



User Manual for

Doctors & Health Workers

Get involved in your health.

| www.GlobalDoctorsAssociation.com

Step 1

Sign up at www.GlobalDoctorsAssociation.com:

This is a service available for those who work in the field of healthcare provision, training, or medicine. Whether you provide treatments in nursing homes, hospitals, or you run your own private clinic, you can register under 'Doctors' or 'Health Workers' at www.GlobalDoctorsAssociation.com or www.GDAeducation.com.

- General Practitioners
- Endocrinologists
- Neurologists
- Rheumatologists
- Psychiatrists
- Oncologists
- Chiropractors
- Nutritionists
- Surgeons
- Cardiologists
- Homeopathic Doctors
- Ayurvedic Doctors



can register under [Doctors](#).

- Personal Trainers
- Nurses
- Physical therapists
- Sports therapists
- Massage therapists
- Coaches
- Healers
- Acupuncturists
- Fitness trainers
- Energy therapists



can register under [Health Workers](#).

Become a part of a modern, digital, global collaboration in healthcare!

Step 2

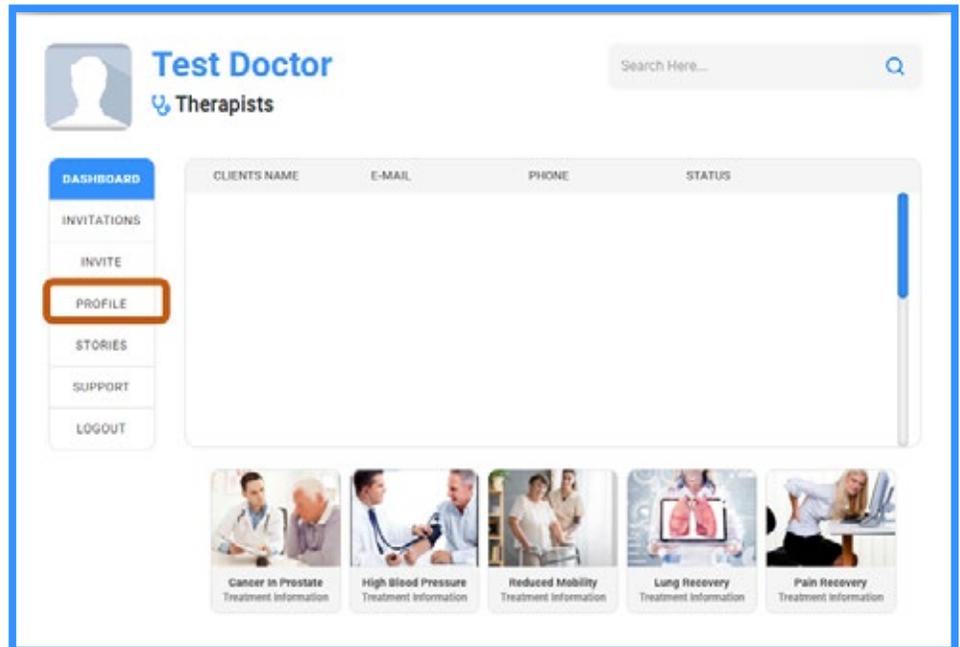
Create your profile:

Your GDA Admin Dashboard

Guide and teach your clients how to stay healthy

Once you have registered and entered your administration panel, click **PROFILE**.

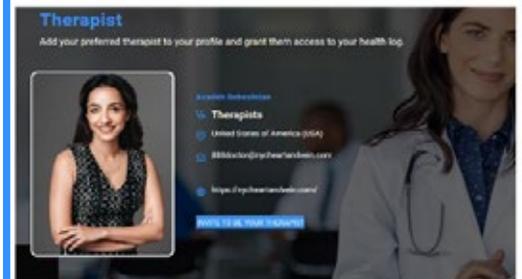
NB: Your password will be your first name until you change it. You can simply do this under your profile



We recommend that you take the time needed to make your profile authentic and trustworthy.

Clearly communicate the treatments and conditions you can offer help for. If you specialize in several areas, provide this information to build your portfolio more comprehensively. Build confidence by posting diplomas/licenses that you are proud of and to gain recognition for your recent endeavors!

Once you have saved your information, your profile will appear in our system for users to view. Users can navigate to 'Therapist' via the platform's admin panel and find/invite you.



Step 3

We recommend that you also register as a personal user:

There are many advantages to registering as a personal user.

- You can take better control over your own health (preventing diseases).
- You will understand the system and your clients (or patients) more effectively by using the system's numerous functions.
- You can link your personal user to your professional user.

Personal
Free

Your Health Dashboard

Monitor your health with daily logs

Use the **THERAPIST** menu to find your professional profile, and search by name or other information. Click **VIEW PROFILE** and then **INVITE TO BE YOUR THERAPIST**.

