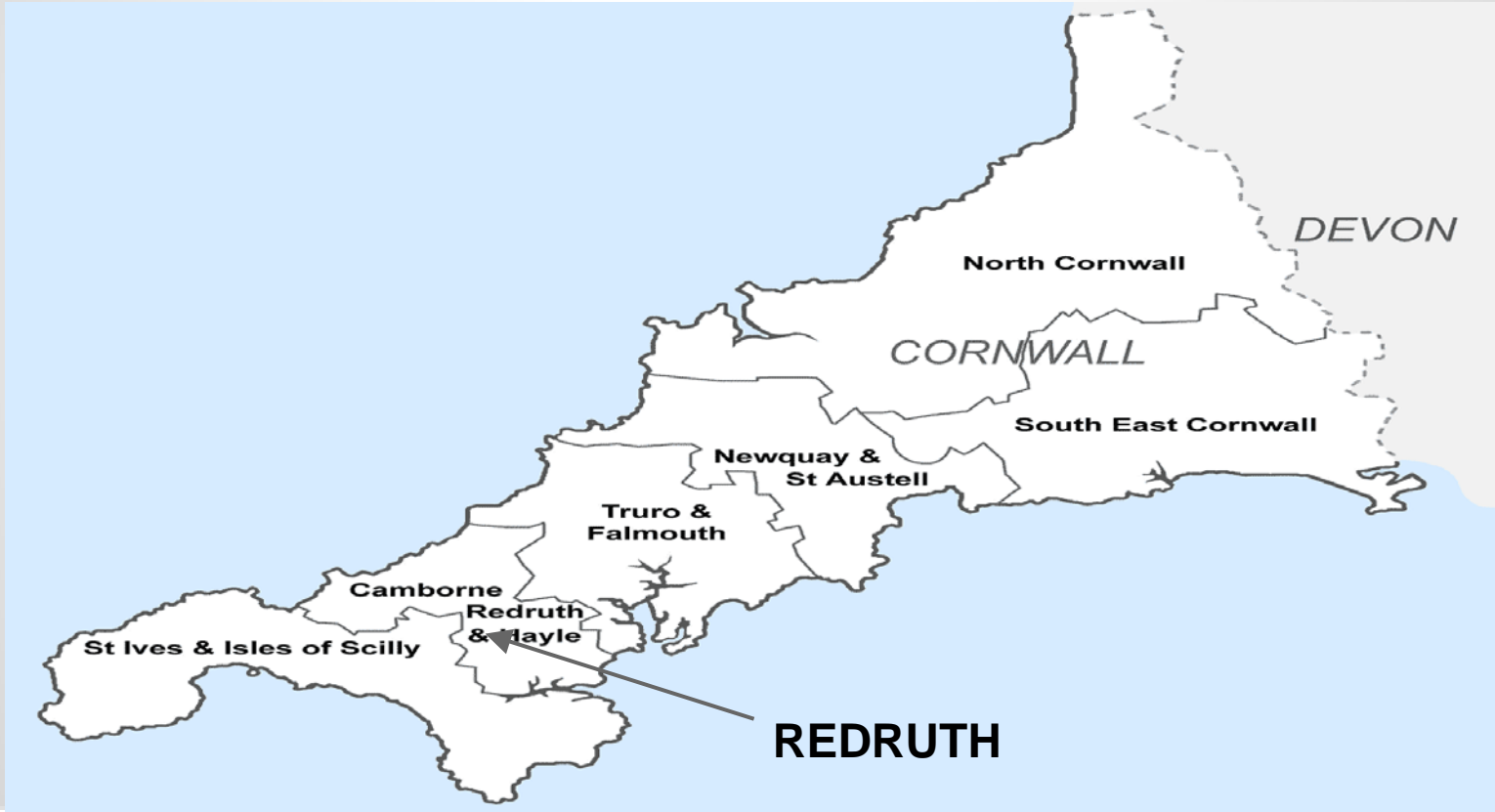
NADA and Community Clinics

NAMASTE

I honour the place in you where the universe dwells, the place that is;

- Love
- Light
- Peace
- Truth

Cornwall



What do most people see when they visit Cornwall



Fishing



Tin Mining



The reality

- The people of Cornwall have just been awarded “National Minority status” within the UK
- Cornwall has just been recognised as one of the poorest areas in Europe
- Redruth/Pool/Camborne the poorest area in Cornwall

Food bank statistics

2012 40,968 food box's provided to poor families

2013 113,532 food box's provided to poor families

EFFECTS OF POVERTY IN CORNWALL

- 250 people a day are treated in hospital in Cornwall due to Alcohol related illness
- Violent behaviour is on the increase
- Domestic Violence on the increase
- Stress/Anxiety related illness is on the increase due to economic situation
- Seeing a growing number of cancer patients

NADA

What does NADA stand for

- Compassion
- Respect
- Truth
- Community

Then how can we ignore the growing number of people in need in our Community?

**This is why
NADA COMMUNITY CLINICS
are so important**

The Barefoot Community Clinic

- Open 2 days a week
- Donation only
- Free treatments to those that can't afford a donation
- No appointment needed
- No limit to the number of treatments
- 40/50 people on our books at any time

Barefoot Community Clinic

We also use this space for;

- Trainee Supervision
- Annual Re-assessment
- Practice sessions

Patient

Nurse

Single Parent

38 years old

High Stress/Anxiety level

Concerned over increased Alcohol levels

Poor sleep pattern / Irritable

After NADA Treatments

- Calmer
- More focused/ Less stressed at work
- Doesn't react to negative stimulus from the children
- Sleeps better
- Feels healthier

Patient

Male 55

Liver and Bowel cancer

Has received Chemotherapy

Cancer stopped growing but is shrinking very slowly

Finds the treatment really hard to cope with while appreciating it is keeping him alive

After NADA

- Energy levels increased
- Reduced nausea
- Better sleep pattern
- More focused on his recovery
- Allows him to help out for short period at work
- He only found out about his Cancer after coming to Community Clinic

Summary

- I have been running Community Clinics for 11 years and what I have witnessed is an improvement in the quality of people's lives
- It improves people's general health awareness
- Breaks down social barriers

Barefoot Health Service

- Our aim is to train people in NADA so that they can deliver Community Clinics
- To ensure that these are donation only clinics
- To offer free treatments to those that can't afford to make a donation
- In other words to “re-introduce the role of the Barefoot Doctor”