

**ADDICTION**



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# *How Community Creates Health*

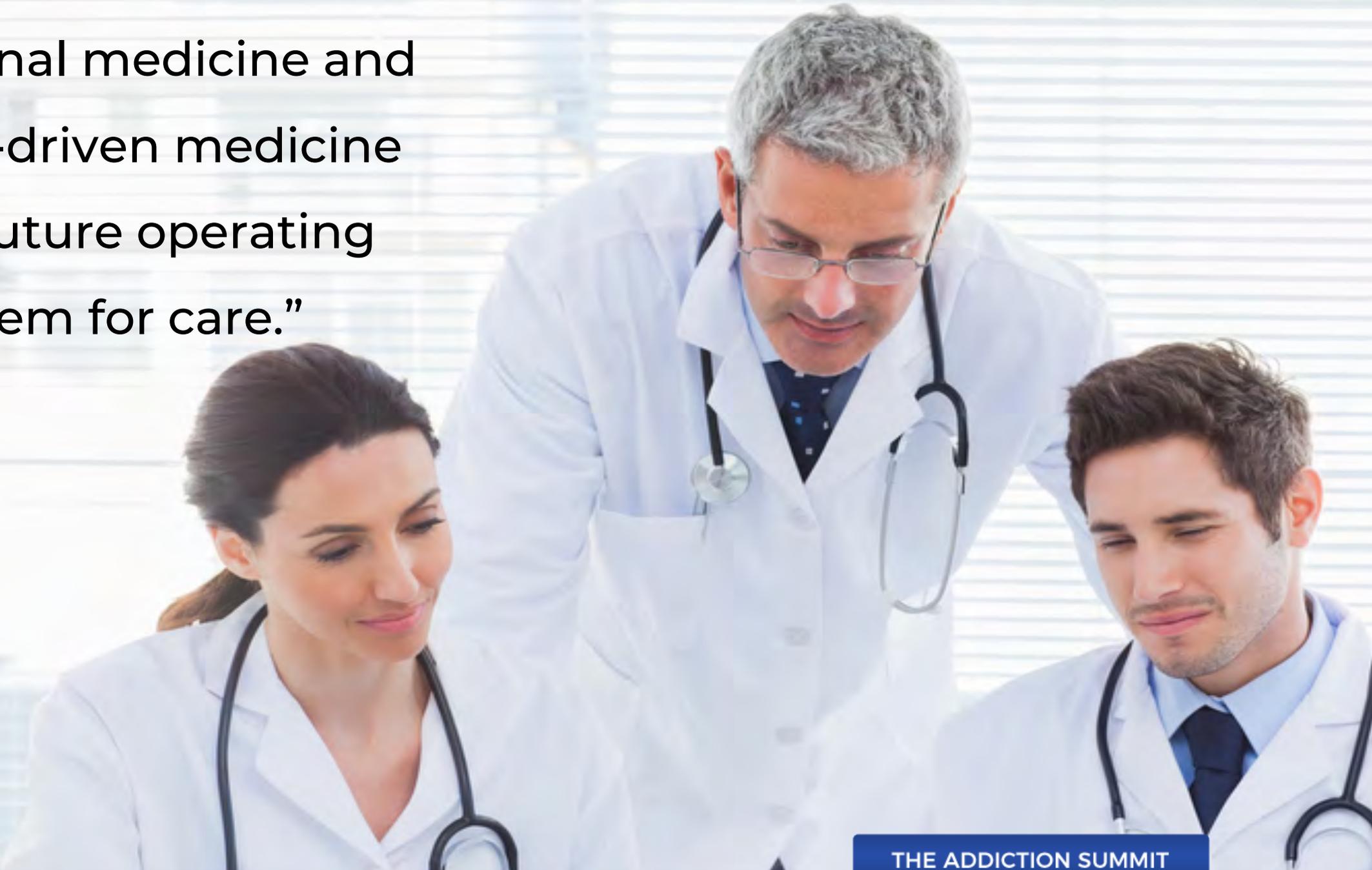


# James Maskell



- kNew Health Cooperative
- Functional health thought leader
- Functional Forum
- [kNewHealthNow.com](http://kNewHealthNow.com)

“Functional medicine and  
lifestyle-driven medicine  
is the future operating  
system for care.”



“Chronic disease in general is not well managed by writing prescriptions.”



