



Healing is possible

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P.S. Wellness practitioners and students: Read to the end to learn how to join us, elevate your practice, and transform healthcare.



"The **true** emergency yet to be diagnosed is that we have forgotten who we are, what this world is, and what we are capable of. Everything else—including heart attacks, strokes, and trauma—happens downstream."

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Tumi healed from depression, asthma,
and eczema



"I did therapy, changed what I ate, and
everything changed."



01. The State of Health and Healthcare

Health is not a destination in your future. It is where you started, and where you still reside.

"Health" is derived from "heal," which in turn is derived from "whole." Health is wholeness of the entire, complete human being—of you!

Today, the healthcare system and biomedical science anatomically define a person as a physical body. The proof is in every anatomy textbook, in which a living, breathing, feeling, dreaming human being (you) is modeled as a physical structure, specifically a collection of atoms, cells, and organs. But as you know, there is much more to you than that.





Your dreams cannot be reduced to atoms. Your feelings cannot be packaged into neurotransmitters. Your sense of identity and agency cannot be exchanged for molecules. **In short, a human being is much more than a human body.** All of these—dreams, feelings, thoughts, memories, identity, and more—play a key role in you recognizing your wholeness and your health.



Innumerable people around the world have acted on this more complete knowledge of health to heal themselves of conditions thought to be incurable, such as diabetes, heart disease, cancer, inflammatory bowel disease, rheumatoid arthritis, mental illnesses, and more. Sometimes, the key was changing what they ate, while other times the key was changing how they saw themselves, how they interpreted their experiences, or how they spent their time during the day.



Such stories of healing are unfortunately not popularized enough today because they challenge our understanding of disease, health, and ourselves.

These stories are telling us that there is much more to discover about health, healing, and human potential than we now know and teach. Each of us has the opportunity to unlock this knowledge, and along with it, to return to health.



Dr. Anoop Kumar
Co-founder and CEO, Numocore

Two Ways to See Yourself

1 - partial, incomplete 2 - complete, whole, healing

human body

- organs, cells, atoms, particles



- partial view includes only the body
- mechanistic view
- "we are made of small parts"
- exclusive
- reductionism
- values numbers, medications
- leaves out the mind-body framework
- cannot explain fundamental aspects of integrative medicine and other healing systems

human being

- organs, cells, atoms, particles

+

- perceptions
- thoughts
- feelings
- memories
- relationships
- desires
- dreams
- identity
- energy
- self-awareness
- consciousness



- whole view includes body+mind+more
- process-based view
- "we are whole living beings, and can also be modeled as a system made of parts"
- inclusive
- holism
- values experiences, meaning, identity, as well as numbers, medications
- engages and explores the mind-body framework
- can engage broader philosophical perspectives beyond physicalism to understand and harness other healing systems
- more up-to-date



Jimmy healed from heart disease



"I had to change what I was eating or I wouldn't have made it."

02. How Do I Heal?

Our society today tends to believe that pills and surgery are primary medicine, and everything else is complementary. We have it backwards. **Primary medicine is Numocore**: The Living Codes of Nutrition, Movement, Connection, and Rest. **Everything else, including pills and surgery, is complementary medicine.** This corrected vision will set us on a course of harnessing the true power of healthcare systems, which today are out of balance.

Numocore is a new word, but its principles are timeless. They are emphasized in every ancient culture because the factors that drive healing have always been the same.

(1) NUMOCORE IS NUTRITION

Many books and experts on nutrition offer conflicting advice. Some say avoid carbohydrates and stick with protein. Others say carbohydrates are good for you, but dairy should be avoided. Yet others say a balance of different kinds of foods is best. What works best for you will be unique. Having said that, there is a simple



Importantly, nutrition is also much more than what you eat. It's the stories you believe, thoughts you entertain, books you read, shows you watch, and conversations you participate in. Think of the body as swimming in a



(2) NUMOCORE IS MOVEMENT

Stretch, stand up, move your joints through their range of motion, take a few deep breaths. If you can exercise several times a week, great. If not, simply move the body and its joints through their range of motion. Start simple. All movement counts.



Movement also applies to the mind. Creatively expressing your ideas is moving your ideas. Allowing yourself to feel the emotions that pass through you and finding avenues for their expression is also movement. As the deeper layers of the mind begin to move once again, stagnant beliefs and unexpressed emotions can be released. This can be a challenging time so it's important to have other outlets for expression, such as talking with friends, journaling, exercising, or anything else that can help bring stability and clarity. As the mind continues to move, the physical body can also respond. Areas of tightness in the body can relax, and pain can be alleviated.