DASHBOARD

THERAPIST

TEST USER

STORIES

LOG OUT

Daily Measurements

Blood

PH

Nutrition

Water Intake

Weight Health

Energy

Muscles Power

Cardio Strength

Mental Health

Sexual Health



PERSONAL HEALTHBOOK

Step 4

Approve new clients:

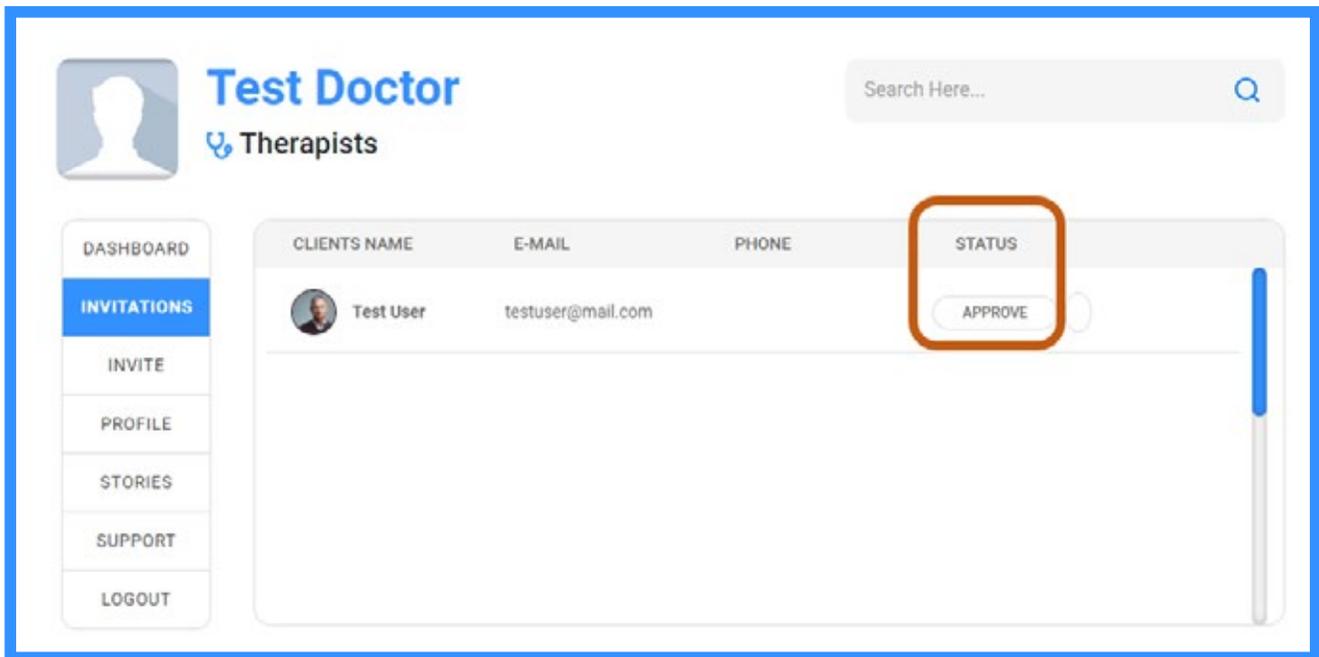
When you log in to your professional account, you will find (under **INVITATIONS**) everyone who “invites” you to act as their supervisor and motivator under the profession you have.

You can engage with clients from all over the world, and practice from all over the world, tapping into an entirely new group of people.

You can see your clients at your clinic, at your clinic and online, or online only. This is completely up to your preferences, and our platform provides you with the freedom to explore your options.

Under **STATUS**, click **APPROVE** when there is a client you approve as part of your customer base. When you approve a user, they are moved directly under your main menu (**DASHBOARD**).

