

CREATION HEALTH & LIFESPACE PLANS

A new model of psychiatry and
community care.

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Meditation

Research Center

Kitchen

Skill Building

Spa

Creative Arts Center

Gym

Psychotherapy

CREATION HEALTH

A Visionary Wellness Community for Psychiatric Recovery and Empowerment

OVERVIEW

Creation Health is a healing arts and spirituality brand pioneering a bold new model of psychiatric and community care. We propose a self-sustaining therapeutic arts hub to revolutionize mental health through a combination of skill-building workshops, holism, and creative expression for ultimate mental restoration.

FACILITY FEATURES

- Psychotherapy & Peer Support services
- Skill-Building & Vocational Training Programs
- Recreation & Fitness Facilities
- Arts & Meditation Studios
- Community Kitchen & Gardens
- On-site Research Center for Mental Health Innovation
- Occupational Therapy through Member Contribution (ie. cooking, landscaping, administration, etc.)

OUTCOMES & IMPACT

- Job-Ready Certifications recognized by provincial employment programs
- Reduced hospitalization rates through community-based recovery

OPERATIONAL MODEL

Members Housed Monthly	200
Monthly Cost per Member	\$458
Annual Member-Spots	2,400
Annual Gross Revenue	\$1.1 million CAD
Estimated Net Surplus	\$97,300 CAD (9%)

Creation Health operates on a self-sustaining model utilizing natural means of living — such as food grown on member-maintained, on-site farms and gardens, prepared and served by members for members.

CALL TO ACTION

Seeks government support in the form:

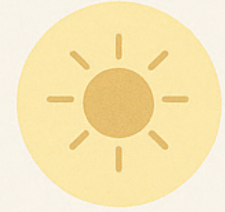
- Per-member funding partnerships (e.g. ODSP, CMHA, Ontario Health)
- Infrastructure grants for facility development
- Certification approvals for in-house skill-building programs
- Collaborative research partnerships with provincial agencies and universities

JOIN US IN TRANSFORMING MENTAL HEALTH

Creation Health isn't just a program – it's a movement. A sanctuary for healing. A launchpad for potential. With government partnership, we can bring compassionate, evidence-informed innovation to the forefront of mental health and community wellness in Ontario.

LIFESPACE

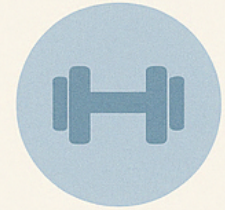
L – Light therapy



I – Inner Work
(i.e. meditation, yoga)



F – Fitness Training



E – Expression
(i.e. art therapy)



S – Sleep optimization



P – Purpose




A – Activity



C – Community

E – Eating healthy



LIFESPACE

START

Version 1.0

DEFINE YOUR INNER WORK

Yoga Prayer
Meditation Mirror-Work
To-Do Lists Psychotherapy
Decluttering Journaling
Breathwork Tarot
Sex Self-Care
Sound Baths Nature Walks

→

DEFINE YOUR INNER WORK

Chanting Singing
Religious Texts Aromatherapy
Cold Shower Massage
Astral Projection Tai Chi
Vision Board Stargazing
Sunbathing Astrology

→

START BRAIN OPTIMIZATION

LIGHT

Have you gone outside in the last 24 hours?

Yes No

Is your house clean?

Yes No

INNER WORK

Have you done any of these in the past 24 hours?

Yoga Meditation Prayer
To-Do Lists Decluttering
Breathwork Nature Walk
Massage Sunbathing

None of these

→

FITNESS

How much physical exercise have you had in the past 24 hours?

5-20 minutes
20+ minutes
No physical exercise

EATING

Have you been following an orthomolecular diet? ²

Yes No

Have you been following a healthy eating schedule? ²

Yes No

SONIC

Are you enjoying the *sound* of your surroundings?

Yes No

Have you showered today?

Yes No

PURPOSE

Have you found your life's purpose?

Yes No

Have you been working towards your life's purpose?

Yes No

ACTIVITY

How long did you sleep last night?

0 hrs 10+ hrs

Have you made time for recreation in the last 24 hours?

Yes No

COMMUNITY

Did you connect with someone today?

Yes No


Have you had negative interactions today?

Yes No


EXPRESSION

Have you engaged in any form of creative expression recently?

Yes
No



Optimizing your LIFESPACE...



Your LIFESPACE is on the right track.

Your life satisfaction depends on changing your sonic environment. Move to a quieter area or try listening to music that you enjoy to start optimization. Consider taking some time to yourself to relax and find something that you enjoy doing for fun. Your life's purpose is on the horizon. Click on the 'Aspirations' button in the bottom left-hand corner to start exploring your life-path today.