(3) NUMOCORE IS CONNECTION

Connecting means getting in touch with all aspects of your-self in the fullest sense at 3 levels. Connection is love:

- Connecting with the planet. This includes being in nature, breathing fresh air, being in contact with sunlight, soil, and water. It is loving nature and feeling the love of nature.
- Connecting with others. Spending time with others. Relating with others. Sharing love with others.
- Connecting with oneself. This includes phase-shifting into the parasympathetic range of experience, exploring meditation, and connecting with meaning and purpose. It is feeling the love within us, for us, by us.

There are many ranges and depths of love and connection. The above 3 are simply the broadest categories that are essential to healing. We have the ability to connect anywhere and anytime, in just a few moments.





(4) NUMOCORE IS REST

Rest includes sleep and R&R—for example, curling up with a good book. Both are examples of turning off the stress response (depending on the book!) and promoting restoration. In today's to-do-list society, rest can sound like a bad word that's often equated with doing nothing, which couldn't be further from the truth. Rest isn't indolence. Knowing what rest feels like is key to bringing the restful state into our lives even as we go through our day.



When you give your body a break, it dedicates itself to eliminating toxins, fighting infections, repairing injured tissue, and releasing hormones that promote development. During the day, we can unknowingly leave the restful state and enter the stressful state. In fact, just waking up in the morning and remembering an irritating experience from the previous day can trigger a stressful state.

An irritating memory can activate your stress response as a protective mechanism. Although your life is not in danger.



your brain prepares itself for the worst, signaling your adrenal glands to secrete adrenaline. Pupils dilate, blood vessels constrict, blood pressure increases, and the heart starts pumping faster—a system-wide reaction.

Over time, frequent episodes of the stress response can change our baseline state from restful to stressful. Valuing and choosing rest as an important physiological state is key to reset and re-center the system.

When we attend to the Living Codes of Numocore, other aspects of well-being will come into our line of sight. When you connect with yourself, you will eventually become clear on what you want to spend your time on, which will inform occupational and social well-being. When you “move with yourself” and express yourself sincerely and effectively, other areas of yourself will again be affected. The same goes for when you nourish yourself and rest.

This doesn't mean change will be easy. There is constant messaging in our society telling us to look outside of ourselves for solutions, and there are systems in place—like food production and delivery—that can make nourishing choices more difficult to make. Still, many aspects of the Living Codes can be started now, within yourself.

Activating Numocore is the key to activating your natural healing ability. We can start right now:

1. Take a full easy breath, filling up your lungs with air.
2. Hold this breath for a few seconds.
3. Slowly exhale, all the way out.
4. Repeat.

When you feel lighter and more easeful, you know you've phase-shifted toward healing. Now choose another Living Code and keep going.



Jaclyn healed from Crohn's disease



"I realized I had been fighting Crohn's my whole life. After I changed my relationship with it, it went away."

03. Reconsidering Mind and Body

As we explore Numocore's Living Code of Connection in depth, it will gradually lead us to rethink the relationship between mind and body, revealing new levers of healing to work with.

If you ask most people in our society where the mind is, they will point to their head. If you ask most people what creates the mind, they will say it's the brain. But if you ask someone *what* the mind is, they are likely to be less certain. Eventually they may say something along the lines of the mind being our subjective experience, as opposed to the objective fact of a body.