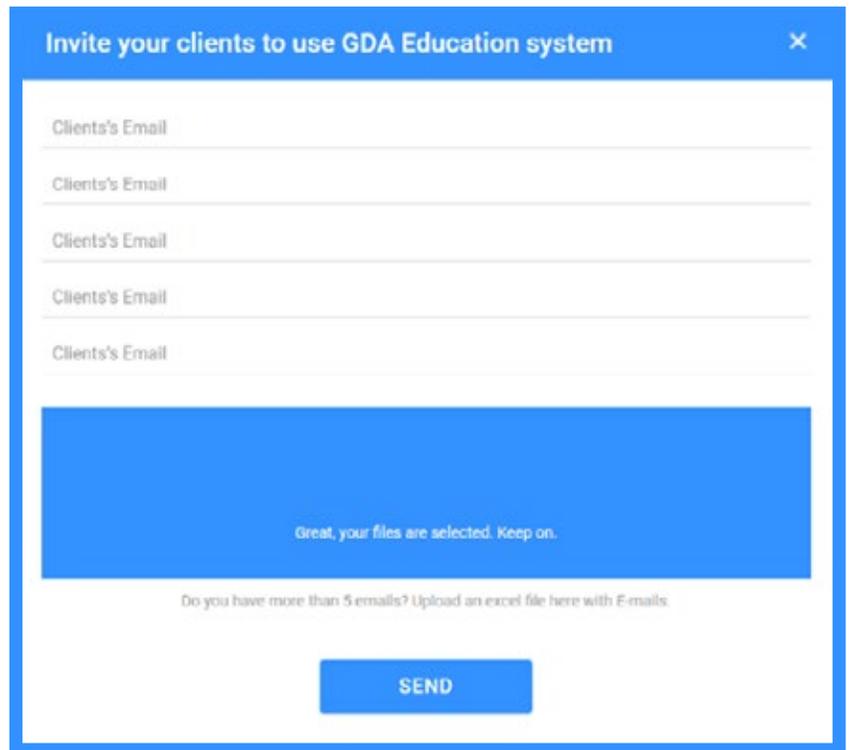
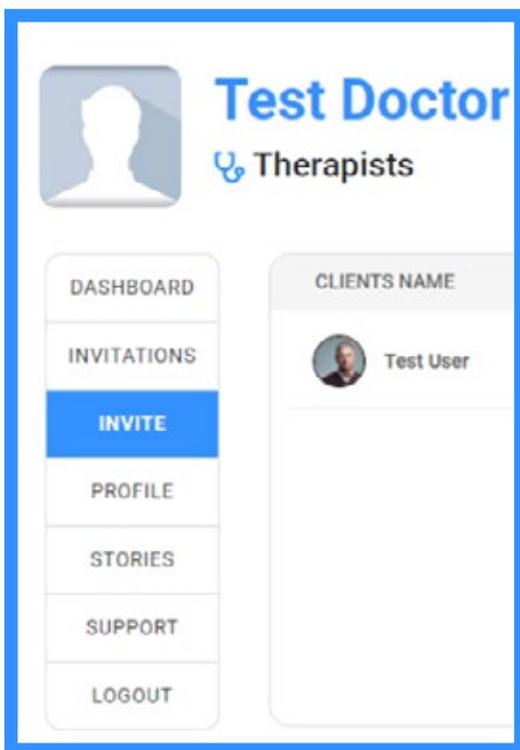
If you do not wish to accept a client currently, you can delete their request by clicking the “x” symbol.



Step 5

Invite existing clients to use the system with you:

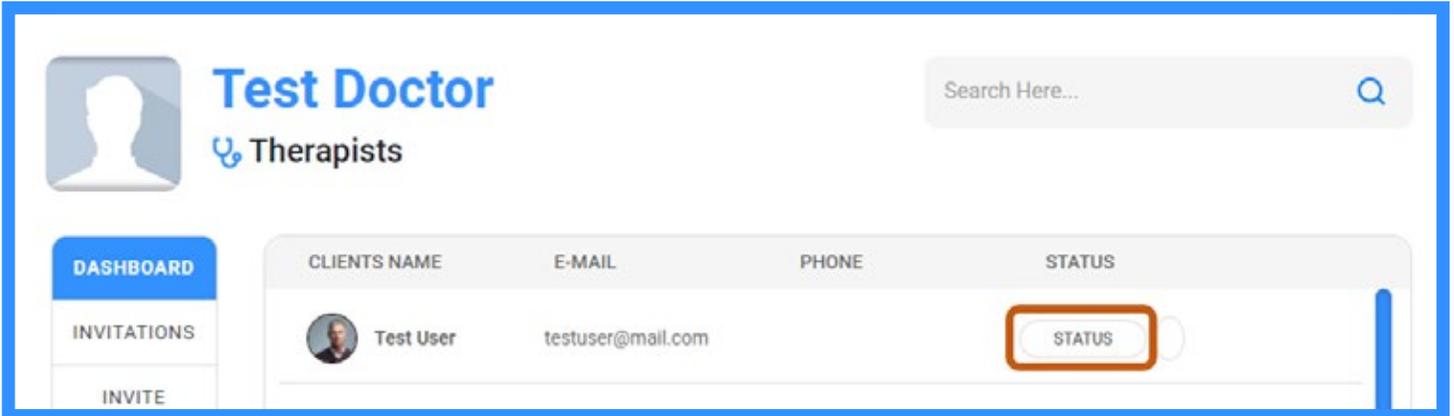
Under the **INVITE** menu, you can enter 5 email addresses or upload a list of emails and send. These email users will receive an invitation from you and can choose to connect with your professional user.



