

HEALTHY preparedness



COACH CURRICULUM

The Healthy Preparedness Coach Curriculum has been developed by Claudia Orgill to help create an army of “mini-doctors” or “healers” who will be needed in abundance for times to come. The Lord has placed these healers on this earth today for these purposes and this program is a great option for those who desire to learn more regarding how the body works and how to identify and help treat all manner of illnesses, injuries, and maladies during disaster situations.

This program focuses on both conventional and alternative treatment methods – both of which will be needed to effectively treat the illnesses and maladies we will need to face in the event of a prolonged disaster.

ABOUT THE CURRICULUM

Written summaries are required to be emailed to Claudia for each section.

Curriculum may be completed at your own pace.

Resources needed for the curriculum (books, online articles, online courses, etc.) will be listed in the curriculum outline. If wanted, a few extra listed books and tools can be purchased for the curriculum.

The payment for this course does not cover the cost of these few extra materials.

Periodic webinars/conference calls where I share new personal findings and developments will be shared with all Healthy Preparedness Coaches / Coaches-in-Training.

Monthly discussion groups will develop in a variety of locations which I encourage all Healthy Preparedness Coaches to attend in order to unite with other like-minded individuals / students and to be edified and taught by one another as new findings and educational insights are shared with one another.

A Healthy Preparedness Coach Facebook group and Yahoo Group will be formed to help unite the coaches and provide a safe and structured environment where ideas, thoughts, and upcoming events can be shared.

Healthy Preparedness Coach Certificate will be awarded to each student at the end of each program. If desired, permission to teach Healthy Preparedness classes and seminars will be granted upon completing the curriculum.



Claudia Orgill spent over 7 years of her life struggling with one of the most misunderstood illnesses today – Chronic Lyme disease. This complicated illness provided her the opportunity to be, what she calls, an "ideal guinea pig" for testing out and experimenting with hundreds of alternative remedies, seeking out the most effective remedies that would help eradicate the pathogens spread throughout her body, re-build her immune system, and heal the "path of destruction" the Lyme had left behind. During this journey she was given the choice by God to either be healed or to continue suffering so she could continue learning information she would share with others one day. She chose to continue learning.

At the end of her journey with Lyme disease, Claudia spent several months researching the health threats that occur during a disaster and used her knowledge about effective alternative remedies (and tools) and nutritional diet habits to help create the free classes and in-depth seminars that she teaches on a regular basis.

Claudia has earned a Sports Medicine Certification and has gained her knowledge of conventional and alternative treatments through her own diligent research, experiences and from classes and courses she has taken from other knowledgeable health experts.

Claudia Orgill is the founder of Healthy Preparedness and the Healthy Preparedness Coach Curriculum. She is the author of Food Storage Powerhouse and Beyond Wheat and Weeds: a 450 page guidebook to storing and using alternative remedies for the infectious diseases that occur during a disaster. She teaches free classes and in-depth seminars throughout the U.S. regarding 3 specific topics:

1. Storing and Using Alternative Remedies (and Tools) for the Infectious Diseases that Occur During a Disaster
2. 7 Steps to Preparing Our Bodies NOW for What's to Come
3. Turning Our Food Storage into a Nutritional Powerhouse



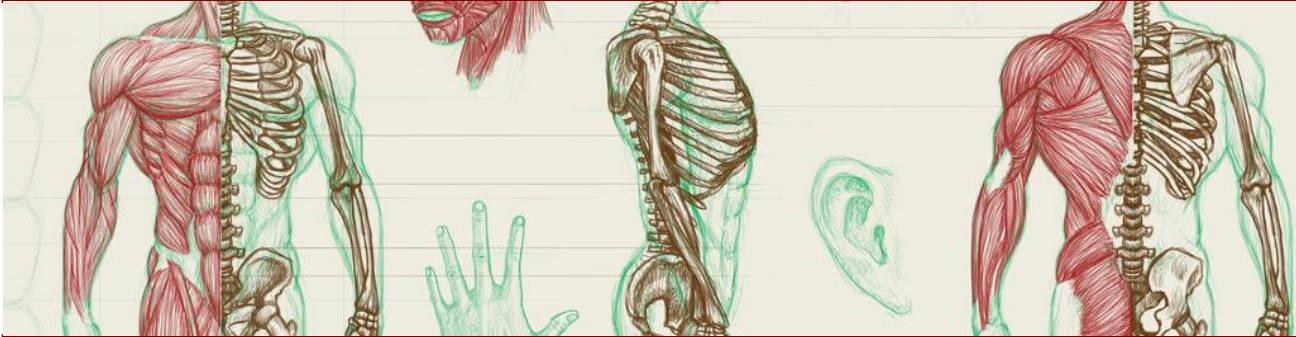
The curriculum includes the following items:

Healthy Preparedness Curriculum Manual, The Human Body in Health and Disease, Rapid Review Anatomy Book, The Human Body Coloring Book, Digestive Wellness, Healing is Voltage, Symptoms, Illness and Surgery, Cold Laser and Allergy Elimination Manuals, Emergency Childbirth Laceration Repair, When There is No Dentist, When There is No Doctor, Where There is No Doctor, Homeopathy Prescribing Pocket Companion, The Human Body in Health and Disease Textbook, Nursing Basics Books, First Aid book, DVD's, and 1 computer CD containing copies of the eBooks included in the curriculum along with some other free eBooks worth having.

