

ARE WE FIGHTING CLIMATE  
DESTABILIZATION WITH THE SAME  
THINKING THAT CREATED IT?

PHIUSCON 2022

Presented by Laura Nettleton      [laura@thoughtfulbalance.com](mailto:laura@thoughtfulbalance.com)

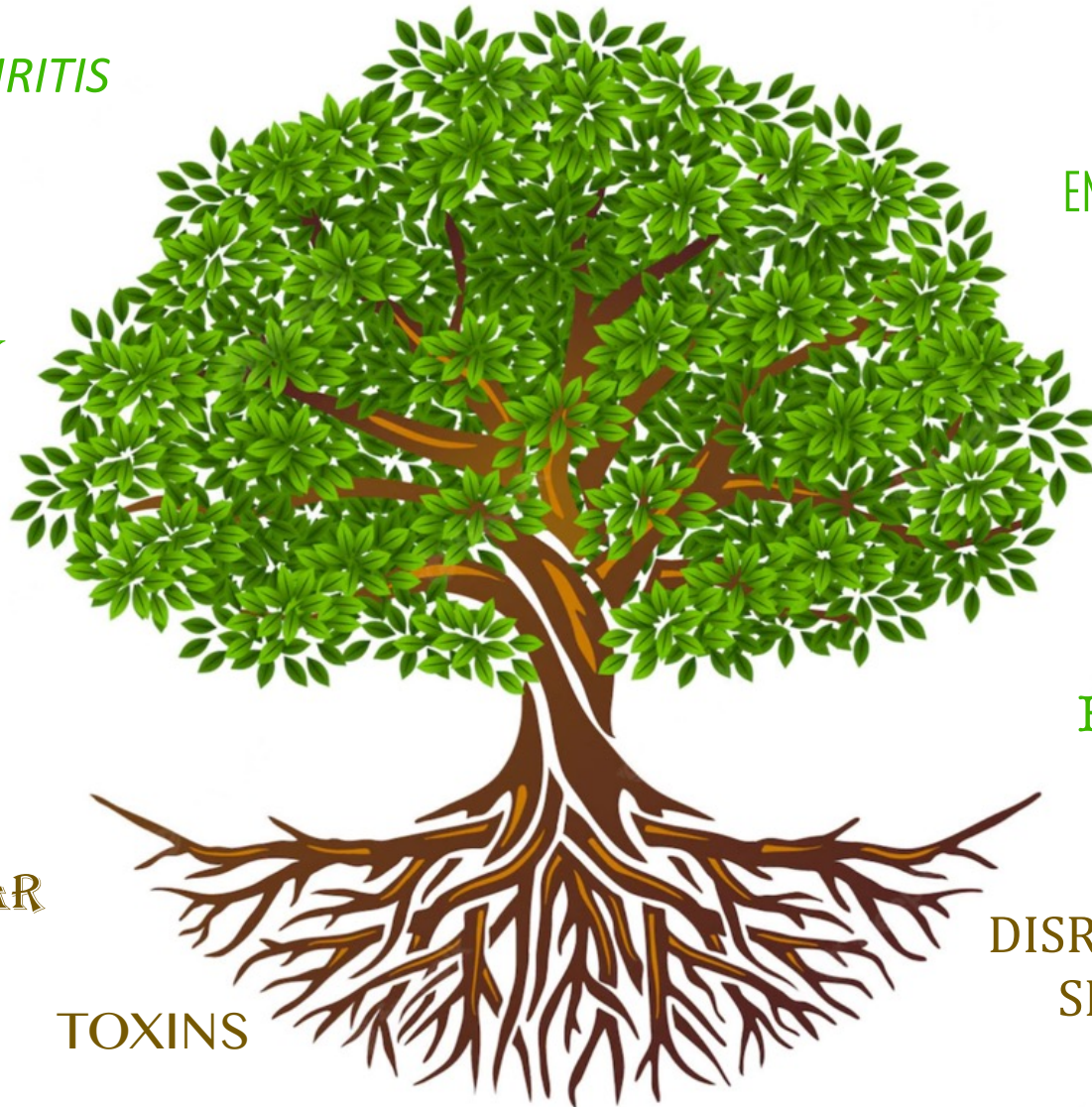


# Mind and Body Connection

Healthy Body Healthy Mind



HOW IS AWARENESS CREATED?



