



Why Primary Care?

When I was 11 years old my family lived in an old farm house on top of a hill in Western Kentucky. I was new to Kentucky, having moved from Florida, and enjoyed the open spaces, creeks, and woods. I remember that summer as my parents came home from work only to work around our house. One of the biggest projects was a giant garden with rows of corn, green beans, tomatoes, etc. It was a huge job keeping it going. Day after day we worked in the heat of summer weeding, hoeing, and working in that garden. We also had a pile of coal behind our house. While it required no work, it also seemed to have no value other than giving a young boy another place to ruin his clothes. When the garden finally started producing and the work of caring for it started to lessen I was introduced to canning. This is a process that involved endless hours of work preparing

the vegetables, placing them in quart jars, and pressure cooking them to seal out any bacteria. It seemed to go on forever with long hours of work in the kitchen. I wasn't sure why my parents did all this work when there so many other things to do. It wasn't long before I got my answer. That winter was the coldest on record for Kentucky. I went to school a total of 2 days through all of January and February. The governor of Kentucky declared a state of emergency and closed the roads due to snow. Living in a farm house in the country we used propane from a tank beside the house for heat. It wasn't too long before the propane ran out, with no way to get it refilled. We couldn't get out on the road to the grocery. Suddenly that pile of coal was our only source of heat and those canned vegetables were our primary source of food. Without them we would



really have been in trouble. By putting in the time and effort up front we were able to go through that winter without injury. There was nothing exciting or fun about working that garden or having that pile of coal out back, but it was sure worth the effort in the end. Primary care works the same way. We don't always see the most exciting stuff (although sometimes we do) and it's not always easy or fun, but the benefits in the long run are immeasurable. If we take the time and effort to do the "weeding" in our health care we can be prepared for the future and prevent disasters.

Improve the health of others while helping your own...

“Run for the Soul” is an annual 5K run that raises money for missions work. They support a local mission and an international mission each year. We are honored to be the recipient of their international donation.

The race will be held at the Columbus Zoo this October and we hope to have 1000 runners participate. It's a great time for the entire family.

Just like Total Health, their administrative costs are already covered so all of your race fees go straight to the charities supported.

Please consider joining us for this event. You can sign up at www.runforthesoul.com. If you would like to distribute brochures about the race please email us at admin@totalhealth.org and we can send them to you.

This is great time to improve your personal health and help improve the health of those in need around the world at the same time.

Hope to see you there!

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If you would like more information about [Total Health](#):

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