

THE CREATOR MODEL OF HEALTH CARE

THE MEDICINE OF GOD IS FREE

OBJECTIVES:

- To lead with love
- To enjoy pure peace in the presence of Jesus
- To be empowered to live fully alive in mind body and spirit through the 5 pillars of wellness

Empowered by the 5 Pillars of Wellness. The Glory of God is man fully alive in mind, body, and spirit.

5 PILLARS OF WELLNESS

- 1** Mini Wiconi, Agua is Vida, Water is Life (physical and spiritual)
- 2** Food is Medicine: Eat plant based diet.
- 3** Motion is lotion.:Exercise 30 minutes on most days.
- 4** Sleep: 7 to 9 hours nightly.
- 5** Loving and Forgiveness.



GUIDING PRINCIPLES

We are all responsible for our health and choices.

You must know that your body is a temple of the Holy Spirit, the Spirit you have received from God. You are not your own. You have been purchased at a price. So glorify God in your body.

1 Corinthians 6:19-20

All life and healing come from God.

For I am the Lord who heals you.
Exodus 15:26

God is the greatest physician.

Prayer is the best medicine.

DR. GEORGE

Dr. George J. Ceremuga received a Bachelor of Science from the United States Military Academy at West Point, N.Y. He served as an Army Officer with the 4th Infantry Division prior to medical school. He received his Doctor of Osteopathy from the Ohio University College of Osteopathic Medicine and completed a Family Practice Residency at The Medical Center in Beaver, Pennsylvania.

One of his most memorable assignments was the Chief of Integrative Holistic Medicine and Clinical Director of the Ft Belvoir Inpatient Substance Abuse Program from 2013-2015. It was during this assignment that the HOLY SPIRIT guided his practice to Holistic Health and Healing: Empowering ourselves through the Creator Model of Health Care to the optimal health of mind, body, and spirit.

THE CREATOR MODEL OF HEALTH CARE CURRICULUM

- **Spirituality**
 - Starting the day with a prayer and worship.
- **Icebreaker**
 - Grounding exercises
- **Empowerment: Part 1**
 - Holistic Health and Healing
 - Lead with Love - Create a culture of Kindness
 - Stressors
 - SIMPLE
 - Choose to Love
 - Peace in the Present Moment
 - 5 Pillars of Wellness
- **Movement: Part 1**
 - Yoga
- **Empowerment: Part 2**
 - Smile, Breathe, Love: 3 words to change the world.
 - Empowering Ourselves to Optimal Health
 - Humility, Love, Forgiveness
 - 14-Day Mindfulness Moments
 - Mindfulness and Meditation
 - Integrative Holistic Medicine
- **Movement Part 2**
 - Muscle Energy Techniques
- **Question and Answer**
- **Affirmation**

May God Bless You!

OTHER PROGRAMS

1. **Osteopathic manual medicine** - adjustments of the spin and body.
2. **Nutrition** - Food is medicine and all diseases start in the gut.
3. **Meditative Exercise/Yoga** - strengthens core and improves flexibility.
4. **Meditation and Mindfulness** - guided imagery, body scan
5. **Auricular or Battle Field Acupuncture** - for pain and anxiety.
6. **Acupressure** - for pain, anxiety, insomnia, sinus congestion, and headache
7. **Reiki Self-Care** - moving energy throughout our body to heal.
8. **Spirituality** - Prayer is the best medicine and the Creator is the great physician.

**LEAD WITH LOVE FOR THE
POWER OF LOVE IS GOD ♥**

**Your journey to living fully alive in
mind, body, and spirit starts now.
How would you like to proceed?**

CONTACT US

Dr. George J. Ceremuga, II, DO
Osteopathic Family Physician
Ambassador for Christ
george@drgeorgej.com
<https://drgeorgej.com/>