Step 6

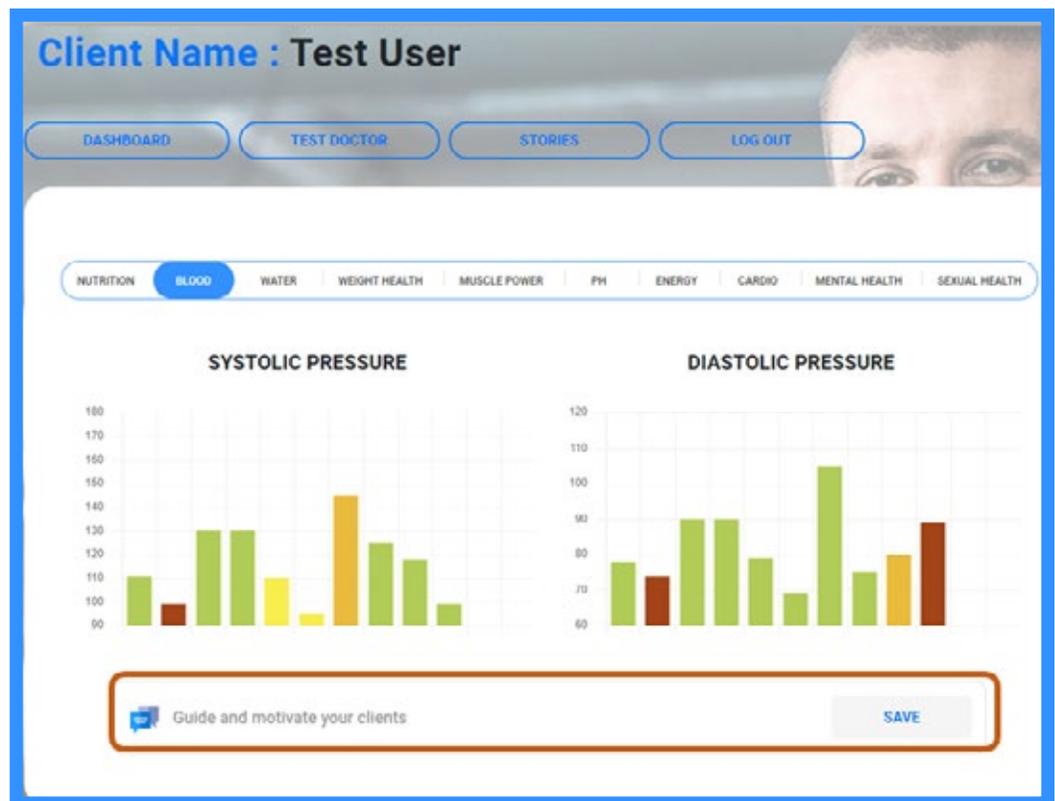
Status of your clients (or patients):

On your administration panel, your clients will be available for follow-up communication with you at your convenience! You can click **STATUS** on the client who you wish to follow up with.



Under the **status** tab, you can view the real-time metrics and values entered by the client either by themselves, or together with you.

At the bottom of every measurement, you can comment, provide guidance, and motivate your clients. If any of the values/measurements put your client's health and life at risk, we recommend that you contact them at the first opportunity, and in accordance with your professional discretion.



Keep in mind that your participation as a user of this platform means that you have committed to providing training and information when needed. Therefore, your advice, actions, and communication can have a significant impact on the lives and health of others.

Step 7

The 10 “modules” under personal user:

NUTRITION

BLOOD

WATER

WEIGHT HEALTH

MUSCLE POWER

PH

ENERGY

CARDIO

MENTAL HEALTH

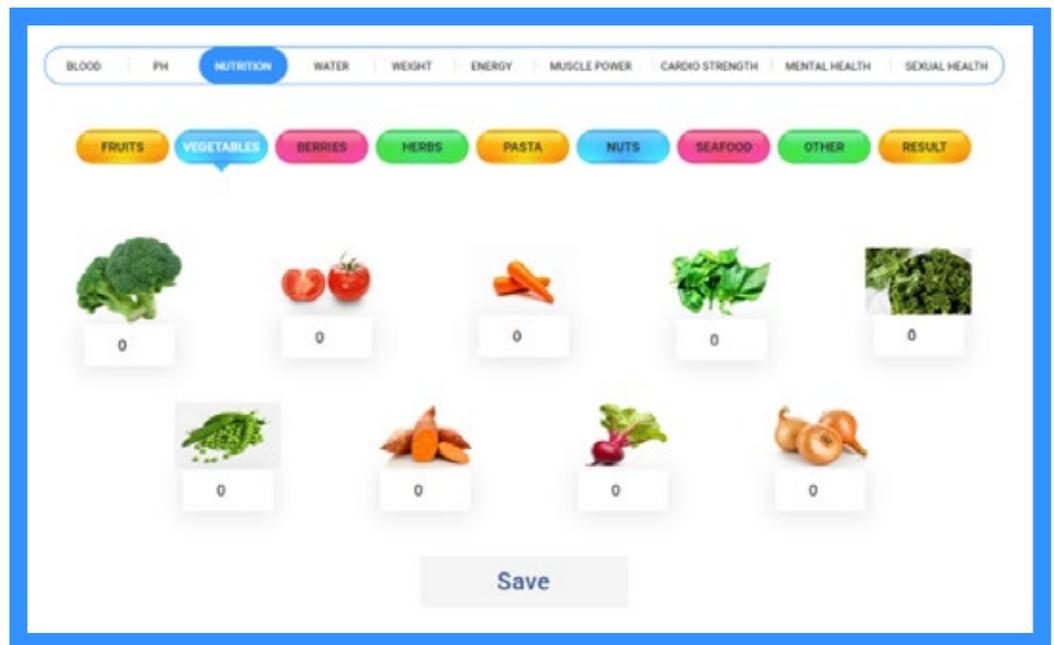
SEXUAL HEALTH

NUTRITION

Ingesting the right nutrients daily is necessary to maintain the vital functions of the body.

Under the **NUTRITION tab**, the user can enter (in grams), how much they have ingested of the different types of products (Nutrition feature is currently only configured to daily requirements).

When the user clicks **RESULT**, the quantity of vitamins, minerals etc. that are ingested that day can be controlled. This makes it possible to monitor the nutrients in relation to what needs to be increased or decreased. In this way, the user can easily see the correct quantities of nutrients that need to be consumed.



Too little or too much of important nutrients can lead to a reduction in bodily performance and functions, and in the longer term, lead to the development of diseases.

Teach your clients (or patients) to understand the importance of what they ingest daily, as well as how to input, control, and read their measurements.

Preventing diseases is more important and easier than rebuilding a person from a vulnerable position.

One of the main reasons elderly people “lose” their bodily functions and die (prematurely – under 100 years today) is the lack of ingestion of the right nutrients and water. Most people do not die of disease, although, in today’s healthcare, lack of nutrients and water is often interpreted as disease.

BLOOD

Ref. WHO.

High blood pressure has been nicknamed “The silent killer”.

In our world, it is estimated that as many as 7.5 to 8.2 million people die each year because of high blood pressure. High blood pressure is also the reason for 57 million people living incapacitated (with impaired bodily functions).

There are between 600 million and 1 billion people living with uncontrolled hypertension. **They live with a high risk of damage to internal organs and the development of diseases.** We see the number of individuals in need of help and guidance increasing with every passing day.

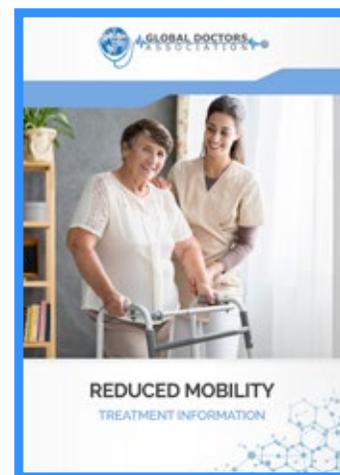
Using your guidance and our system, you will be able to guide, monitor and teach your clients to take control of their “uncontrolled hypertension.”



With the use of simple explainable color codes, the individual user will be able to understand when their measurements are too high.

We also have a PDF booklet available about high blood pressure that can be read online, downloaded, or printed. You can use this to assist when teaching your clients!

Personal users who have PRO memberships have access to all of our “TREATMENT INFORMATION” booklets.



WATER

Water is necessary to focus on every single day. We know how important this liquid is in all of the processes that take place inside our bodies.

Our system helps users to take control of their water intake. The left side of the graph displays figures in liters. At the bottom of the graph, the date of each recording is displayed (holding the mouse pointer over the point of the graph displays the number of liters of water for that day).



- Water can improve blood flow better (since the blood is about 90% water).
- Water lubricates the joints, which makes you more mobile.
- Water is important to regulate body temperature.
- Water is important to reduce the risk of kidney damage and bladder cancer.
- Water can activate metabolism and cognitive functions (increasing energy levels).
- Water helps with the absorption of important nutrients.

Let us use an example where your client consumes 0.5 liters less water each day than is needed. In 3 years, this amounts to approx. 500 liters less intake than the body needed for optimal performance for its functions. This has consequences such as fatigue, lack of energy and small ailments. At the same time, it provides a reduced performance in the body throughout the 3 years.

Most ailments and diseases rarely develop from complicated causes!

Find your own and your clients' daily need for water intake and take control!

WEIGHT HEALTH

Obesity and being overweight are major threats to the lives and health of millions of people.