SCHIZOPHRENIA

ARTHRITIS

CROHN'S DISEASE

IRRITABLE  
BOWEL  
SYNDROME

LUPUS

ENDOMETRIOSIS

HASHIMOTO'S  
THYROIDITIS

OBESITY

DIABETES

MULTIPLE  
SCLEROSIS

PCOS

CANCER

ALZHEIMER'S

HEART DISEASE

EMF WAVES

SUGAR

MOLD EXPOSURE

STRESS

PESTICIDES

TOXINS

DISRUPTED  
SLEEP

PLASTICS

TRAUMA

FACTORY FARMED  
MEAT

YOUR GENETICS

FOOD ADDITIVES

HEAVY METALS

ALCOHOL

THERE'S A PARADIGM SHIFT JUST BEGINNING IN MEDICINE



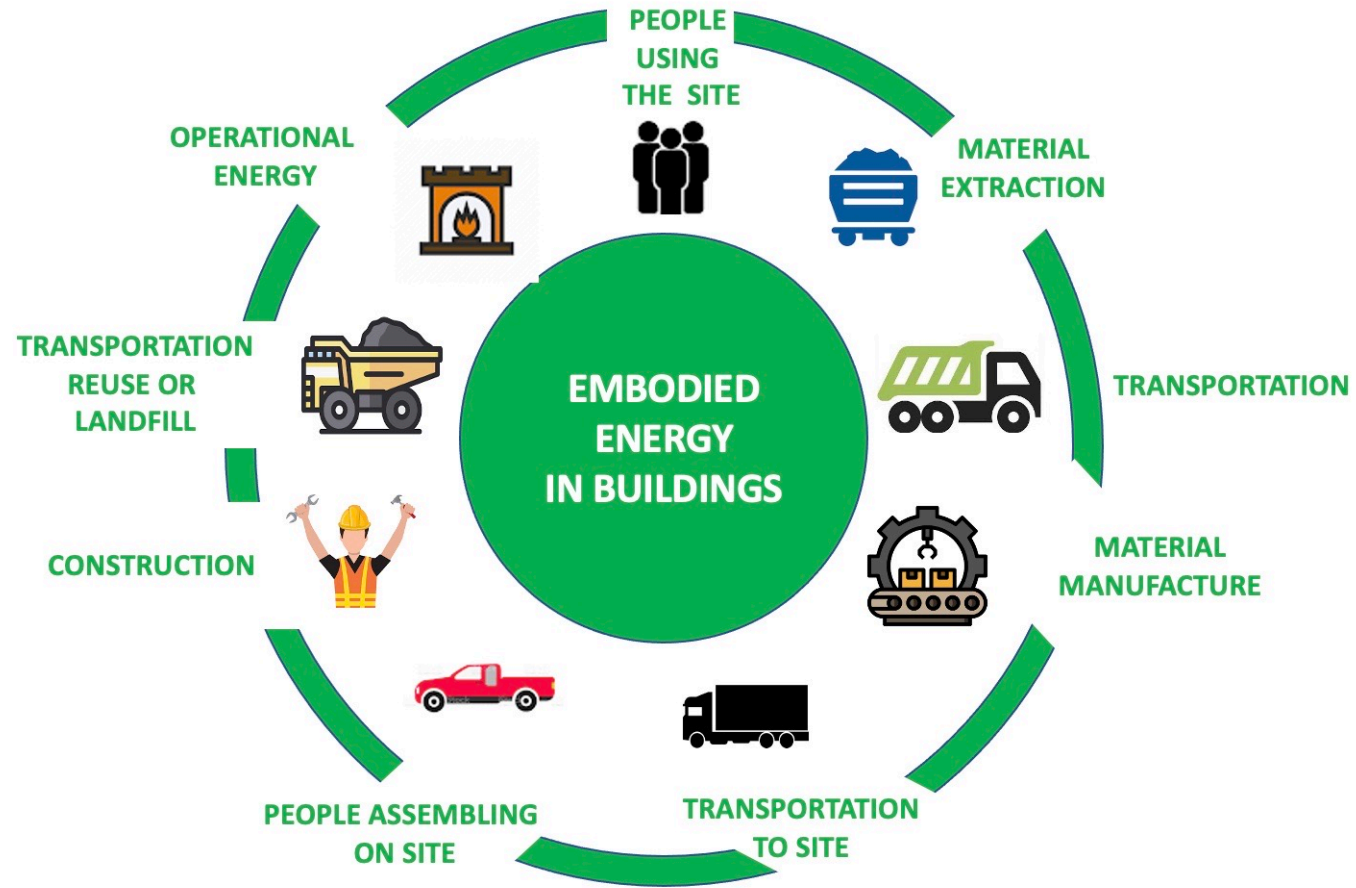


THE WORLD IS ON TRACK TO BUILD  
2.4 TRILLION SQUARE FEET BY THE YEAR 2060

THAT'S THE EQUIVALENT OF  
A NEW MANHATTAN EVERY MONTH

*2030 CHALLENGE*





PARADIGM SHIFT IN THE BUILDING INDUSTRY...  
EVERYTHING COSTS MUCH MORE THAN WE THINK



AM I CHALLENGING THE THE STATUS  
QUO OR  
AM I SWIMMING IN THE  
SAME OLD POND?





