

INNOVATION FOCUS

PRESENTING AT NEUROIMAGING & BUSINESS INNOVATION CONFERENCE

BY REGINA GEE WITH ALLEN GEE

Dr. Allen Gee recently attended the American Society of Neuroimaging combined meeting with Neuro Net Pro. At the convention he participated in panel discussions and gave a presentation on digital innovation.

The presentation focused primarily on the diagram you will find on the [whill.AI landing page](#) talking about informatics and how informatics is the nervous system of health care. The management of secure trusted patient centric information is critical to the future of healthcare. The process of informatics is capturing signal to create data, organizing data to create information contextualizing information to create knowledge, and utilizing that knowledge to deliver performance. This is a circular process. At the presentation in Arizona there were questions about the use of blockchain for securing patient information. What Dr. Gee likes about blockchain is that the individual retains control of their personal health information and is able to select and define how others might use that data. In our projects we are working to demonstrate how this process can enhance trust as well as availability of information to care for the individual.

In Scottsdale, Dr. Gee was able to play the role of the agitator and the disruptor. While we are all in agreement that having the data is a necessary step, it was a good conversation starter to point out that knowledge is the goal. Dr. Gee was able to talk extensively with companies interested in further leveraging innovative technology to understand the scope of disease. Combined with the digital testing we're evaluating and building in WHILL, we believe we will have more cost effective and available access to enhancing individual lives through digital technologies.

WHILL has created a unique niche in healthcare in how we identify and innovative technology in an antagonistic environment to solve access and quality challenges. The concept of the living lab allows us to move at the speed of innovation rather than the lethargy of healthcare; we have the flexibility to vet and integrate technology into practice quickly, figuring out what interventions are viable and which ones do not fit the ticket. In this manner WHILL is making space for transformation. We are attracting collaborators who seek to make an impact on a national and international level. As WHILL gains traction in our goals to help Wyoming age resiliently, we are also being recognized and given more platforms to share our work.

"A good answer must be reinvented many times from scratch." - Richard Powers



FRONTIER WELLNESS TIP

EMOTIONAL FREEDOM TECHNIQUE (EFT)

Having the tools to move through nervous system dysregulation is how we teach our minds and bodies resiliency. Emotional freedom technique (EFT) is a practice for treating physical pain and emotional distress. It is particularly useful in the cases of anxiety and PTSD, helping activate our social engagement mode and shifting us out of sympathetic tone.

EFT was developed by Gary Craig and consists of finger tapping various points of your body paired with an affirmation. You begin by identifying the issue/problem/fear you want to work with. Next, you can ask yourself on a scale of 1 to 10 how intense is the problem. This scaling question helps you monitor the impact of the practice. Before you begin tapping, identify a phrase that will acknowledge the issue and help you accept yourself despite the problem (Even though I have this problem, I accept myself). The tapping sequence includes methodic tapping of nine meridian points. [Watch this video](#) to learn them. Recite your phrase at each tapping point. When you have finished you can assess the intensity of your problem again.

This is a resiliency practice to return to whenever you need it.

"Befriending and understanding the unique responses of your nervous system is a powerful antidote to dysregulation." -Jessica Maguire



ON OUR WEBSITE: ARTICLES ON MIND-BODY CONNECTION

BY REGINA GEE

Every week at [Frontierneuro.com](https://www.frontierneuro.com) we publish wellness articles where we hold space for the nuance & complexity that is healing and wellness. We publish things on the four pillars of neurohealth (sleep, movement, nutrition, & mindfulness), as well as educational articles on habits, paradigms, and personal experiences.

One topic that we continually reference is the mind-body connection. In a recent article, Alta Clark writes about the concept of ‘Somatics:’ any practice that uses mind-body connection to help you survey your internal world and listen to the signals your body sends you. Alta writes, “The fact that we were gifted minds and moving bodies means we all have the capacity to explore somatics. I think that one of the most beautiful aspects of it is that your practice can look like anything you want it to. The only thing that must remain constant is the union of mind and body, and not holding judgment on what happens once the connection is established.” You can read her article “Cultivating a Mind-Body Conversation” [here](#).

Another article demonstrating this connection is a piece written by Regina Gee on Mind-Body Medicine. Much of western scientific thinking and the modern biomedical model is inherited from enlightenment thinkers who were looking to divide and conquer the problems of humanity, leaving us with a mind-body separation in medicine. Mind-Body (Integrative) Medicine is looking to expand medical paradigms by taking into account physical, psychological, social, emotional, and spiritual aspects of wellbeing. Read more about the case for the connection between our bodies and minds & our inherited dualism in our article “[Mind-Body Medicine](#).”

WE’RE READING:

ATLAS OF THE HEART
BY BRENE BROWN

WE’RE LISTENING:

[TARA BRACH](#)

WE’RE WATCHING:

MOVE ON NETFLIX



UNDERSTANDING HAL

BY REGINA GEE

Defining health is a complex task; often a question to be lived more than something to be found in a dictionary. As we live out and understand our definitions of health, it can be helpful to understand the lineage of the words we use. As Krista Tippett says, “Words make worlds.”

The lineage of the word health in English can be traced to the Old English word ‘hal.’ Hal is the Old English for “healthy, sound, safe; entire, whole; uninjured; healed; genuine, straightforward; and holy.” It is a word that connects all of these meanings, holding them together, and helping

us to understand that health is inherently a wholistic word. Health, holiness, and wholeness are related in their very spelling and origin.

In the dictionary, ‘health’ is a noun meaning the state of being free from illness or injury. Hal gives us the framework to understand what is lacking in this definition through understanding its related words. ‘Wholeness’ is a noun meaning the state of forming a complete and harmonious whole; unity, the state of being unbroken or undamaged; good physical or mental health.

‘Heal’ is a verb that means to become sound or healthy again; alleviate; correct or put right. ‘Holy’ is an adjective meaning dedicated or consecrated to the Divine or a religious purpose; devoted to the service of the Divine; morally and spiritually excellent. Devoted means to be very loving or loyal. Holiness is the

state of being holy. I understand holiness as a way of being that holds love and loyalty for the greater power that connects all of us, dedicating time and effort to moral and spiritual excellence.

Words are incredibly powerful. The collection of words held in hal help me to understand that health, wholeness, healing, and holiness are much more than individual concepts. This vessel holds nouns, words that name, verbs, words that describe the action, state, and occurrence, and adjectives, words that name attributes. Within hal there is a whole grammatical set. A collection of words to contextualize each other. A collective. It is only through recognizing the relationship between the words health, whole, heal, sound, safe, and holy that I have been able to better understand what health means.

[Read more here.](#)