Obesity class 3 is when BMI is 40 or higher.

Obesity class 2 is when BMI is 35 to 39.9.

Obesity class 1 is when BMI is 30 to 34.9.

Overweight is when BMI is 25 to 29.9.

Obesity increases the risk of developing cardiovascular disease, heart attacks, high blood pressure, some forms of cancer, diabetes, and kidney disease.

BLOOD | PH | NUTRITION | WATER | **WEIGHT** | ENERGY | MUSCLE POWER | CARDIO STRENGTH | MENTAL HEALTH | SEXUAL HEALTH

Height in cm : 183

Weight in kg : 109

Set a new weight goal : 92

Timeframe to reach your goal : 4 months

Obese Class 1

Your BMI=32.55

Your BMI indicates higher risks of some lifestyle diseases. By reducing your weight, you will notice some physical and mental wellbeing. When you reach a healthy BMI, it will strengthen your self-esteem and also give you other benefits.

saved

You can drag the cursor along the sliders to select your height, weight, your weight goal and the number of months you intend to reach the goal in.

Preventing diseases

You can use the system to guide, raise awareness and motivate your clients in the right direction to reducing weight. Help them set realistic goals when it comes to both their goal weight and the number of months needed to achieve the goal.

Holistic treatment

Good tools that can help your clients achieve lasting change are a combination of MUSCLE POWER, CARDIO FITNESS, and NUTRITION.

MUSCLE POWER

Physical exercise serves as a full-fledged treatment for more than 30 diseases.

Under **MUSCLE POWER**, your clients can choose from **10 different exercises**.

First, test your client so that you find their current level in the form of how many repetitions, kg, seconds/minutes and so on, that they can carry out. The result is entered by dragging the cursor on the slider under **My Level**. Then, when desired, new goals can be set by dragging the cursor on the slider under **My Goal**. After all the tests/exercises have been performed, remember to click "SAVE" (right side of bottom menu). This way, you will have the values updated in real time.

The screenshot displays the 'Squats' exercise interface. At the top, a navigation bar includes categories: BLOOD, PH, NUTRITION, WATER, WEIGHT, ENERGY, **MUSCLE POWER**, CARDIO STRENGTH, MENTAL HEALTH, and SEXUAL HEALTH. The main heading is 'Squats (1/10)' with the question 'How many squats in 3 minutes (time including breaks)?'. Below this, there are two sliders: 'My Level' (with a bar chart icon) is set to 59, and 'My Goal' (with a trophy icon) is set to 70. Each slider has a corresponding progress bar below it. To the right, there are two images of a man in a blue shirt and black shorts performing a squat. At the bottom, a menu bar contains the following options: SQUATS, BENCH PRESS, PUSH UPS, BURPEES, SIT UPS, PULL UPS, PISTOL SQUATS, DEAD LIFT, DEAD HANG, PLANK, and SAVE.

Some muscles act as extra driving forces for internal organs. Therefore, it is important to perform muscle work every single day. Muscle work creates new energy, as well as helps to produce body heat and improve the distribution of nutrients and oxygen around the body.

Many people who train do not remember their own level or the goals that they have set. By using our system, it is easy to keep track of your own levels, goals, and progress.

The client (patient) can check their own status at any time (and you can check their status). This gives very good control over their own development in terms of where they are today and what ambitions and goals they have. It also provides a level of accountability for the client as you both have access to their progress status.

PH (Potential Hydrogen)

Controlling the acidic-alkaline level in the body can be important for maintaining good health. We created the system for measuring pH in the blood (Optimal pH value in blood is 7.35 to 7.45).

You can measure pH 6.2 to 7.6 in the mouth/saliva and still be in the normal range. If you are going to measure pH via saliva, ensure to only drink water during the last hour before taking the test. Many types of fluids can have a major influence on the test readings.

Everything we eat and drink affects the pH value in the body. So, examining pH value gives a good indication of your body's state of health.

BLOOD | **PH** | NUTRITION | WATER | WEIGHT | ENERGY | MUSCLE POWER | CARDIO STRENGTH | MENTAL HEALTH | SEXUAL HEALTH

■ Above 7.0 is alkaline.
■ Below 7.0 is considered acidic.
■ The normal value in arterial blood, is between 7.35-7.45.

Acidic Neutral Alkaline



Register Your PH Value :

Save

Bacteria and fungi thrive and develop in environments that have acidic PH value (especially below 6 PH). Cancer cells also thrive in an acidic environment.



