

(This is a one-page, two-sided flyer for our Neighbors)

## **Simple Sanity Sacred Honor Pledge for Each Other**

*“The happiness and prosperity of our citizens is the only legitimate object of government.” - Thomas Jefferson*

### **What some Adult Supervision Could Provide Our Established Moral Mandate for our elected servant leaders**

For this Amazing Full CHARTER See This Link:

<http://www.who.int/healthpromotion/conferences/previous/ottawa/en/>

## **First International Conference on Health Promotion, Ottawa, 21 November 1986**

The first International Conference on Health Promotion, meeting in Ottawa this 21st day of November 1986, hereby presents this CHARTER for action to achieve Health for All by the year 2000 and beyond.

### **Health Promotion**

Health promotion is the process of enabling people to increase control over, and to improve, their health. To reach a state of complete physical, mental and social well-being, an individual or group must be able to identify and to realize aspirations, to satisfy needs, and to change or cope with the environment. Health is, therefore, seen as a resource for everyday life, not the objective of living. Health is a positive concept emphasizing social and personal resources, as well as physical capacities. Therefore, health promotion is not just the responsibility of the health sector, but goes beyond healthy life-styles to well-being.

### **Prerequisites for Health**

**The fundamental conditions and resources for health are:**

- Peace
- Shelter, • Education, • Food • Income • A stable eco-system
- Sustainable Resources • Social Justice •

**And Equity Improvement in health  
requires a secure foundation in these basic prerequisites**

### **Advocate**

Good health is a major resource for social, economic and personal development and an important dimension of quality of life. Political, economic, social, cultural, environmental, behavioral and biological factors can all favor health or be harmful to it. Health promotion action aims at making these conditions favorable through advocacy for health.

## **Enable**

Health promotion focuses on achieving equity in health. Health promotion action aims at reducing differences in current health status and ensuring equal opportunities and resources to enable all people to achieve their fullest health potential. This includes a secure foundation in a supportive environment, access to information, life skills and opportunities for making healthy choices. People cannot achieve their fullest health potential unless they are able to take control of those things which determine their health. This must apply equally to women and men.

## **Mediate**

The prerequisites and prospects for health cannot be ensured by the health sector alone. More importantly, health promotion demands coordinated action by all concerned: by governments, by health and other social and economic sectors, by nongovernmental and voluntary organization, by local authorities, by industry and by the media. People in all walks of life are involved as individuals, families and communities. Professional and social groups and health personnel have a major responsibility to mediate between differing interests in society for the pursuit of health.

Health promotion strategies and programs should be adapted to the local needs and possibilities of individual countries and regions to take into account differing social, cultural and economic systems.

**(Listed above are rights not privileges – (Universal Declaration of Human Rights))**

**This is the Holistic Mission of *The Health Optimizing Institute***

**.This is the Least We Must Do**

“We the People” own the ability to create all the money needed for the listed rights, just as we created more than double the cost of all American wars to bail out the Banksters. Almost **all money is created on the credit of “We the People”** How do you feel about how our money is directed?

**Our problem is not money. Our problem is not knowing about our unconstitutional system of how money is created and directed.**

**The truth is now easy to validate -Read *Web of Debt* by Ellen Brown  
The Shocking Truth about Our Money System and How We Can Break Free**

**We are blessed. Now all we need to do is get the good new out and stop voting for the 95% of our elected servant leaders that are not upholding our contract with them our Constitution. Did you not notice?**

**This is one of the flyers in the free:  
*The Evolving Book That Saved Our World?*  
<http://www.votewin.us/Book.html>**

***It is exciting to be in the Know - Know Our Neighbors,  
Copy And Share this Great Good News.***