Beyond Wheat and Weeds, 7 Steps to Preparing Our Bodies Now, and Herbal Basics for Disasters, once available, can be purchased separately from HealthyPreparedness.blogspot.com.

Topics Covered in the Curriculum Include:

HUMAN ANATOMY & PHYSIOLOGY



Gaining an in-depth understanding about the mechanical, physical, and biochemical functions of the human body.

Also gaining an in-depth understanding about the body on an energetic and holistic perspective.

Human Anatomy

Human Physiology

Cellular Structure & Functions

Gut & Body Connection

Dosha Body Types

Body Voltage

7 Body Chakras

Meridian Points

PATHOGENS, TOXINS, & ILLNESSES



Gaining an in-depth understanding about all manner of pathogens, toxins, and most common infectious diseases that affect humans during disaster situations and everyday life.

Viruses

Bacteria

Parasites

Fungi

Mold

Heavy Metals

Illnesses: Types

HEALING METHODS



Gaining an in-depth understanding about primary treatment methods for all manner of illnesses, maladies & preventative measures. Also gaining a basic understanding about the most effective alternative treatment methods.

In-Depth First Aid Basics

Nursing Basics

Top Alternative Remedies

Herbal Basics & Preparations

Homeopathy Basics & Preparations

Cold Laser Healing Methods

Tooth Infections & Extractions

Allergy Elimination

Enemas: Cleansing, Constipation, Labor, Fevers and Hydration

Nebulizer: Respiratory Infections, Asthma, Systemic Medication

Tools from Beyond Wheat and Weeds

Bones: Breaks, Setting, Casting, Healing

Burns: Cleaning, Poultices, Disinfections, Healing & Hydration

Wounds: Open and Sutures

Emergency Surgeries

Labor & Delivery Basics

Releasing Emotions Attached to Lingering Illnesses

Illness Protection and Prevention

INVESTIGATING ILLNESSES & CHOOSING TREATMENT METHODS



Gaining a basic understanding about how to, more accurately, diagnose an illness: What pathogens are causing the illness? How deep into the cell is the illness? Which remedy will eradicate the illness?

Symptom Based Diagnosis

Using the Spirit for Guidance

Muscle Testing: The Klinghardt Method

Pendulum Method

DISASTER HEALTH THREATS



Gaining a basic understanding about the most dangerous and most common health threats that occur during a disaster. Understanding the importance of having a way to treat infectious diseases that run rampant during disaster situations.

Disaster Situations

Health Threats during a Disaster

PERSONAL SUCCESS



Gaining the tools and knowledge needed to eliminate negative voices that hold us back from accomplishing our goals. Being able to learn how to share the messages the Lord needs us to share with others more effectively.

Releasing Satan's Grip from Our Minds

Making & Achieving Goals More Effectively

Feel free to contact me with any questions you have about this curriculum.

Thank you!

HealthyPreparedness.blogspot.com

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Instructions for Healthy Preparedness Coach Curriculum:

This curriculum includes many of my most favorite articles and books that I have turned to and used again and again as I've researched all manner of health topics over the last 15 years. I'm excited to share this information with you!

This curriculum can be considered a “living” curriculum. As I continue to learn and research more, I will share new findings and information with all Healthy Preparedness Coaches either through email or through the Healthy Preparedness Coaches Facebook page.

Here are the few instructions for the curriculum:

1. Go at your own pace.

All of us learn at our own pace – there's a lot of information to study and review in this curriculum. There isn't a deadline for when the curriculum needs to be completed so you can go through these materials at your own pace.

2. Skip around if you'd like.

I've found myself hungry to learn certain subjects at certain times and I understand that this may be the case for you as well. It's just fine if you choose to skip around the curriculum and pick what you feel most drawn to or most hungry to learn. I've put this curriculum together in a way where that is possible and where, after all the subjects have been studied, you will come away with a well-rounded understanding of how to help heal the body on all levels.

3. Exercises are optional.

The exercises in the curriculum outline are optional. However, in order to qualify for the Healthy Preparedness Coach Certificate, all **summaries** for each section will need to be emailed to me.

A Healthy Preparedness Coach certificate is given upon completion of all essays for each topic.