

Health for All: Embracing MAHA Principles for Holistic Wellness in Arizona

In the People's House, health isn't a government mandate—it's a God-given right and personal responsibility, rooted in the biblical command to steward our bodies as temples of the Holy Spirit (1 Corinthians 6:19-20). As a constitutionalist, I view Health for All through the lens of our sacred trust indenture: *We the People* as grantors and beneficiaries, empowering trustees to protect against toxins, promote natural healing, and foster community wellness without Big Pharma overreach. Make America Healthy Again (MAHA), championed by HHS Secretary Robert F. Kennedy Jr., shifts from reactive healthcare to preventive, holistic alternatives—eradicating chronic diseases by tackling ultra-processed foods, environmental toxins, and over medicalization. Under my focused conservative leadership, we'll deliver MAHA principles straight to your door in Legislative District 1—cleaner water, safer foods, and thriving holistic communities for Yavapai and Coconino Counties' families, seniors, and youth. We'll build a healthy Arizona by emphasizing personal choice, integrative medicine, and evidence-based alternatives, ensuring every citizen can access wellness that honors body, mind, and spirit.

The Crisis: Chronic Diseases, Toxins, and Waste in Arizona's Health System

Arizona faces a health epidemic: Over 60% of adults suffer from at least one chronic condition like diabetes or heart disease, driven by environmental toxins, poor nutrition, and a system addicted to pills over prevention. In our rural district, issues like contaminated water and processed food access hit hard, exacerbating childhood obesity and mental health struggles—rates that have risen despite billions spent. Nationally, MAHA highlights how ultra-processed foods and additives fuel this, with the President's Commission report calling for urgent action to make our children healthy again.

Worse, government waste compounds the problem. AHCCCS, Arizona's Medicaid, is riddled with fraud—recent 2025 federal takedowns indicted providers in a multi-billion sober-living scam, with ongoing Senate hearings exposing abuse and only partial recoveries. Proposed federal cuts threaten care for millions, making holistic alternatives even more vital. This isn't stewardship—it's betrayal of the trust, funneling your taxes into corruption while ignoring root causes like vaccine transparency and environmental health.

Smart Solutions: Implementing MAHA for Holistic, Community-Driven Health

We'll apply MAHA's core principles—preventive care, environmental protection, and integrative medicine—to create Health for All in LD1:

- **Tackle Toxins and Promote Clean Living:** Advocate for stricter regulations on ultra-processed foods, pesticides, and water contaminants, aligning with MAHA's focus on environmental health. Support local farms and community gardens for nutrient-rich, additive-free options, reducing chronic illness as outlined in the White House MAHA report.
- **Expand Holistic Alternatives and Personal Choice:** Shift from overmedicalization to evidence-based integrative approaches like acupuncture, herbalism, nutrition coaching, and wellness programs. Partner with Arizona's leaders in this space: Expand access to Southwest Institute of Healing Arts (SWIHA) for holistic nutrition and hypnotherapy training; integrate ASU's Online Integrative Health Degree into community education; and promote the Andrew Weil Center's lifestyle certificate for mentorship in mindful movement and herbs. For underserved areas, boost Native Health Phoenix's Indigenous Wellness programs and Mayo Clinic's aromatherapy and massage therapies.
- **Empower Communities and Youth:** Foster vaccine transparency and health education to build resilience, especially for our district's older population and growing youth. Launch initiatives like Sonoran University's naturopathic programs and UArizona's Wellness Certificate to train the next generation in holistic stewardship, tying into free enterprise for wellness entrepreneurs.

These reforms honor biblical mercy and justice, cutting waste by redirecting AHCCCS funds to prevention—saving billions while healing lives. Together, Health for All via MAHA will transform LD1 into a model of holistic vitality.

As Matt in the HOUSE, I'm committed to delivering this focused conservative leadership. Join the movement: Sign up for updates, volunteer to spread the word, or donate to fuel our fight. Let's build the People's House—where wellness knocks on every door! Contact us at [your email/phone] or follow on social media.