



Essentials

Mission Statement: Our mission is to connect, support, and educate individuals facing cancer and other diseases with holistic, evidence-based non-toxic therapies.

Purpose: **HealingStrong™** creates community, encourages education, and explores holistic methods for **HealingStrong™**. We believe that God created our bodies to be healthy, and that when His design of nutrition, exercise, emotional freedom, and spiritual peace is honored, then we can live in optimal health. We seek to walk in healing and to help others become **HealingStrong™**.

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

Core Values:

1) We believe in the God of the Bible as our Healer.

HealingStrong™ believes God saves, heals, loves, and cares immeasurably for each person, as evidenced through the gift of the life, death, and resurrection of His son, Jesus Christ. God exists eternally in three persons of one substance, equal in power and glory: the Father, the Son, and the Holy Spirit. We believe God to be alive and active in the world, and specifically in the lives of individuals seeking wholeness. God, through the divine direction of the Holy Spirit, can and does give guidance about the best plan of healing for each individual and we respect His direction in each life.

2) Knowledge is power, and knowledge with application is life changing.

HealingStrong™ encourages prayerful examination of the information presented to consider how it might be incorporated into one's individual healing. We also value exploration of other therapies, believing that each person should become educated to make decisions about their health and walk in confidence towards what they are learning.

3) True healing involves the mind, body, and soul.

HealingStrong™ believes a person must address emotional and spiritual needs, as well as physical issues, for healing to be complete. In addition to living the fundamentals of whole foods nutrition, supplementation, and detoxification of the body, **HealingStrong™** recognizes that pursuing a joyful life of gratitude, and relational wholeness with resolution of things like chronic stress, unforgiveness, and bitterness, are key to living cancer and disease free.

4) Leaders of the organization have personal experience with natural therapies.

HealingStrong™ began as a patient-to-patient advocacy and resource organization. Our individual experiences provide insight and can give hope to others when shared. Whether a practitioner, caregiver, patient, or one seeking whole health, to lead within **HealingStrong™**, it must be clear that experience and/or education support natural healing strategies.

5) Meetings should educate, equip, encourage, and empower.

HealingStrong™ uses a structured format, including lesson plans and supporting resources explored in a small group setting. While leaders use the **HealingStrong™** curriculum as their foundational guide, we encourage group autonomy by personalizing lessons with local speakers, resources, and materials. It is also inspiring when group members or other individuals share their personal healing journey.

6) We are a nonprofit and our groups are freely shared.

HealingStrong™ is a 501(c)(3) and all donations or materials sold directly support the organization's purpose, rather than profit an individual. Groups are offered to individuals freely and all who want to explore natural healing in an educational, encouraging, and empowering environment are welcome.