



# GREEN HEALTH CARE ONLINE

*Leadership Program in Sustainable Medicine*

TELEOSIS INSTITUTE

[www.teleosis.org](http://www.teleosis.org)

## WHAT IS GREEN HEALTH CARE?

Green Health Care Online prepares health professionals to become leaders in the emerging discipline of Sustainable Medicine. Sustainable Medicine recognizes the link between the environment, medicine and human health and seeks to provide better health care while protecting our limited environmental and medical resources.

The Green Health Care Online course reviews the most up-to-date theory and research behind Sustainable Medicine and introduces participants to the best practices for initiating green health care—from greening their offices, to offering affordable and renewable medical treatments, and promoting community and environmental health.

Participants collaborate online to exchange strategies and pioneer ideas for affecting change within their communities and medical practices. The online, interactive dialogue among like-minded professionals creates a supportive and inspiring learning environment.

## THE RELATIONSHIP BETWEEN HEALTH AND THE ENVIRONMENT

The reality of widespread environmental degradation and the presence of environmental health hazards in many aspects of our day-to-day life pose a significant and increasing challenge to human health. Surprisingly, conventional medical practices have vastly contributed to the deterioration of the environment. Hospitals are producing over 2 million tons of medical waste each year. The repercussions are widespread. For example, 80% of our rivers, lakes, and streams contain traces of commonly prescribed pharmaceuticals, such as antibiotics, steroids and hormones, blood pressure medications, and pain relievers.

An over-reliance on pharmaceutical and high-technology-based medicine generates significant amounts of pollution and solid waste, to the exclusion of medical treatments that are safe, effective, and sustainable. All of these practices vastly contribute to the degradation of the environment and human health.

The Hippocratic Oath says “First, do no harm.” We trust and value our health care providers and institutions as places to find healing and healthy environments as well as knowledge of environmental risks. It is thus ironic and unacceptable that the current system of conventional medicine, though at times highly effective, also poses a significant threat to human and environmental health. We can and we must do better.



# GREEN HEALTH CARE ONLINE: A LEADERSHIP PROGRAM IN ENVIRONMENTALLY-SUSTAINABLE MEDICINE

Sustainable Medicine recognizes that human health and the environment are inextricably linked. Our 8-week online course offers:

- Current research and theory supporting Sustainable Medicine
- Best Practices for introducing affordable and renewable green health care into your consultations
- Strategies for affecting positive change for the environment and medical practices
- Connect with other forward-thinking healthcare professionals

## GREEN HEALTH CARE ONLINE: *An 8-week Course in Sustainable Medicine*

### COURSE TOPICS

1. Leadership and Green Health Care
2. Integral Theory and Medicine
3. Ecological Literacy
4. Sustainability
5. Sustainable Medicine
6. Precautionary Principle and Wellness
7. Biological Systems and Stressors
8. Green Pharmacy

For course objectives visit  
[www.teleosis.org/greenhealthcare](http://www.teleosis.org/greenhealthcare)

### FORMAT

Online course featuring weekly audio lectures, readings, weekly assignments, online discussion.

### GREEN WORKPLACE AUDIT

Course participants will receive the Green Health Care Office Audit to evaluate efficiency in the following areas of utilities and operation:

- Solid Waste
- Energy
- Water Conservation
- Pollution Prevention
- Healthy People
- Medical Technology

### COURSE BENEFITS

- An understanding of the many solutions that Sustainable Medicine offers
- Strategies and resources for helping patients live healthier lives
- Opportunities for health care providers and patients to save money
- A safer and healthier clinical environment for clients, staff and oneself, and
- Knowledge that new solutions exist and that one's actions impact health care and the environment.

Most importantly, many participants report renewed inspiration for improving health care. Other benefits include collaborative opportunities with other Green Health Care professionals to serve the growing market of people committed to green living and public recognition through Teleosis promotional activities, events and news stories.



*“GHC revives some outside interests I have had for many years, and helps me see a way to weave my concerns about the whole environment with my medical practice. It gives a big dose of hope because it really resonates with my heart.”*

— PAMELA A. PAPPAS, MD,  
Scottsdale, AZ

## REGISTRATION INFORMATION

Green Health Care Online is an 8-week leadership training course for health professionals.

**2008 COURSE DATES ARE:**

January 14 - March 7

April 25 - June 20

August 22 - October 17

September 26 - November 21

**TUITION:**

\$495

*Register by December 1st to receive \$50 off tuition!*  
To register, visit [www.teleosis.org/greenhealthcare](http://www.teleosis.org/greenhealthcare)



*“The Green Health Care Program is a practical, effective way of implementing environmentally responsible actions in the medical environment. This program should be followed in every office, clinic, and hospital across the land.”*

— LARRY DOSSEY, MD,  
Author and Teleosis  
Advisory Board Member



**TELEOSIS INSTITUTE**

1521B 5th Street  
Berkeley, CA 94710  
510.558.7285  
fax 510.527.1682  
[info@teleosis.org](mailto:info@teleosis.org)  
[www.teleosis.org](http://www.teleosis.org)



GREEN HEALTH CARE	TRADITIONAL HEALTH CARE
Links the environment and human health	Environmental impacts on health are only acknowledged by specialists in environmental medicine
Delivers affordable medicine	Costs rise at an annual growth rate of 8.2%—three times the rate of overall inflation
Offers renewable medicine	Hospitals generate more than 2 million tons of waste each year
Creates healthy workplaces	Only considers occupational risks
Fosters environmental advocacy	Waits for research to prove environmental consequences
Protects people and the environment	Contributes to environmental degradation