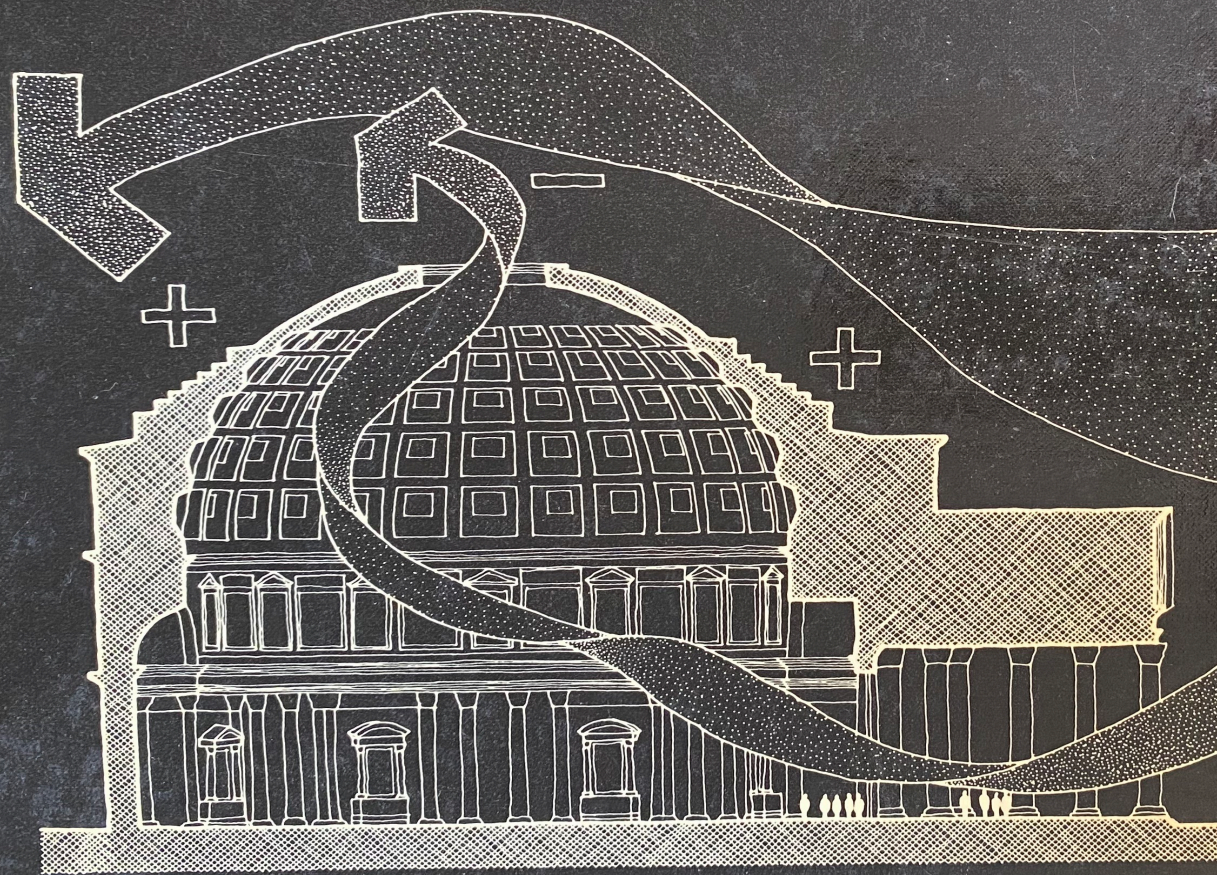




# SUN, WIND, AND LIGHT

---

ARCHITECTURAL DESIGN STRATEGIES



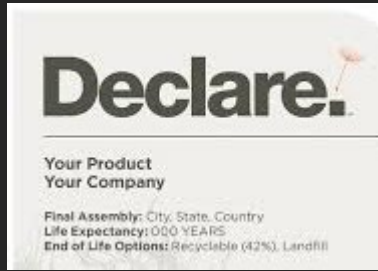
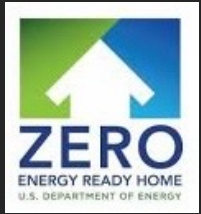
G. Z. BROWN

