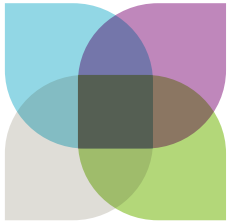


A Bridge to Integrative Health

In 1993, a paper in *The New England Journal of Medicine* revealed one in three Americans were using alternative medicine such as acupuncture, chiropractic care, massage, or nutritional counseling – but 28% of them weren't telling their primary-care doctors about it. When Congress removed the word “alternative medicine” from its research center, renaming it the National Center for Complementary and Integrative Health (NCCIH), it opened the door for primary-care doctors and integrative health practitioners to unite rather than divide our communities. What people needed next was a way to better understand it.



How the Quadrants of Well-Being was Born

Dr. Michelle Robin's life would change forever in 1989 when her mentor, Dr. Richard Yennie, showed her a rough drawing about whole-person health. His concept stayed with her for years, quickly becoming a cornerstone for her chiropractic practice. In 2016, Dr. Robin adopted Dr. Yennie's concept as a simple framework that guides each person on how to nurture their spirit, mind, and body with a balanced and integrative approach. She named this concept the Quadrants of Well-Being.

Mechanical: Your body is the greatest instrument ever given to you, but it was designed to move your entire life. Your body is beyond weight or strength – it is a companion to how you experience your life. The Mechanical Quadrant encompasses the musculoskeletal system. It encourages you to keep moving through exercise, spinal adjustments, stretching, and sleep posture.

Chemical: Your body takes in food and other ingredients from the world around you. When your body is functioning well, it processes food and even products you put on your skin and turns it into fuel so your body can operate at its optimal level. The Chemical Quadrant encourages things like nourishing your body with whole foods, reading ingredient labels, and staying hydrated so that it can continue to self-regulate and maintain stability.

Energetical: You are made up of 500 billion cells, and scientists estimate you have 100 trillion atoms inside of them. Those atoms contain protons and neutrons which carry energy like electricity. They are the same atoms that make up everything else in the world, which means you are intrinsically connected to everything and everybody. Your electricity is constantly felt by those around you. The Energetical Quadrant encourages you to surround yourself with positive energy, unplug from what drains you, and reset your aura to attract more good in your life.

Psychospiritual: The connection between your mind and spirit collectively defines who you are, your purpose, and even influences the body in ways that aren't fully understood but are undeniable. The Psychospiritual Quadrant asks you to acknowledge and nurture this connection, search for deeper life meaning, build resilience for faster healing, and approach the world more peacefully.

What Happened Next

Dr. Robin launched Small Changes Big Shifts®, an organization that teaches the Quadrants of Well-Being through a variety of educational programming for companies and organizations around the world. She later founded the Big Shifts Foundation, which inspires kids and young adults (ages 5-30) to discover their well-being at an earlier age than many of us did. Essentially, the foundation is creating generational change for our future leaders and visionaries. Both the brand and foundation has accelerated over the years from its simple mission: To see people come fully alive. However, we realized teaching could only take people so far – **we needed practitioners in our community** to propel this mission forward.

Better Together - Building the Wellness Consortium in Kansas City

We understand building a new habit in people's lives involves some important components. First, convenience makes a difference whether people stick with something. Second, finding the right people who can support you matters.

Dr. Robin launched what today is known as the Wellness Consortium in Kansas City. Since 2014, wellness practitioners meet monthly in their local parts of town to **connect, build, and support** each other – and most of all, their communities. Each meeting is led by a Wellness Consortium Champion member. Twice a year, all groups come together for a City Wide Gathering in Shawnee, Kansas.

Our Three Pillars in the Wellness Consortium



Connect: When the Wellness Consortium was first envisioned, networking took centerstage. Dr. Robin imagined this being a place where doctors, chiropractors, nutritionists, physical therapists, and so on, could build their networks. When patients explore one avenue of wellness, it's not unusual for them to seek referrals for other local practitioners who specialize in a different area of wellness. This is one reason why members find our group beneficial. Connections are built and businesses grow.



Build: We know that part of owning your own practice or working in the wellness landscape involves continuous learning, which is why the Wellness Consortium incorporates educational opportunities. Occasionally, classes are offered to keep up with that need for every business owner. We consistently speak to the Quadrants of Well-Being and offer resources to introduce the concept into your everyday conversations.



Support: We were made to lift each other up – and more importantly, celebrate successes. Support is part of our pillar system because it's a human need. Sometimes that need is met by hearing how others are handling today's challenges or what someone else has learned over the years. It is understood within our group that we rise by lifting others, and the community you build with other like-minded practitioners will help your own spirit, mind, and body grow.

What We Ask of Wellness Consortium Members

- ✔ Show Up
- ✔ Be a Go-Giver
- ✔ Do One-on-Ones
- ✔ Celebrate Each Other

Interested in joining us?
Visit our website to register for upcoming meetings.