ENERGY

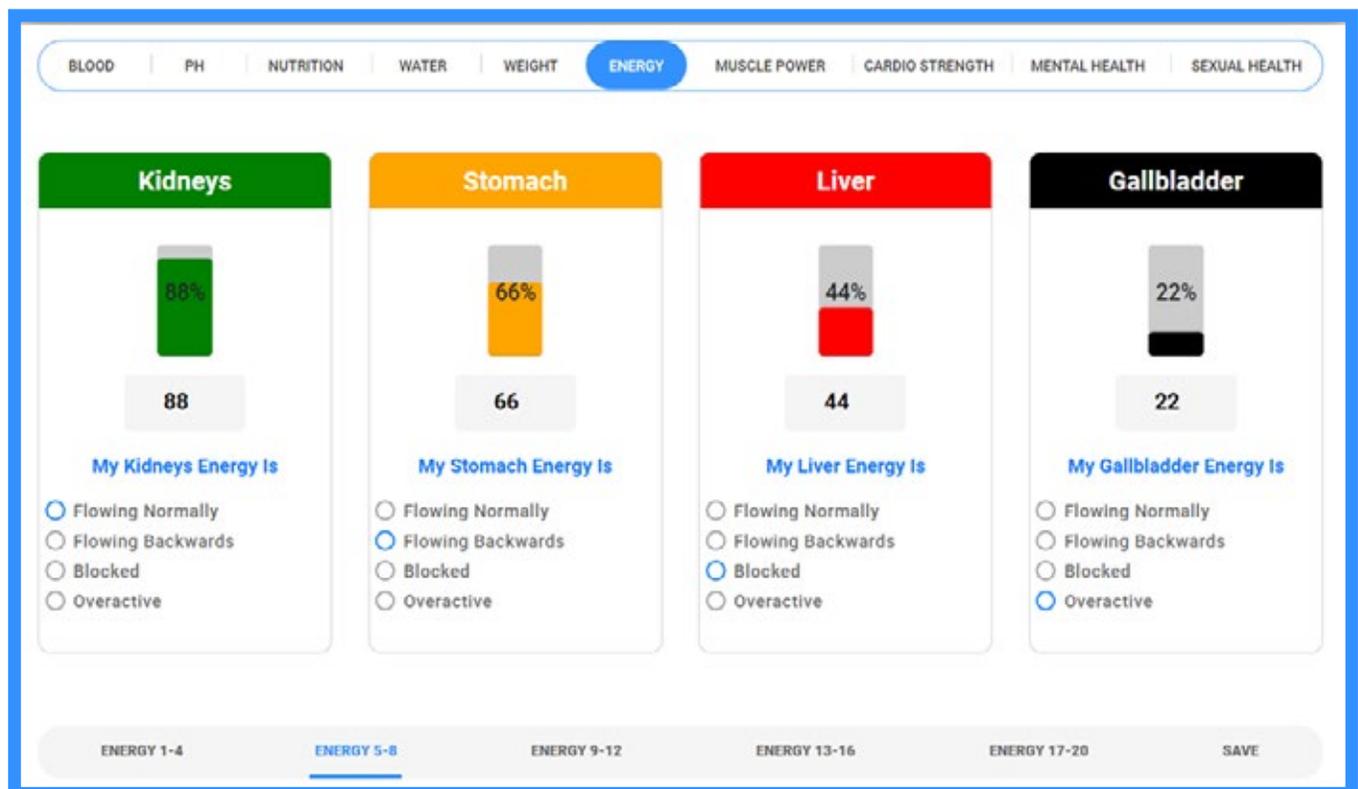
Teaching your clients to improve awareness of their own body's condition by performing a manual "body scan" of their own energy levels, will contribute to a greater positive influence on their own health.

Kinesiologists use muscle testing to find accurate energy levels, which is a method that is easy to learn.

Manual energy testing takes approximately 30 to 40 seconds per organ:

1. Turn your focus inward towards your heart. Make contact (feel free to use a hand).
2. Ask: How high is my heart energy level?
3. When you get the answer, enter this number (or click/slide the level onto the bar).
4. Ask: How is my heart's energy working? Does the energy float normally, backwards, is it blocked or overactive?
5. Click the option indicating the answer you received.
6. Move the focus to the next organ and repeat the process (until all organs are done).

Once you understand the importance of this area, and the impact that energy (vitality) have to your health and life, you will have an improved understanding that opens up the possibility of freeing yourself from many impaired functions and diseases.