ILLUSTRATIONS  
V. CARTWRIGHT





SUSTAINABLE  
SITES  
ENERGY  
WATER  
MATERIALS  
INDOOR AIR  
QUALITY  
INNOVATION



WE ARE TRYING TO SOLVE A HUMAN BEHAVIOR PROBLEM WITH TECHNOLOGY













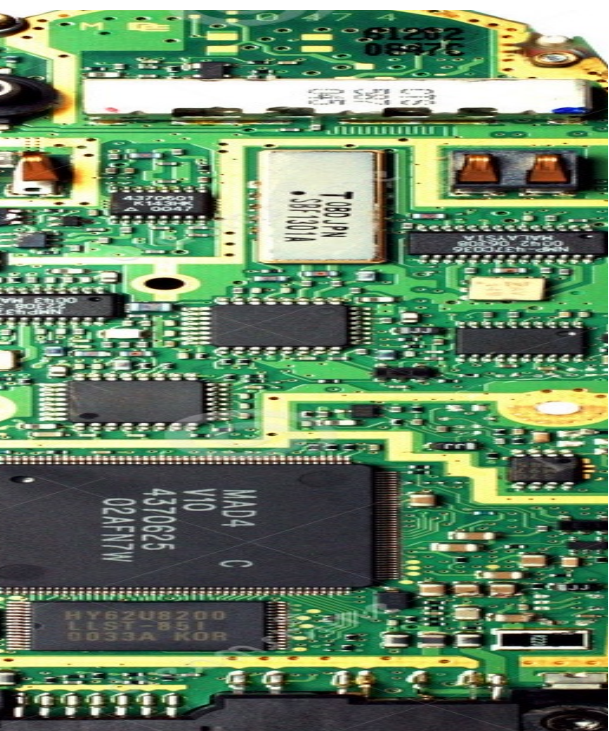














The author of **IN THE REALM OF HUNGRY GHOSTS**

**GABOR MATÉ, MD**

with **DANIEL MATÉ**

the  
**Myth**  
of  
**Normal**

**TRAUMA, ILLNESS & HEALING  
IN A TOXIC CULTURE**

**RISING OBESITY  
INCREASING ILLNESS  
DECREASING LONGEVITY  
A PLANET ON FIRE  
10 COMPANIES CONTROL OUR FOOD SUPPLY  
CHEMICALS IN INFANT'S CORD BLOOD  
OVER-STRESSED WORK FORCE  
CLIMATE DENIAL  
EVERY MAN FOR HIMSELF  
BILLIONAIRES  
INDUSTRY'S PASS ON POLLUTION  
PREDATORY LENDING  
LACK OF COMMUNITY  
FAST FOOD  
FACTORY FARMING  
HIGHER RATES OF CANCER  
INSURANCE DICTATING MEDICAL PROTOCOL**