“Community is being seen as a really effective counterbalance to addiction.”



“Peer-to-peer is the most scalable and the most inexhaustible resource that we have.”



“It’s not the medicine that’s  
keeping people well into their  
10th decade. It’s community.  
It’s always community.”



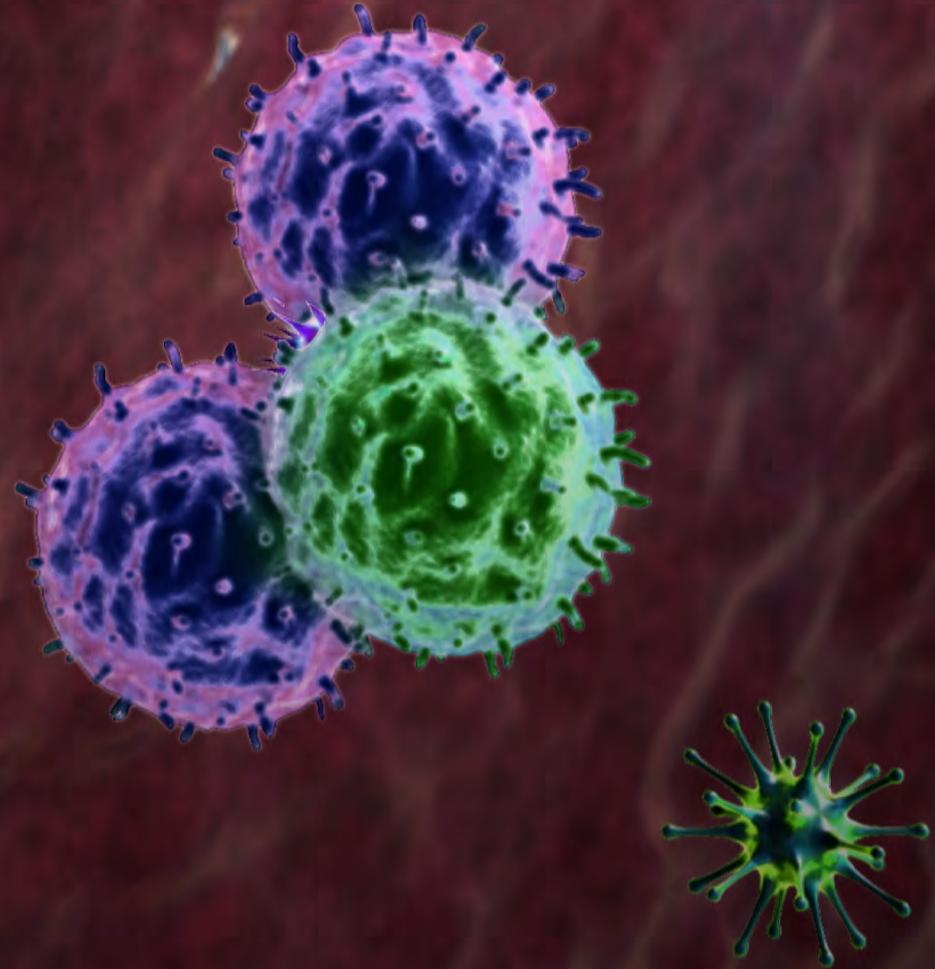
“The real genesis, the root cause of it, has nothing to do with the microbe coming in and doing anything. It’s that your immune system has just been down regulated so effectively.”



“Health requires a balanced immune system. And the things that throw that out of balance are lack of nutrients, stress, and toxins, and a lack of a balanced biome.”



“More than 99% of microbes are valuable. They help us with our digestion, immunity, metabolism.”

