

Hill College Holistic Wellness Pathway Core Values

- Interconnectedness
 - What you do to the tree, you do to yourself. We believe that our actions upon the planet, each other, and ourselves affect us and everyone around us. We choose to honor the ancient wisdom to consider 7 generations in the future in our development, consumer, and personal choices.
- Vulnerability
 - “Owning our stories and loving ourselves through that process might be the greatest act of courage we ever take.” We believe our stories, struggles, and boundaries are gifts that can be used to help others. We will be vulnerable enough to embrace our stories and share our stories so that we might empower our clients to do the same.
- Courage
 - Healthy living is scary and counter culture. It takes courage to admit we need to change, to face the trials of creating that change, and to remove ourselves from the influences of our culture to sustain that change. We will recognize and celebrate this courage in ourselves and our clients.
- Authenticity
 - We believe everyone has a mission on this planet to make the world a better place. It is our job to live in our authenticity so that we might empower our clients to do the same through changes in lifestyle and nutrition. The better you feel, the better you make others feel.
- Spirituality
 - “You’ve got to stand for something, or you’ll fall for anything.” No matter what our religious beliefs, strong spirituality in a power greater than ourselves creates a solid base for us to stand on when challenges arise and a light

house to guide us in dark times. Cultivating daily spiritual concepts such as gratitude, interconnectedness, meditation/prayer, and trusting in our path in times of struggle will give us the tenacity and strength to dare greatly and rise strong.

- Promote what you love instead of bashing what you hate
 - We believe that the fastest way to positive change is to spread more of what we love instead of talking about all of the things we hate. What you think upon, you create more of. Let's create more of what we love!
- Balance, not band-aids
 - Imbalance, whether mental, physical, and spiritual, is the root of disease and discomfort. Band-aid fixes may temporarily ease discomfort, but true sustainable balance achieved through nutrition and lifestyle is the focus of our practice. This ancient wisdom will be the compass that guides the protocols developed by our practitioners.
- Charity
 - "As long as one of us is hurting, we will never be truly healed". MLK We will embrace our own vulnerabilities by assisting others in times of need. We incorporate charity into our practice by making sure holistic health care is made available to everyone who desires this method of achieving balance.
- Compassion
 - There is no research that proves that shame creates positive change. Empathy and compassion, however, destroy shame and create the space for the courage to change. We will encourage change in our students, our clients, and our communities through empathic compassion, not shaming judgement.
- Positivity

- “At any moment, you always have an ice cream cone in your hand, and dog crap on your shoe. You can choose to focus on the crap, sniffing it and showing it to everyone, or focus on the cone.” Jake Holycyn. You can always find something positive in every situation, and spreading positivity will beget more positive throughout your colleagues, your family, your community, and your world.
- Solution-oriented
 - You can either shame and blame, or you can create positive change. Instead of pointing fingers and rehashing mistakes, we will approach problems with constructive criticism and sharing solutions. You can't change the past, but you can create a new path for the future.
- First do no harm
 - In Baghdad around 800 AD, the medical practitioners were regulated in the marketplace, had to pass an entrance examination and were also continuously observed in their practice. The regulation there was that "anyone found to have given a strong herb when a mild herb would do, a mild herb when a diet change would suffice, or a diet change when simple advice was indicated, would be disqualified from practicing in the marketplace." We believe that there is no food that can cover-up poor lifestyle habits, no herb that can cover up poor nutrition, and no allopathy (unless for acute emergencies) that can cover up poor nutrition and herbal support. However, while this is our ideal approach, we work with our clients to achieve progress, not perfection.