"DDT is good for me-e-e!" ♪♪



AWARENESS IS THE KEY TO CHANGE

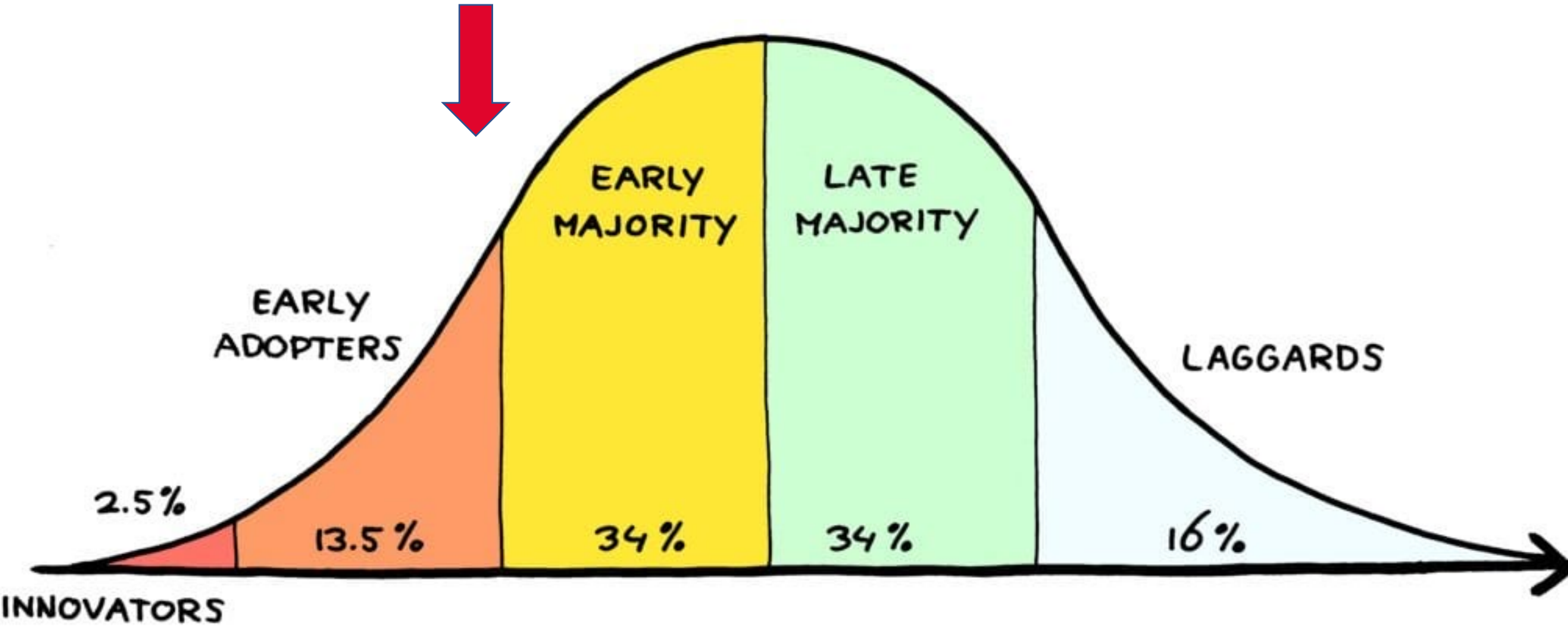


OUR BODIES AND OUR PLANET  
ARE INFLAMED...  
LIFE AS WE  
KNOW IT  
IS THE PROBLEM





# CONNECTING THE DOTS...INCREASING AWARENESS IS OCCURRING IN MANY PROFESSIONS

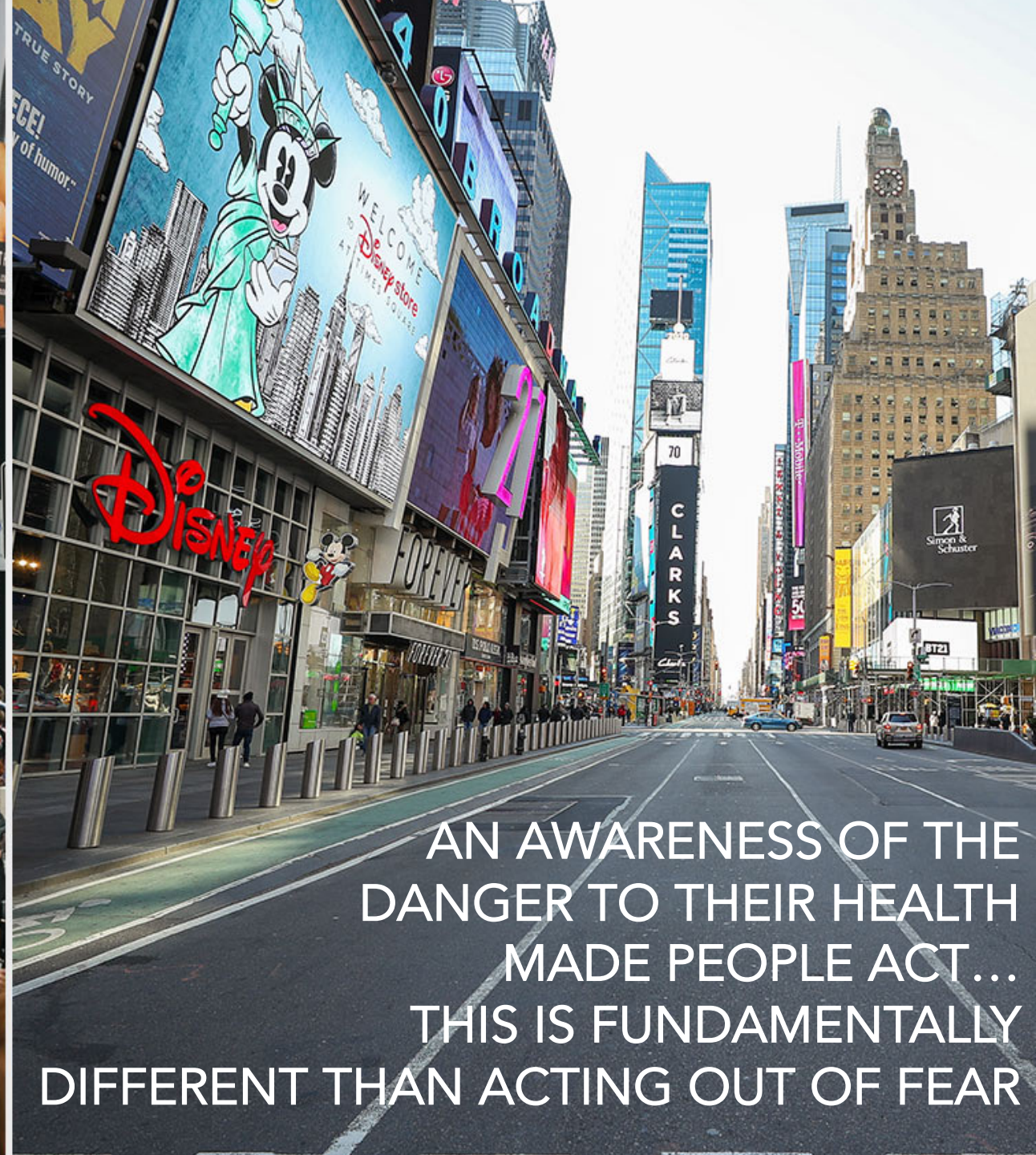






COVID TAUGHT US WE CAN COLLECTIVELY SAVE THE EARTH





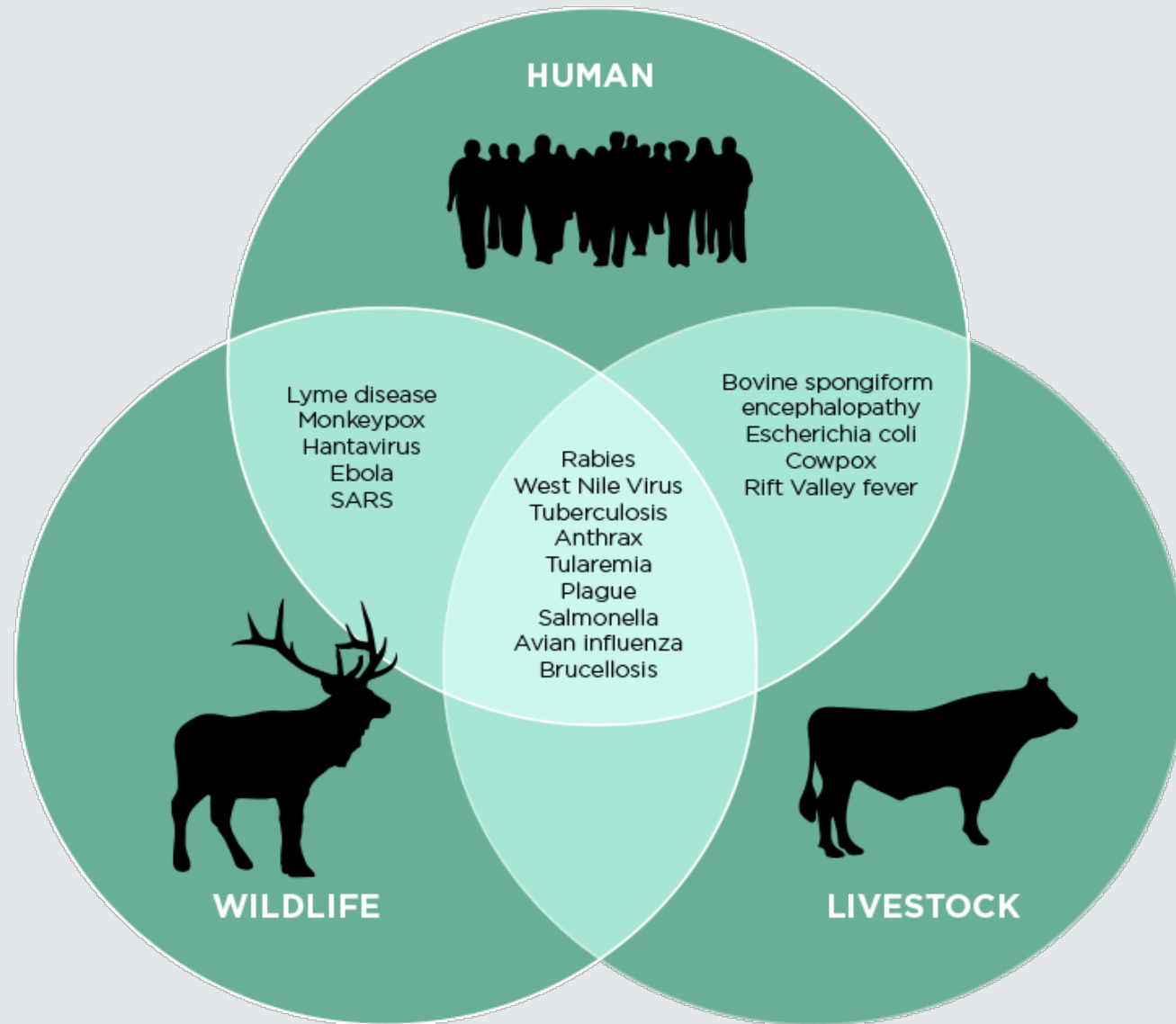
AN AWARENESS OF THE  
DANGER TO THEIR HEALTH  
MADE PEOPLE ACT...  
THIS IS FUNDAMENTALLY  
DIFFERENT THAN ACTING OUT OF FEAR



EARTH IS POISED TO RECOVER AND  
RESPONDS RAPIDLY TO OUR CHANGE IN BEHAVIOR







LET'S NOT MISS ANOTHER CHANCE TO CREATE AWARENESS



An aerial photograph of a vast expanse of melting sea ice. The ice is broken into numerous irregular, interconnected floes of varying sizes, creating a complex, maze-like pattern. The water between the floes is a deep, clear blue, while the ice itself is a lighter, milky blue. The overall scene conveys a sense of environmental change and fragility.