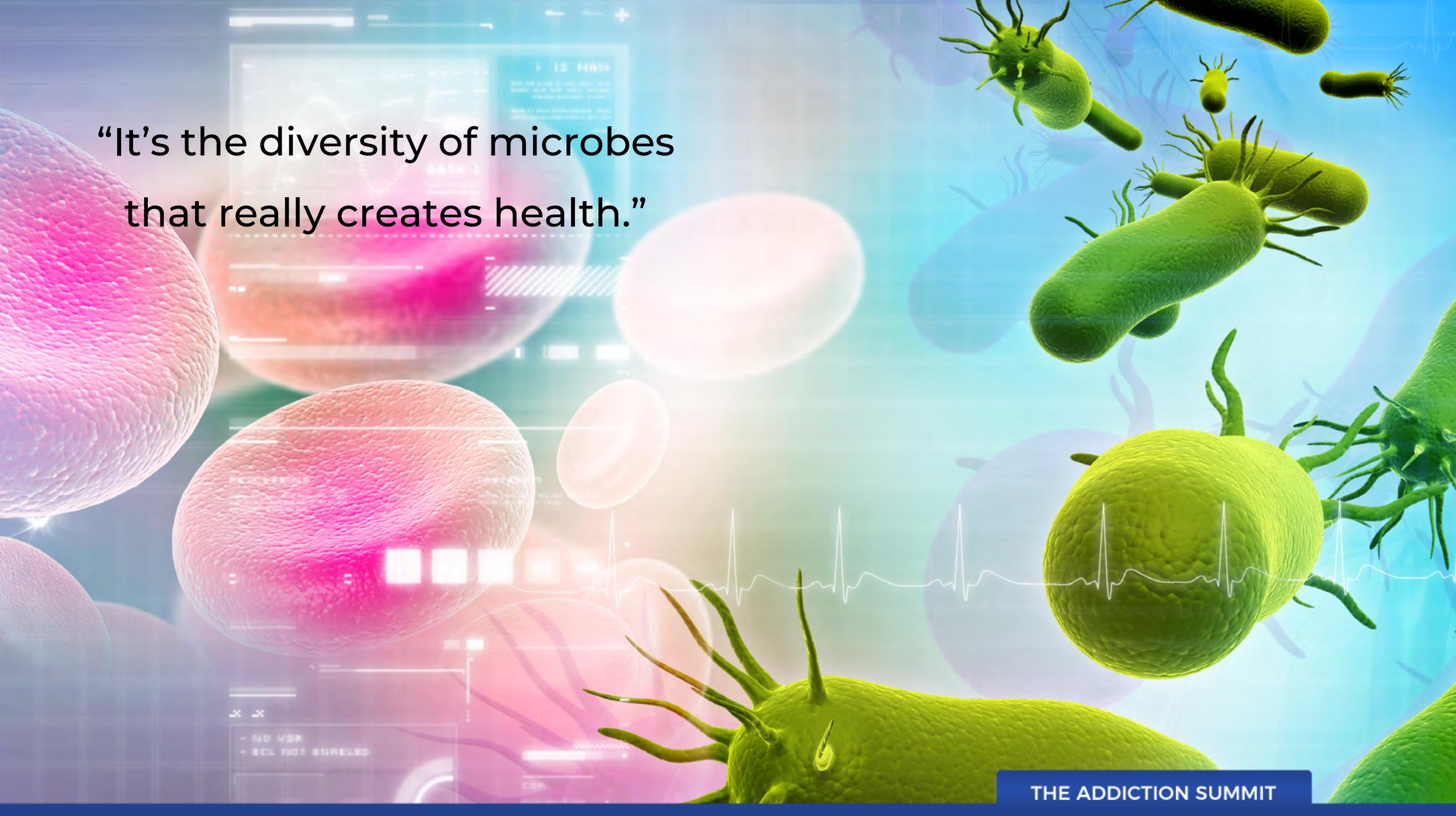


“If the microbiome goes off,  
then you end up with a  
disease based on your own  
genetic susceptibility.”



“Any healthy behavior  
that is done by yourself  
is actually better done  
in community.”





“It’s the diversity of microbes  
that really creates health.”

“Start with the least costly, least invasive intervention first.”



“In states where cannabis is legal, that opiate use is going way down.”



“We have to set up structures where people are incentivized to help each other.”



A close-up photograph of a male doctor in a white lab coat and blue stethoscope shaking hands with a patient wearing a blue sweater. The doctor is smiling warmly. The background is a blurred clinical setting.

“We’re working on all ways to reduce the cost of everyone and, ultimately, to get everyone healthy.”