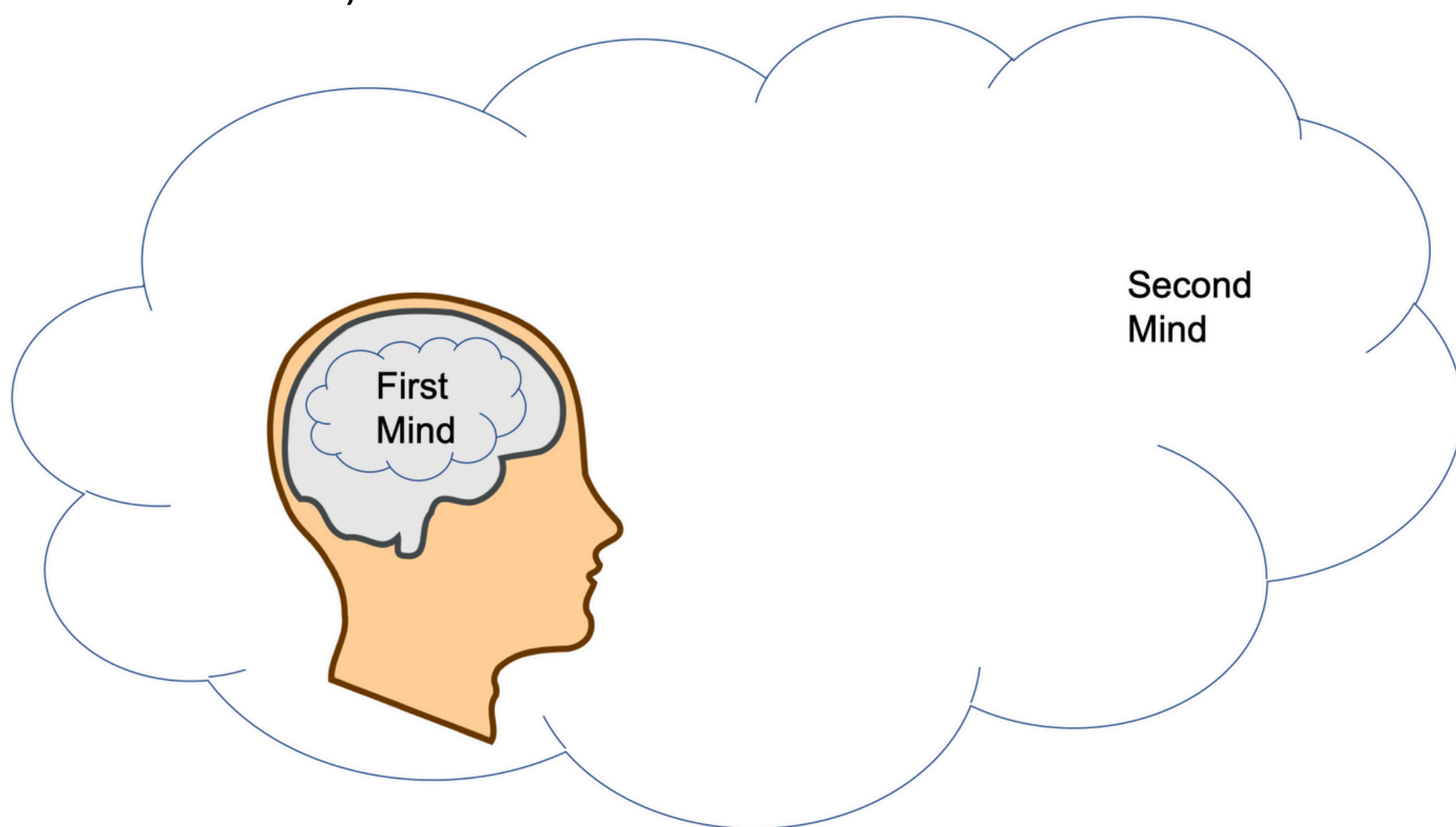
In giving such an answer, they will have missed a critical insight.

Our bodies, too, are subjective experiences. I don't see my body the way you see it. Furthermore, my very ability to perceive and experience my body depends on my nervous system, which is unique to our species. Every species has a different kind of nervous system, and therefore experiences apparently objective things like bodies and trees uniquely. Objectivity is relative to our nervous systems and our perspectives. In other words, it's subjective.





Now let's take it to another level. Consider that when we dream, we have a dream-body that is apparently objective, as long as we're dreaming. The dream-body is experienced as "physical." But when we wake up, we realize that what was surely "physical" is now seen as mental. We see that there were actually two levels of mind in the dream: the mind of the individual person (let's call this the First Mind) and the mind that created and represented itself as the dream (let's call this the Second Mind).



In this framework, the mind is not only our personal thoughts and beliefs, but it extends, flows, and becomes patterned as our body. We call this Mind-Body-Flow Theory.

Numocore's Mind-Body-Flow Theory accounts for why when we're happy (mind), the face is smiling (body). When we're excited (mind), the pupils are dilating (body). When we're sad and have low energy (mind), the shoulders are slumping (body). The body is the picture of the mind. This view opens up new ways to think about disease and healing, as well as integrate the many healing systems of the world..

Read more on Mind-Body-Flow Theory.



Kimberly healed from complex trauma
and over 20 psychiatric diagnoses



"I began to understand myself. I began to
understand what motivated me and my
behaviors."



04. A Declaration of Health

We declare that:

- (1) Health and healing are innate potentials within every human being. Therefore, healing is possible for everyone, always.
- (2) Our goal is health and healing, not only medical treatment and management. The Living Codes of Numocore–Nutrition, Movement, Connection, Rest–along with the science of consciousness, are the foundation of health and healing.
- (3) Nutrition, Movement, Connection, and Rest along with the science of consciousness inform all of holistic medicine. Therefore, holistic medicine is true primary medicine. Allopathy works best as complementary medicine.
- (4) True healthcare reform and healthcare transform happen as holistic medicine becomes the new primary medicine and allopathy is recognized as complementary medicine.
- (5) Health connects individuals, families, communities, organizations, and our planet. Health and disease at any level affects other levels and all of us.
- (6) Principles of health and healing are universal. A true healthcare system must investigate the nature of health, healing, and human potential through the science of consciousness, not only mechanisms of disease. This will lead to a deeper knowledge of all healing systems.



