

# 10 Tips for True Healthcare

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Practical Ways to Live with Freedom, Confidence, and Clarity

By Dr. Lyle Pipher

## Introduction

True healthcare goes beyond symptom management or quick fixes. It's about creating a life that supports freedom, clarity, and resilience every day. The following ten tips are simple yet powerful practices that can help you align your mind, body, and spirit with health. Each is designed to be practical, approachable, and transformative. Use them as daily reminders, practices, and invitations to live with greater awareness.

## Tip 1: Start an Open-Eyed Meditation Practice

Most people imagine meditation as sitting with eyes closed, shutting out the world. But true healthcare begins with cultivating awareness in the life you're already living. Open-eyed meditation is the practice of being fully present while keeping your eyes open, so you can integrate calm and clarity into ordinary activities—walking, eating, or simply breathing.

### Practice Exercise

Find a quiet space. Sit comfortably with your eyes open, gazing softly at a point in front of you. Notice your breath without trying to control it. Let sounds, sensations, and thoughts pass without judgment. Be present with yourself. Begin with 3 minutes, 3 times daily. Gradually increasing the frequency of exercise rather than the length of time as it feels natural. Begin to bring this practice into everyday activities like sitting at a traffic light, in the bathroom, or at a work meeting.

### Reflection Prompt

How does my body feel when I soften into awareness with my eyes open?

“Meditation is not about escaping life, but about entering it more fully.”

## Tip 2: Build a Healthy Relationship with Yourself

Your relationship with yourself sets the tone for your health. Self-care, self-talk, and self-trust all play vital roles in how you experience well-being. When you approach yourself with kindness, you create the conditions for healing and growth. This is the main goal in practicing open-eyed meditation, cultivating a healthy relationship with Self.

### Practice Exercise

Spend five minutes each morning writing down one way you will support yourself today. This could be resting, eating nourishing food, or speaking kindly to yourself.

### Reflection Prompt

What kind of friend am I to myself?

“The way I treat myself is the foundation of my health.”

### Tip 3: Embrace a Liberation Approach to Healthcare

Many people approach healthcare from a place of fear or dependency—waiting until symptoms force them to act. A liberation approach means taking ownership of your health choices, guided by empowerment rather than fear. The liberation approach focuses on solutions and what we do want rather than getting lost in symptoms.

#### Practice Exercise

Identify one area in your healthcare where you feel fear or pressure. Ask yourself: How can I approach this from a place of freedom and empowerment instead?

### Reflection Prompt

Where can I bring more freedom into my health choices?

“True healthcare liberates life, even when symptoms are present.”

### Tip 4: Live Health as a Lifestyle

Health is not a quick fix—it’s a lifestyle. The daily choices you make add up to the quality of your life. By making health a consistent practice, you create long-term vitality and resilience. Maybe some of these tips aren’t for you, that’s okay, find the daily practices that work best for you. Don’t treat health as a short term fad, make health a long term healthstyle.

#### Practice Exercise

Choose one small, sustainable habit—like drinking more water, stretching daily, or turning off screens before bed. Commit to practicing it consistently for the next 21 days.

### Reflection Prompt

What’s one healthy choice I can repeat daily?

“Health as a lifestyle, A Healthstyle, I choose to live!”

### Tip 5: Take Regular Walks

Walking is one of the simplest, most effective forms of healthcare. It supports cardiovascular health, improves mood, boosts creativity, and helps regulate your nervous system.

#### Practice Exercise

Always consult your doctor before starting any exercise program. Schedule a 15-minute walk once a day, ideally in nature if possible. Notice your breathing, pace, and surroundings as you walk. Adding in open-eyed meditation is great while walking.

### Reflection Prompt

How do I feel before and after my walk?

“A daily walk is medicine for both body, mind and soul.”

### Tip 6: You Are What You Eat

The food you consume is more than fuel—it becomes the building blocks of your body and mind. When you eat with awareness and intention, you give your body the support it needs to thrive.

#### Practice Exercise

Keep a food journal for one week. Note what you eat and how you feel afterward. Look for patterns between your food choices and your mood, energy, and clarity.

### Reflection Prompt

How do my food choices affect my energy, clarity, and mood?

“Every bite is a choice for health—or against it. I choose health!”

### Tip 7: Benefits of Barefoot Walking

Walking barefoot, or ‘earthing,’ reconnects you with the natural world. It improves posture, strengthens muscles, and helps balance the nervous system.

#### Practice Exercise

Spend five minutes walking barefoot on natural ground each day—grass, sand, or soil. Notice the sensations and grounding effect.

### Reflection Prompt

How does my body feel more connected when I walk barefoot?

“As I reconnect with the earth, I reconnect with myself.”

### Tip 8: Get Your Artistic Side Out

Expressing your creativity is vital for emotional and physical health. Art—whether painting, music, dance, or writing—reduces stress, opens self-expression, and cultivates joy.

#### Practice Exercise

Set aside 10 minutes to create something today without judgment or expectation. It could be drawing, journaling, playing music, or moving your body.

### Reflection Prompt

What happens when I create freely without judging myself?

“Creativity is medicine for my soul.”

## Tip 9: Care for Your Cervical Curve

The curve in your neck, called the cervical curve, is essential for nervous system health. Modern habits like screen time and poor posture can compromise it, leading to tension and pain.

### Practice Exercise

Practice gentle neck stretches and posture awareness daily. Always work with a professional for support and proper training in restoring your cervical curve.

### Reflection Prompt

How does caring for my posture affect my energy and mood?

“Your posture reflects your health.”

## Tip 10: Three Complementary Healthcare Professionals

You don’t have to walk your health journey alone. A supportive team of professionals can help guide you—such as chiropractors, massage therapists, or acupuncturists. Together, they offer a holistic approach to healing.

### Practice Exercise

Identify one complementary healthcare professional to add to your care team this month. Schedule an appointment and notice how it supports your health goals.

### Reflection Prompt

Who supports me best in my health journey?

“A strong healthcare team empowers me to thrive.”

## Conclusion

True healthcare is a way of life. By practicing these ten tips, you align yourself with health, freedom, and clarity on a daily basis. Begin with one or two tips that resonate most and allow them to grow into habits. As you do, you will build a foundation for long-term vitality and well-being.

## About the Author

Dr. Lyle Pipher is a healthcare professional dedicated to helping people experience freedom, confidence, and clarity in their lives. Through coaching, classes, and holistic practices, he guides individuals toward sustainable health rooted in empowerment.