

# Syncretic Health

Syncretic means the fusion of different philosophies. Development of Syncretic Health in Australia would signify significant health reform, and a shift to a health model more inclusive for multiple cultures and aligned to emerging research which indicates the complexity of human health in relation to our social environment, nature and subtle energy (spirituality or quantum metaphysics).

## Bio Medical Model – What we inherited

Louis Pasteur in 19<sup>th</sup> century developed germ theory of disease, was the foundation of the biomedical model

Health is the absence of illness

Disease, injury or ill health are caused by deviation from normal body functioning

Medical physician is the only expert

The body is a machine to be fixed by medical doctors

Health care systems are socially and culturally detached

Mind and body are separate entities that do not interrelate



Multiple countries are undertaking health reform, shifting to syncretic medicine or integrated health models, inclusive of evidence-based complementary and traditional medicine. As depicted in the diagram below, pathology of disease and biomedicine **remain** pillars of health, however other evidenced based concepts and modalities of health are incorporated. I developed this diagram as a brainstorming exercise, what would a syncretic health model for Australia look like? Especially one which respects First Nations sovereign knowledge for health.