(7) We must understand, declare, and work to overcome the implicit philosophical biases that govern our approaches to medical science, diagnosis, and treatment, namely the bias toward representing a human being as primarily a physical, mechanical structure.

(8) An incomplete appreciation of human anatomy leads to an incomplete understanding of health, and therefore fosters disease. A complete appreciation of whole human anatomy, inclusive of the mind, grounded in the science of consciousness, leads to a more complete understanding of health, and therefore fosters health and healing.

(9) We must be curious and explore healing that occurs in ways that cannot be explained by medical science. These occurrences offer us ways to expand our knowledge, help others heal, and decrease suffering.

(10) Medical education and clinical care must become inter-professional. Tomorrow's healthcare leaders and clinicians must understand the strengths of each healing system and how to coordinate care among them.

(11) Clinicians must be trained in schools and environments that facilitate their own healing so that they know what it takes to help others heal.



Join us!

Dear wellness practitioners,

Hi, this is Anoop. I'm tired of hearing professional pundits talk about "healthcare reform" for decades and doing little about it. Changing the cost of care a little and adding metrics and hoops for everyone to jump through is not real reform. Real reform is people understanding what it takes to heal and actually healing at scale. That will happen only when most of the public recognizes holistic medicine as primary medicine and allopathy as complementary medicine. That is the core of real healthcare transformation.

We have a real opportunity to do this now because the healthcare industry has had to respond to the booming wellness industry. But even though people are buying into wellness, the industry doesn't have the consistency and cross-disciplinary understanding to make the leap to being the emerging new health system. Consistency of knowledge and unity of purpose has been lacking. Now is the time to solve this and create a once-in-a-lifetime seismic shift in healthcare once and for all by coming together.

You would be right to wonder why an allopathic ER doctor who is not trained in holistic medicine feels like this is his life mission. Maybe it's because I grew up immersed in the study and practice of *Advaita Vedanta* for decades. *Advaita* is popularly called the philosophy of non-duality, which states there is a deeper consciousness or spirit that is the source of everything, and that is also our deeper nature. I had some life-changing experiences during and after medical school that showed me I couldn't stay silent on this deeper nature that is accessible to us all and informs everything about us, including our health.

We are much more than a body and mind. Each of us has the potential to heal in some way by touching this deep potential within us and activating it through various holistic healing methods. Allopathy doesn't talk about this because it is fixated on the philosophy of a machine-like human being that cleaves mind from body and treats the machine's symptoms with pills and surgery. It hurts to see my patients in the ER suffering from this philosophy when so many have healed from the same conditions using holistic medicine. Allopathy is a good system *when we use it as complementary medicine*, but as primary medicine, it is a disaster. It creates emergencies. I think if patients knew of a better way that was



accessible they would take it. But there are so many divergent voices that the message isn't getting through.

A good understanding of the many states and possibilities that are indicated by the word "consciousness" is the key to bringing true cross-disciplinary understanding across all holistic medicine systems. There is no other topic that is so critical to understanding the many meanings of healing, spontaneous healing, the placebo effect, mind-body connection (which is common to all holistic medicine systems), and mechanisms by which different holistic systems work. Furthermore, consciousness studies touches the leading edge of neuroscience, mental health, plant medicine, and quantum physics. The science of consciousness is soon to be the foundation connecting all health and medical knowledge.

After this course, you will understand the view of the primacy of consciousness and all other views on the relationship between consciousness and matter better than most philosophers, authors, and spiritual communicators. You will recognize the misconceptions and limitations in much of the popular conversations about consciousness. You will realize how foundational this is to the mind-body connection, healing, your practice, and healthcare transformation. We will cover direct experience, science, philosophy, spirituality, and the most common misunderstandings. The range of information, experience, and dedication in this course is rare, and all of it is dedicated to elevating your practice and transforming healthcare. I am 100% dedicated to making this course more than worth your investment. The only thing I ask for is your dedication and sincerity in wanting to learn and transform healthcare. The rest is my responsibility.

The market is telling us holistic medicine practitioners are poised to take the mantle of primary medicine, speaking with one voice. The time is now. The world is ready. [Sign up here](#), and let's begin.

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