★ ASPIRATIONS



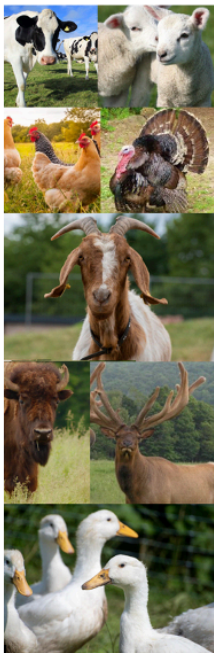
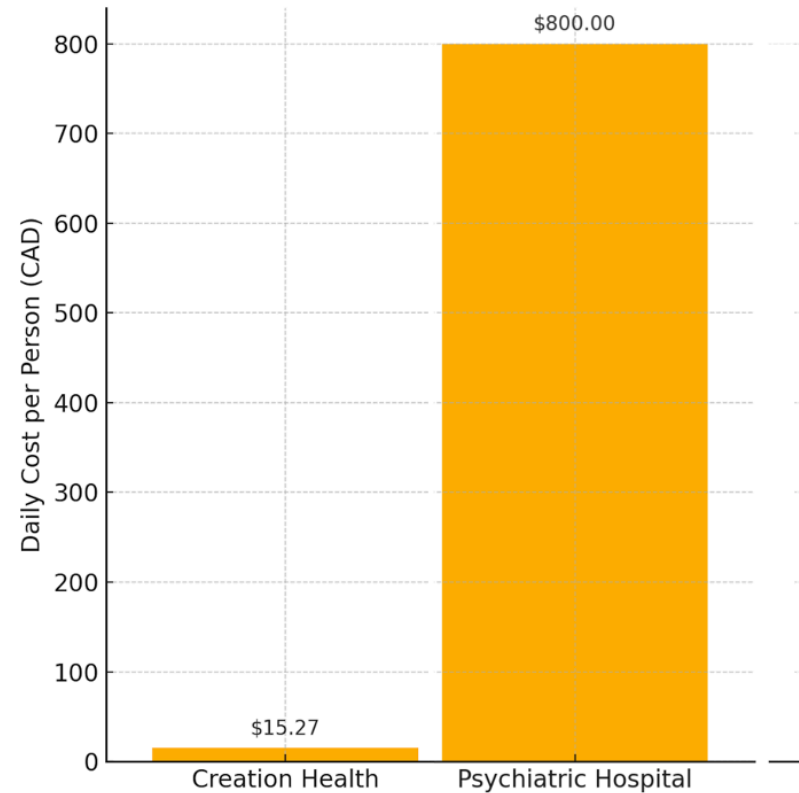
LIFESPACE



Creation Health Modalities Across Mental & Neurodevelopmental Conditions

Creation Health Component	Schizophrenia	Depression	Anxiety	Bipolar Disorder	BPD	ADHD	Autism
Orthomolecular Diet	Supports neurotransmitter function; reduces inflammation	Restores serotonin & B vitamin levels	Magnesium & omega-3 reduce nervous system hyperactivity	Helps stabilize mood swings	Helps gut-brain axis; mood regulation	Improves focus & mood; zinc & iron are key	Aids sensory integration; reduces GI distress
Fitness Training	Improves cognition, reduces negative symptoms	Boosts endorphins and self-efficacy	Reduces cortisol, grounds excess energy	Stabilizes mood via routine and dopamine balance	Regulates emotion and encourages embodiment	Helps focus, impulse control, and energy release	Provides sensory regulation and confidence
Occupational Therapy	Builds autonomy and function	Restores purpose and routine	Encourages self-efficacy	Helps maintain identity between episodes	Provides consistent support and skill-building	Boosts executive functioning and goal setting	Builds daily life skills in sensory-sensitive ways
Meditation/Yoga	Reduces stress and anxiety	Improves emotional regulation	Reduces amygdala activity; increases frontal regulation	Stabilizes mood, supports insight	Helps emotional regulation and distress tolerance	Enhances focus and reduces hyperactivity	Aids in self-regulation; can be adapted for sensory needs
Sleep Optimization	Reduces psychotic risk and improves clarity	Crucial for mood regulation	Regulates cortisol and stabilizes anxiety cycles	Prevents manic episodes	Reduces reactivity and emotional dysregulation	Improves attention, mood, and regulation	Helps prevent sensory overload and meltdowns
Light Therapy	Reduces negative symptoms; supports circadian rhythm	Effective for seasonal and non-seasonal depression	Stabilizes energy levels and mood	Prevents seasonal mood shifts	Enhances serotonin naturally	Helps with wakefulness and attention	Improves routine and energy regulation
Art & Music Therapy	Increases expression, reduces isolation	Unlocks joy and trauma processing	Helps with somatic regulation	Provides safe outlet during unstable mood	Builds identity, emotion expression, and healing	Stimulates creativity, focus, and emotional articulation	Non-verbal processing; increases connection
Vibrational Audio Therapy (Hz-based)	Regulates brainwave activity and soothes anxiety	Induces parasympathetic response	Calms and centers attention	Helps shift state gently between mania/depression	Can induce safety and relaxation	Helps focus, especially with isochronic tones	Reduces sensory overwhelm and improves grounding
Recreational Therapy (Games/Fun)	Stimulates dopamine and positive socialization	Restores play and pleasure circuits	Distracts from anxiety loops; grounds body	Provides non-serious, stabilizing activities	Encourages safe attachment and enjoyment	Offers healthy stimulation and social bonding	Allows free-form interaction and self-paced play
Judgment-Free Community	Reduces paranoia and defensiveness	Encourages openness and vulnerability	Provides safety to explore triggers and healing	Promotes emotional regulation	Builds secure relationships and real trust	Prevents shame-based shutdowns and encourages risk-taking	Affirms neurodivergent identities and reduces masking

