



Holistic Lifepath

Resources



Principles

Building the framework for happy,
healthy animals.



www.holisticlifepath.co.uk

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Holistic Lifepath is based on a few simple, elegant and powerful principles. Below is a short summary of some of the key ones to know about. I go into these in more detail in the Lockdown Lectures.

- 1. Disease Down & Health Up**
- 2. Slow Medicine versus Fast Medicine**
- 3. Five Fs**
- 4. Three Foundations**
- 5. Three Phases of Health**
- 6. Stages of Life**
- 7. Corridor of Health**

1. Disease Down & Health Up

There are two ways of looking at Health & Disease. We can look down from a Disease perspective, where we focus on things such as investigation, diagnosis and treatment. The other way is to look up from a Health perspective where we focus on all the ways to engender health. By combining both together we have a very powerful approach.



2. Slow Medicine versus Fast Medicine

Fast Medicine is the way that things are done in a modern approach. It is focused on rapid assessment and response to what can often be a very critical situation. It definitely has its place. Slow Medicine, by contrast, involves more of a longterm approach where the emphasis is on creating health, rather than just fighting disease. Done well, Slow Medicine will mean that less situations will end up needing the rapid response.

3. Five Fs

There are five F principles to start to grasp:

- **Foundation**
- **Framework**
- **Focus**
- **Fine Tune**
- **Fabulous**

By having a solid **Foundation** of understanding, you will be in a better position to create a robust **Framework** of care and support. From this point, you can **Focus** on all the things that engender health. Now you will also be able to **Fine Tune** for any specific situations. To complete the process, become **Fabulous** with all these!



4. Three Foundations

There are three important Foundation principles:

- **Life wants to live:** I take this as a categorical understanding. Pause a moment to look at nature and reflect on the idea.
- **Ability to heal:** All Living things have it within themselves to be healthy and should they become sick, to get themselves healthy again. With the complexity of any living organism, what is amazing is that things don't go wrong more often.
- **Energy has to flow:** It is when there is a block in the flow that there is disruption, potential turbulence, which can lead to disease.



5. Three Phases of Health

The traffic light model is a really powerful tool for understanding the three different phases of health. The better you can be at the Green and the Amber, the less time you will spend in the Red.



6. Stages of Life

Each stage of life (Growth, Adult or Senior) will have a different set of challenges and goals. The better you can adapt your care to the stage of life you are working with, the better results you will get.



7. Corridor of Health

All animals are on a pathway through life. The aim is to make this pathway or corridor as wide as possible so that there is least stress and the animal has the best chance of having optimum health and vitality.



Check out the events page regularly for courses to help you learn more:

[Courses and Events](#)

If you want to find out more about other key principles and to develop your skills, then contact Holistic Lifepath:

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