

Letter to the editor

SWNWT (Self-Wealth Nurture Wellness Technique) a Paradigm Shift from Health to Wellness

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Abstract

Contemporary health care practices propagate a vicious cycle of symptoms, medications, and side effects. Side effects stemming from medication accumulate into chronic symptoms, which are in turn aggressively medicated. Through a lifetime of research and practice, Hilda Zhang has compiled and organized a wellness philosophy that shifts the paradigm of health away from this obsolete cycle. The transdisciplinary SWNWT (Self Wealth Nurture Wellness Technique) approach provides a much-needed upgrade to our understanding and implementation of wellness maintenance techniques. The tenets of the SWNWT approach emphasize contextualized and holistic treatment, finance-integrated investment analyses and continuous education and re-education to unify the individual with their own wellness maintenance. No doubt, advancements and innovations in technology and science have revolutionized quality of care and standards of living across in all walks of life. The philosophies that accompany these developments are long overdue for their own revolution. The SWNWT approach is the precursor to this revolution, whereby the script is flipped, and health care ceases to be a haphazard reaction to symptoms of poor lifestyle. The SWNWT approach bridges an important rift between consumer understanding and wellness autonomy, delivering clients the tools to master their own wellness futures.

Introduction

SWNWT (Self Wealth Nurture Wellness Technique) is the product of over forty years invested into helping and guiding people in the pursuit of wealth-related life goals. SWNWT's purpose is to maintain an organic balance between process-proven regimens and empirical techniques. The great advancements in the technical field have not so easily translated into practice. Diversely unhealthy lifestyles are resulting in symptoms where origins are increasingly obscure; diagnoses are complicated because of unknown variables in the complex mixture of patient history, lifestyle and more. Many patients find themselves in complex medication regimens that lack personalized supervision. While SWNWT leans heavily on economic and financial principles to succeed, this article's purpose is to present the core philosophies that are most relevant to the healthcare community.

An overwhelming number of patients characterize their life goals within the context of wealth and security, because these are convenient and tangible measurements of their success. However, many patients will fall short of their wealth goals because of intangible factors that undermine their physical and mental health. SWNWT helps patients to contextualize their wealth within contemporary technologies and investment models. The disjointed attention of the patient has obscured their joint mission with modern health care professionals to cultivate wellness.

I have studied pathology, nutrition, naturopathy, and non-invasive physiotherapy, as well as accounting, finance, taxation and business management. Many parallels exist between health, science and finance management. Financial management can range from stable assets developing variable-value investments or a haphazard game of catch-up to keep the plates spinning. The accumulation of chronic symptoms, exacerbated by aggressive and uncoordinated drug treatments create a vicious cycle. Low standards set by a symptom response driven health industry and neglect for collaboration and communication between health departments have resulted in an oversight and alienation of patients to their own health.

One way to advance the current system is to improve diagnostic measures and create more nuanced medications – in other words, brute research and development. This method seeks incremental gains from increasingly disproportionate investments. Another way is to optimize the existing knowledge and reshape the approaches to health with more integration, collaboration, and patient autonomy.

An important introductory definition of health and wellness is worth noting. While an asymptomatic individual may receive full health assessments from various health specialists, our compartmentalized healthcare infrastructure limits the scope of this approach. Recent developments in psychosomatic and ENS-CNS interdisciplinary researches show the need for broadening the scope of healthcare philosophy to generalized wellness.

Introduce SWNWT (Self Wealth Nurture Wellness Technique), a systematic and practical application of the philosophy: "Cultivate wellness autonomy by assessing conditions of higher-order states". Higher-order states referring to the integrative analysis of anatomical and physiological systems in financial management models.

In the business world, the scope of accounting includes:

- Bookkeeping - meticulously identifying and recording the daily activities of the organization according to a Chart of Accounts (accounting codes).
- Financial accounting - using bookkeeping records weekly, or at least monthly, to compile reports on the health of key elements of business activity. The three major reports are profit and loss report (tracking dynamic processes), balance sheet report (statement

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of wellness condition or situation), and cash flow report (health analyses).

- Management accounting - frequently comparing financial reports by using the findings to optimize operating budgets, monitor business health, wellness, and supporting its growth.

On the other hand, the following roles comprise the finance domain:

- Taxation specialists to evaluate the accounting result, and to use legal tax minimization strategies to avoid paying unnecessary taxes, maximize available funds for reinvestment and enable the management team to rebalance the operational focuses on business growth.

- Investment specialists to identify business potential, evaluate business performance, and ensure the effective and efficient distribution of funds. This process generates additional funding internally and externally to enable continued business growth

- Diversified fund generation activities: hedge fund market making and asset management. These activities utilize higher order methods and theories - advanced level financial management.