Daily Cost Comparison: Mental Health Care Models



Meat Type	Orthomolecular Status	Key Benefits	Considerations
Grass-Fed Beef	Highly approved	High iron, zinc, B12	Use rotational grazing
Grass-Fed Lamb	Highly approved	Rich in CLA, B vitamins	Great for Mediterranean diets
Pasture-Raised Chicken	Approved	Tryptophan, lean protein	Choose heritage breeds
Pasture-Raised Turkey	Approved	Tryptophan, mood support	Rotate seasonally
Grass-Fed Goat	Approved	Mineral-rich, digestible	Good for mixed diets
Grass-Fed Bison	Premium choice	Lean, high omega-3s	Needs cold infrastructure
Wild Venison/Elk	If clean & local	Foraged, mineral-dense	Source ethically
Pasture-Raised Duck	Rich & nutrient-dense	High choline, omega fats	Use in specialty meals

The Mental Health Benefits of Being Around Farm Animals

Interacting with farm animals has been shown to positively influence mental well-being by engaging the brain's **oxytocin system**—a hormone linked to social bonding, stress reduction, and emotional resilience. Studies in human-animal interaction research demonstrate that spending time with animals, especially in structured farm settings, can **lower cortisol levels**, reduce symptoms of **anxiety and depression**, and increase **feelings of safety and connection**.

Farm-based therapy programs (e.g., “care farming” and “green care”) in Europe and North America have reported **improved mood, focus, and motivation** in individuals with a wide range of mental health challenges, including PTSD, autism spectrum disorders, and chronic stress. These benefits are believed to result not only from tactile and emotional bonding with animals, but also from **sensorimotor engagement, routine-building, and the restorative effects of nature-based environments**.

In the context of Creation Health, daily interaction with animals—such as feeding, grooming, or simply observing—can help regulate the nervous system, increase **neurotransmitters like serotonin and dopamine**, and foster a sense of **purpose, empathy, and belonging** essential for long-term emotional healing.



The Neurotransmitter Food Bible



Guide to Neurotransmitter Research

This book explains link between diet and the brain, exploring how specific foods affect neurotransmitters such as serotonin, dopamine, and acetylcholine.