***“THE ENVIRONMENT”***

**GLOBAL WARMING**

**ENDANGERED SPECIES**

**SEA LEVEL RISE**

**CLIMATE CHANGE**

**MELTING SEA ICE**

**POLAR BEARS**

**HABITAT DESTRUCTION**

**2 DEGREES CELSIUS**





THIS IS AN EPIC HEALTH CRISIS



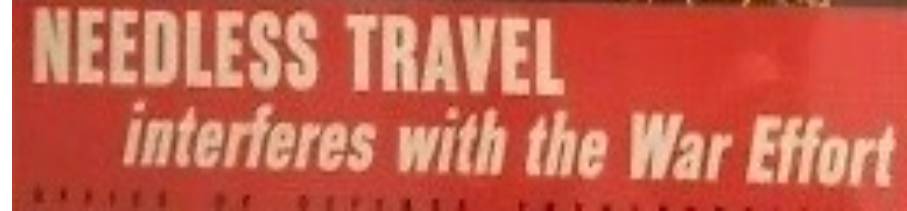
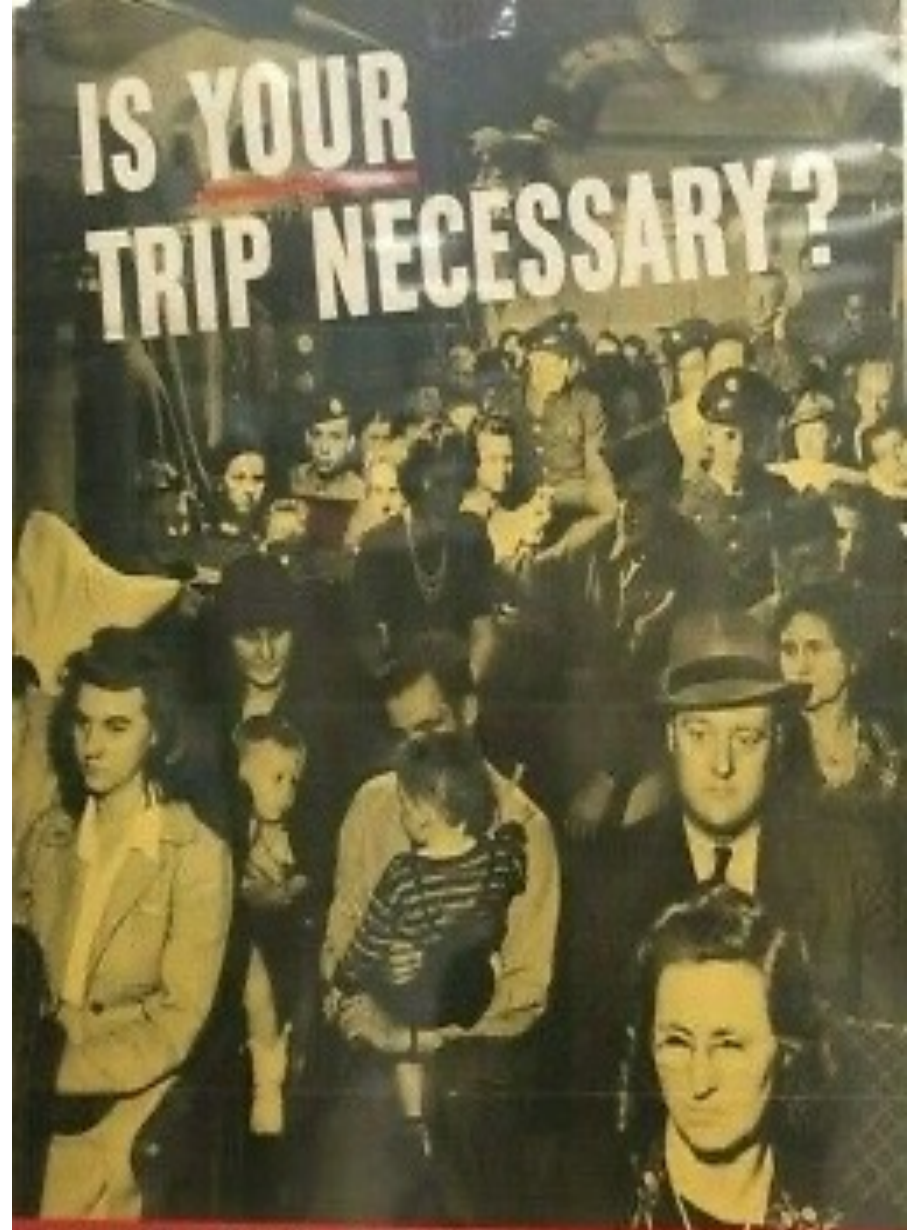