Beyond the aforementioned departments is bankruptcy accounting (followed by a liquidation process), an examination of an entity that has failed or is expected to fail. Unfortunately, today's human health care system only consists of bankruptcy accounting (physical examinations).

The basic accounting and finance of individual health lacks attention and guidance, our health system falls short without the relevant components that are required to sustain and nurture an entity's health. The healthcare ecosystem lacks the 'accounting and finance' support to promote success. Without diligent monitoring of an individual's health accounts, bankruptcy accounting is both inevitable and chaotic. Preventative measures are similarly limited without accurate reports to analyze.

From the above explanation, we can see that businesses rely on accounting information system to manage the fundamental exchanges to cultivate prosperity, while finance information systems enable businesses to insure and invest in continued smooth operations. The ideal system for both business and individual health is a system of professionals working collaboratively to record and report updates for the entity. This system allows the managers a deeper insight into the general health of the organization and relevant factors that may affect its wellness. SWNWT fosters wellness by implementing an information management system equivalent to systems used for commercial enterprise, starting with a carefully designed recording structure, documenting people's daily life, and then grouping these records into "accounting & finance" reports on people's health and wellness content. Health professionals may routinely follow these reports to guide people in making the necessary adjustments to help avoid passive situations where people are seriously ill.

Therefore, SWNWT establishes commercial management of accounting and finance for human health. This technique provides the means for a preventative care system and better data for health professionals to manage. The first step is to establish a "Chart of Accounts" to collect relevant records; I call it SWNWT Codes. With mastery and correct use of the SWNWT Codes, the individual may consult their SWNWT reports for their personal circumstances. SWNWT offers: timely detection and early prevention of disease, personalized diet and nutrition guidance, and appropriate exercise advice. Ultimately, SWNWT is a tool that helps health professionals monitor and assist patient wellness.

In this way, SWNWT revitalizes the relationship between patients and health professionals, like the relationship between business owners and their management teams. SWNWT's information

management offer people deeper insights to their own health and more autonomy for greater life goals. SWNWT is just as critical for health professionals, transforming their role from passively awaiting symptoms, the stressful adjustment of potent medications on a vulnerable patient, and dealing with the damage of side effects that slowly unravel patient health. The new health expert is more like an accountant or financial advisor, who is better prepared to assist the business that is individual health. SWNWT is the evolution and culmination of healthcare in the modern technological landscape.

After the necessary specialization of the sciences to classify and record the minutiae of systems, inherent limitations are becoming apparent in the practical realm. While specialization is a necessity for intricate detail, we must integrate higher order approaches to unite this web of information. The medical establishment is not seeing the forest for the trees. Existing infrastructure has advanced rapidly on a divide and conquer attitude to the mysteries of the human body. Diminishing returns in this philosophy are evident, as blind spots have grown in the areas of interdisciplinary and public health, resulting in a lack of collateral oversight and Sisyphian damage control in the health community. While there is undeniably great efficacy to the existing schools of medicine and health, healthcare is still a steep uphill battle. The existing philosophies regarding health maintenance limit the parameters for developing complete wellness in the individual.

SWNWT (Self Wealth Nurture Wellness Technique) is a technique developed from decades of attentive practice with a complementary educational component to maintain great health. SWNWT requires the individual and the professional practitioner work collaboratively to execute the regimens. SWNWT is a new definition of Practical Healthcare, it establish a new wellness philosophy. Where the current "Health" system seeks to recoup 'health losses or deficits' to minimize pain, "Wellness" goes beyond damage minimization to attain total control: full wellness autonomy. The SWNWT method is the result of analyzing health trends in individuals from all lifestyles.

There is amazing untapped potential for greater methods to tackle human health. I believe this is a pivotal time to establish an updated narrative in wellness. The new narrative of SWNWT is a story driven by innovation and ambition. SWNWT and Wellness is a renewed attitude to the existing wealth of knowledge about healthy living. SWNWT and Wellness are the natural evolution to providing people their own wellness autonomy, and repurposing our knowledge and abilities to greater use.

Endnote

I gave a speech on the 5th International Natural Medicine Conference held in September 2016. This article is a summary from that speech, addressing obstacles to real life practice that I have noticed in my multi-national and multi-disciplinary expeditions.

I recognize that this article does not adhere to the structure or rules of a standard academic writing research paper; one might identify this as a gaping limitation. However, the gap between theoretical research and general practice is widening because modern technology and knowledge has outgrown health philosophies from the industrial age, yet is still beholden to the limiting infrastructure.

Research funding and support has detached itself from pragmatism, seeking single compounds to solve multifarious afflictions. Today's attitude to health care is facing ailments that are avalanches, which began as snowflakes, and deciding to meet them only at the greatest point of impact. There is a crippling shortcoming to the fundamental philosophies in health care and a transdisciplinary approach is necessary for the true collaboration of theory and practice to be enjoyed.