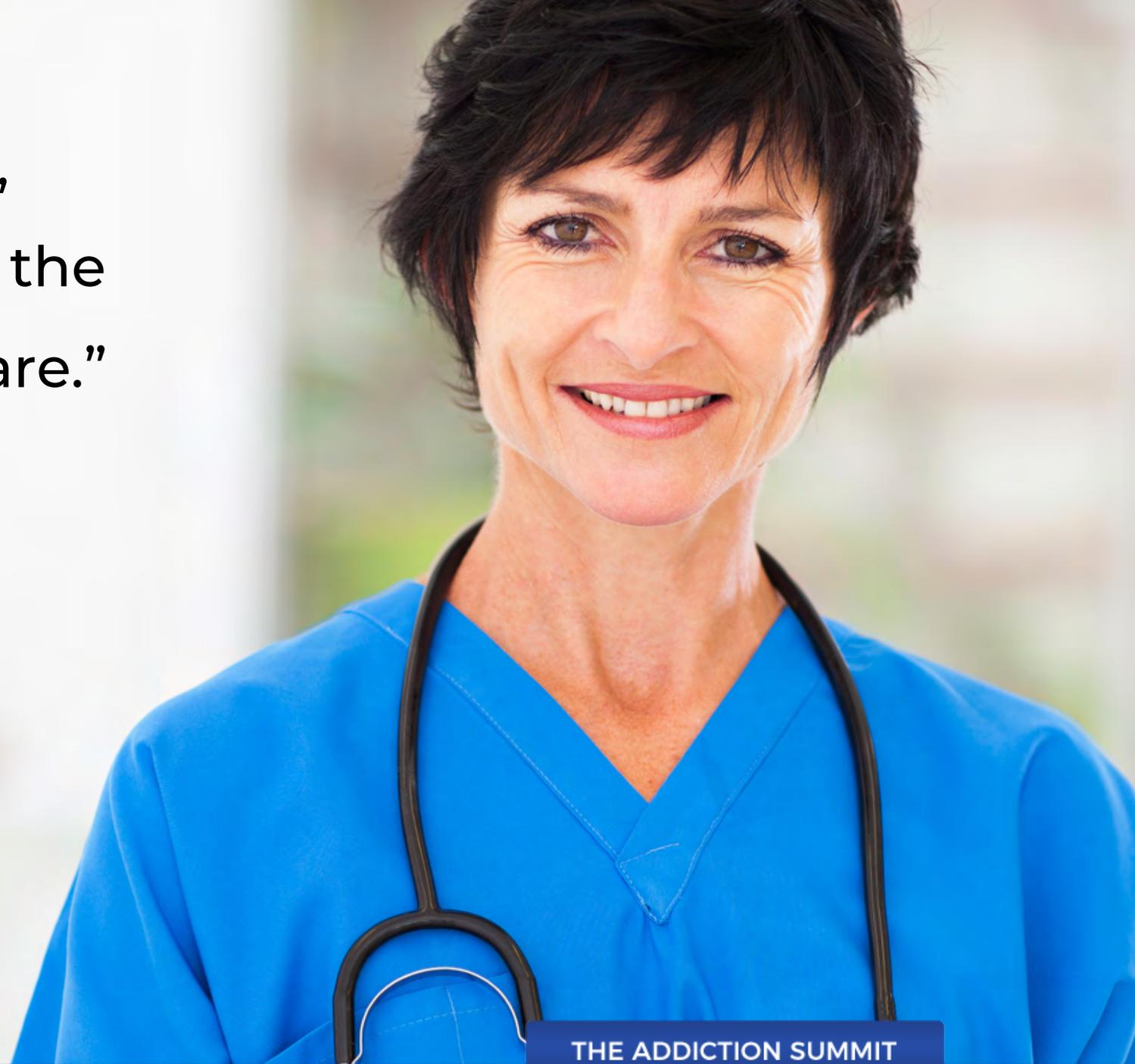
“We have a moment in history where we can think about new ways of doing things, popularize them, and that can affect the future of medicine.”



“When you take that personal responsibility and you move away from a pharma-based treatment protocol, you are starting on the journey towards becoming free.”



“In my cooperative,  
functional medicine is the  
operating system of care.”



“The route back is the journey that we take, and functional medicine is the key and the answer.”



“Use online connections  
to create offline  
relationships.”



“Find yourself  
a community.”

A group of four medical professionals, three men and one woman, are gathered around a clipboard in a clinical setting. They are all wearing white lab coats and stethoscopes. The woman in the center is smiling and looking down at the clipboard. The man to her right is also smiling and looking at the clipboard. The man to her left is looking at the clipboard with a neutral expression. The woman on the far right is smiling and looking towards the group. The background is a blurred clinical setting with blue and white tones.

James Maskell

kNewHealthNow.com

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