DON'T EAT FOOD THAT DOESN'T ROT









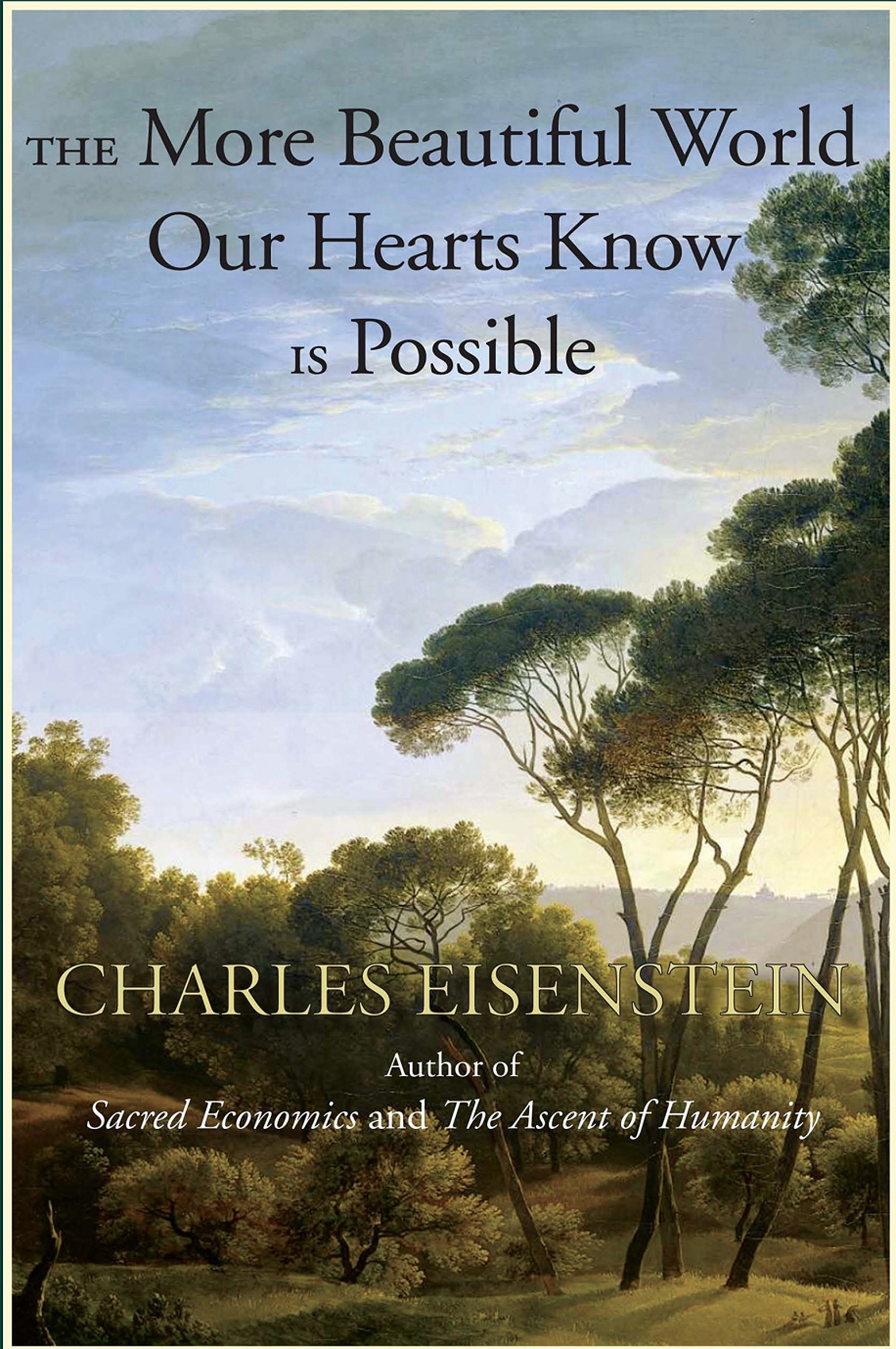


EXIT



THE GREAT  
RESIGNATION





THE More Beautiful World  
Our Hearts Know  
IS Possible

CHARLES EISENSTEIN

Author of

*Sacred Economics* and *The Ascent of Humanity*





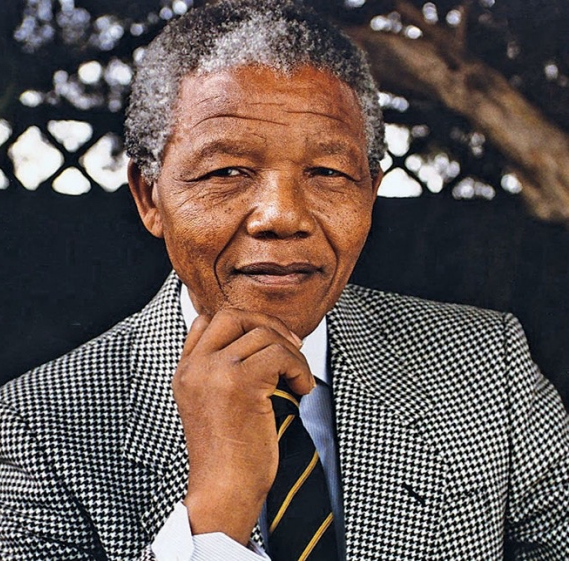




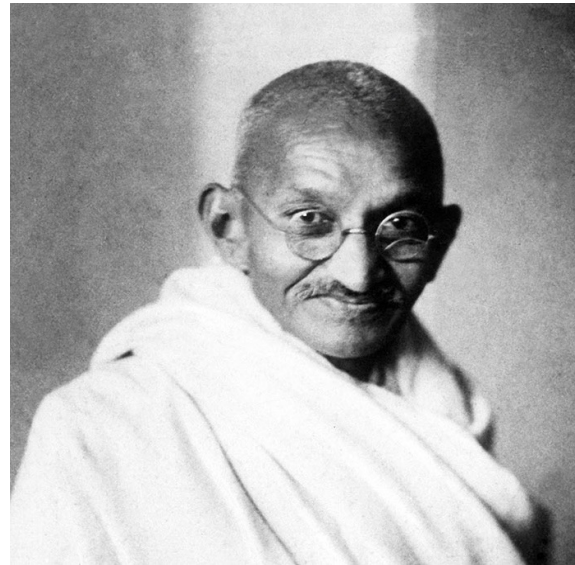
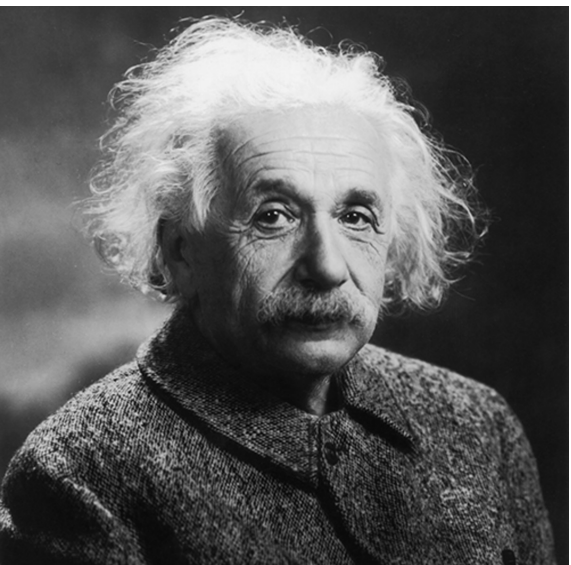








NEVER UNDERESTIMATE  
THE POWER OF ONE







ADD YOUR LIGHT TO THE SUM OF LIGHT



IF NOT NOW...WHEN?  
IF NOT US...WHO?

