

## The Idea Behind Regenerative Health

*The central idea behind Regenerative Health is that through the implementation of healthy lifestyles, dietary practices and mother and child care practices, we can eliminate many of the diseases presently impacting upon the citizens of Ghana.*

*Ghana is the first nation state to make Regenerative Health and nutrition the focal point of its national policy.*

*Regenerative Health is seen as a sound strategy and pragmatic course for a developing nation in addressing the broader determinants of health.*

*For more information please contact:-*

*Director, PPME, MOH and  
Project Manager, RHNP  
(021 - 684 232)*

## Some Activities to Regenerate Your Health

- Increase the consumption of fresh fruits and vegetables to provide the necessary nutrients and dietary fibre. Fruits and vegetables supply essential vitamins and minerals as well as disease-fighting compounds.
- Increase your intake of water. The body is comprised of >70% water, which needs to be replenished via the intake of between 8-10 glasses per day. More water greatly assists the body in warding off disease.
- Engage in some form of moderate exercise three times in a week. Evidence shows that exercise improves circulation, digestion, mental focus, and the sense of overall well-being.
- Get adequate rest and relaxation. Studies show that the body repairs itself during the sleep cycle. Chemicals produced by the brain during laughter also have healing effects.

MINISTRY OF HEALTH



## REGENERATIVE HEALTH

**'Shifting the emphasis from cure to prevention'**



Policy Briefing Paper 002  
January 2007

# REGENERATIVE HEALTH TRAINING

Regenerative health is a process of using natural and non-medical interventions to continuously improve one's health, prevent diseases, and increase life expectancy. There are four main components namely; training, community, service provision and the development of a regenerative centre. This policy brief illustrates the training component.

## Training Programme

A training programme targeting health care workers, school and hospital matrons, caterers, midwives and TBAs and inter-sectoral representatives of District MDAs has been devised. This programme is to be taught in every district of the country. The first 20 districts will be completed in 2007 with the remaining districts being trained by 2009.

The idea of the training programme is to create "agents of change" for the new paradigm. Establishing a training centre will provide further in-depth instruction in these principles.

## Training Modules:

### 1) Mother & Child Health

Research shows that a mother's health, nutrition and breastfeeding habits affect a child's health for the first 40 years of life. Interventions at this early stage can immediately build a healthier population. Included are exercise, massage, breathing and positive thinking techniques specifically designed for the new mother and her family.

### 2) Nutrition

Regenerative Health emphasizes increasing fruits and vegetables and reducing the consumption of meat. The training teaches recipes derived from locally available food sources and fortified with soya and other nutrient-rich foods. The aim is to have these recipes used in schools and hospitals as well as at home. Chop bar and restaurant proprietors as well as caterers are encouraged to make these healthier menu items. The significance of increased water consumption, and even when to drink, is also taught.



### 3) Healthy Lifestyles

This module looks at the impact of our daily actions upon our health. Training focuses upon exercise, massage therapy, clothing (fabrics), relationships, environmental cleanliness, and even music. In short, everything matters where health is concerned.

### 4) National Advocacy Campaign

We address the need to generate an awareness of the impact of Ghana's emerging "double disease burden," while encouraging them to embrace the new changes with the same energy and vigor with which Ghana fought for its independence.

## EVIDENCE FOR REGENERATIVE HEALTH PRACTICES

Evidence supporting Regenerative Health comes from the Hebrew Israelite community in Dimona, Israel. The community of 3,000 people have found that through changing their lifestyle many of the diseases currently impacting Ghana and the Western world have been virtually eradicated over the past 40 years. Among their successes:

- There has been no incidence of maternal death at child birth
- There are no cases of HIV/AIDS
- No one under the age of 35 has died as a result of disease
- Hypertension, obesity and high cholesterol levels defy previously accepted "genetic predispositions".