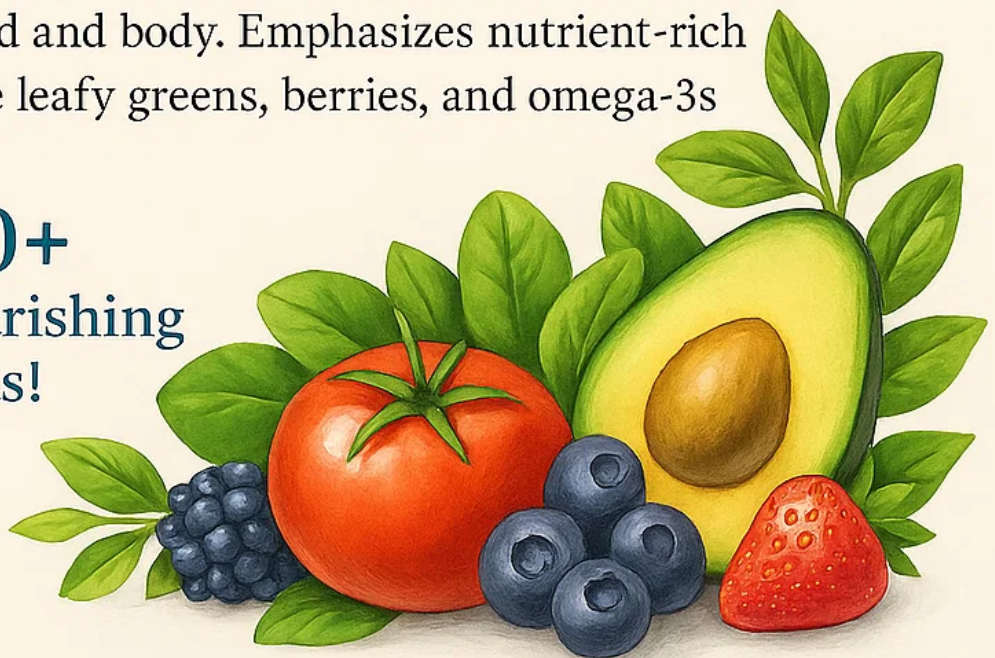
Science-Backed Insights

Dietary primers for enhancing cognitive function, mood, and overall mental well-being.

Empower Your Eating Habits

Offers strategies for selecting foods that nourish both mind and body. Emphasizes nutrient-rich foods like leafy greens, berries, and omega-3s

600+
Neuro-Nourishing
Foods!



Evaluating brain optimization

EXAMPLE:

Module	Symbol	Points
Light (L)	▲	+2
Inner Work (I)	▲	+2
Fitness (F)	▽	-1
Eating (E)	△	+1
Sleep (S)	▽	-1
Purpose (P)	▽	-1
Activity - Sleep (A1)	▼	-2
Activity - Fun (A2)	▼	-2
Community (C)	▼	-2
Creation Expression (E)	▲	+2

How Brain Optimization is Calculated

In the LIFESPACE model, each of the 10 core modules is rated using a simple five-point system, based on the structure of a **Likert scale** — a method commonly used in psychology to capture the intensity and direction of a person’s experience.

Each module can receive one of four symbolic ratings:

- ▲ Very Good (+2 points)
- △ Good (+1 point)
- ▽ Bad (-1 point)
- ▼ Very Bad (-2 points)

We chose **triangles** not only for quick visual recognition — making it easy to see strengths and weaknesses at a glance — but also as a symbolic nod to **Maslow’s Hierarchy of Needs**. The upward triangle represents growth toward self-actualization, while the downward triangle symbolizes unmet foundational needs.

Once each module is scored, all the points are added together to create a **raw score**. This raw score is then **normalized** — meaning it is scaled between the worst possible score and the best possible score — and expressed as a **Brain Optimization Percentage** from 0% to 100%.

In short:

- Each module is scored from -2 to +2 using intuitive symbols.
- The total score is normalized between -20 and +20.
- The final percentage reflects a person's current level of life optimization.

After each of the 10 modules is rated, we add up all the points to create a **raw score**. Because it's possible to have a very high or very low total, we need a way to **rescale** the raw score so it fits cleanly between 0% and 100%.

This process is called **normalization**.

Normalization works by looking at two things:

- The **highest possible score** a person could get (if all modules were rated very good).
- The **lowest possible score** a person could get (if all modules were rated very bad).

We then figure out **where** a person's raw score falls between these two extremes.

If someone is closer to the highest possible score, they will have a higher Brain Optimization Percentage.

If someone is closer to the lowest possible score, they will have a lower percentage.

If someone is right in the middle, their score will be around 50%.

In this way, normalization transforms a raw number — which could be confusing or uneven — into a **simple percentage** that everyone can easily understand:

0% means very poor optimization, 100% means highly optimized, and everything else falls naturally in between.

$$\text{Brain Optimization \%} = \left(\frac{\text{Score} - \text{Minimum}}{\text{Maximum} - \text{Minimum}} \right) \times 100$$

Substituting:

$$\begin{aligned} \text{Brain Optimization \%} &= \left(\frac{-2 - (-20)}{20 - (-20)} \right) \times 100 \\ &= \left(\frac{18}{40} \right) \times 100 \\ &= 0.45 \times 100 \\ &= 45\% \end{aligned}$$



We Don't Hear Voices, We Are the Voices:

The Road to Schizophrenia Recovery and a Psychiatry Revolution

Despite the exponential rise of mental illness worldwide, the mental health system remains unchecked in what appears to be a miscarriage of justice. For those seeking responsibility, transparency, and true informed consent from physicians and the pharmaceutical industry, *We Don't Hear Voices, We Are the Voices* is an indispensable resource.

In this book, we expose the systemic failures of psychiatry and equip those who feel trapped in the mental health system with the information they need to reclaim autonomy over their bodies and minds. We're talking about malpractice, wrongly prescribed off-label medications, and the hidden horrors of modern-day asylums.

***We Don't Hear Voices, We Are the Voices* demystifies what we've all suspected: Psychiatry is a broken system in desperate need of reform.**