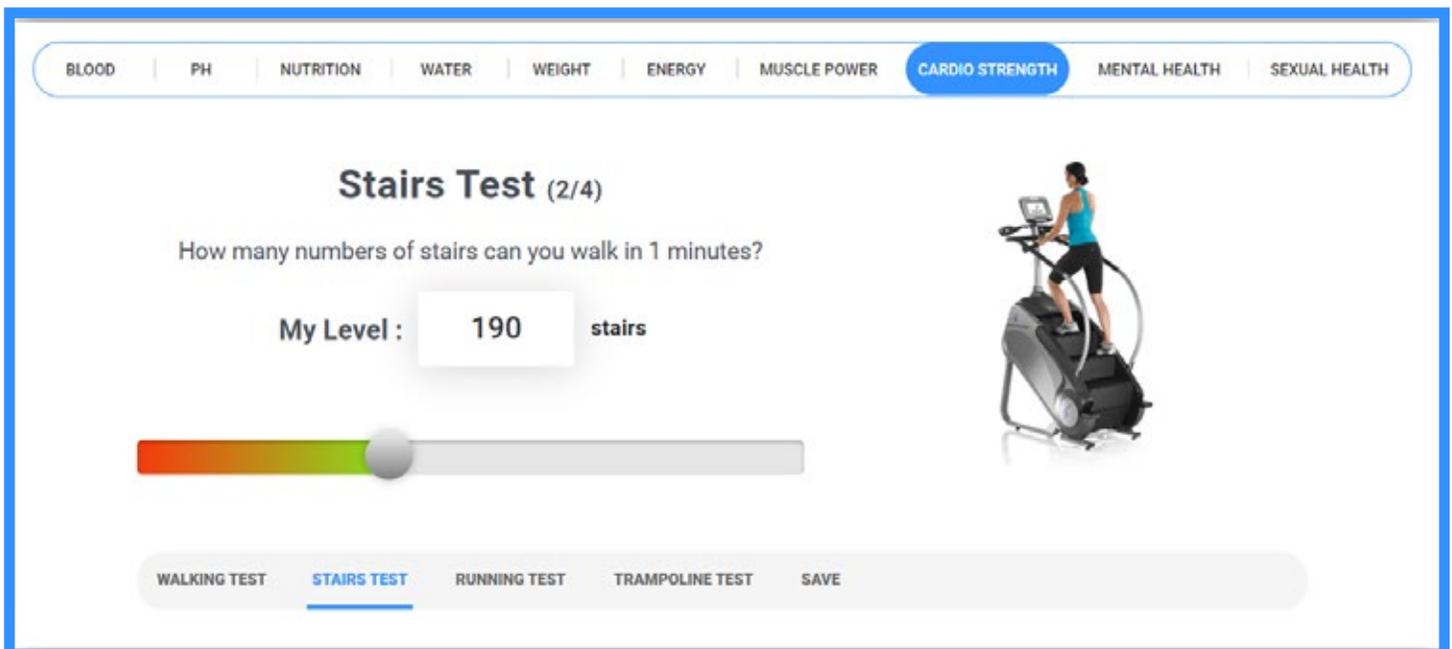
CARDIO

In order to help your clients (or patients) improve their health, you must have a basic knowledge of the person's activity level. This is where endurance and cardiovascular fitness training comes into play.

Cardiovascular training strengthens the heart and causes it to pump blood even more efficiently throughout the entire body. Exercise also helps to lower blood pressure, regulate blood sugar, strengthen the immune system, strengthen the brain, as well as many other positive effects.

Once you and your clients have determined their level, increasing or improving this level of cardiovascular activity will provide overall better health. It will also lead to a healthier and stronger heart, brain, blood vessels and also reinforce many other organs and areas of your body.

Cardio training where performance/levels increase will have a corresponding positive impact on lung capacity. Cardio training also contributes to increased metabolism.



The screenshot shows a web-based fitness assessment interface. At the top, there is a navigation bar with several categories: BLOOD, PH, NUTRITION, WATER, WEIGHT, ENERGY, MUSCLE POWER, **CARDIO STRENGTH** (highlighted in blue), MENTAL HEALTH, and SEXUAL HEALTH. Below the navigation bar, the main heading is "Stairs Test (2/4)". The question asks, "How many numbers of stairs can you walk in 1 minutes?". The user's current level is displayed as "My Level : 190 stairs". Below this, there is a horizontal progress bar with a color gradient from red to green, and a grey slider knob positioned at approximately 190. To the right of the progress bar is an image of a woman in a blue tank top and black leggings walking on a grey and black elliptical machine. At the bottom of the interface, there is a horizontal menu with five options: WALKING TEST, **STAIRS TEST** (underlined in blue), RUNNING TEST, TRAMPOLINE TEST, and SAVE.

MENTAL HEALTH

Mental health and the psyche are a large and important part of every human's wellbeing. Most of what happens in a person's life is determined by their psyche and personal settings.

On our pages, we have worked to simplify the mental health section, so that users can assess their abilities, skills, and characteristics by dragging a cursor on a slider from 0 to 10.

What is your ability to make decisions like?

In order to guide yourself through life, in the best possible way, the ability to make decisions must work optimally. Ultimately, you should be able to make effective decisions, and in a timely fashion.

How are your problem-solving abilities?

Problem solving most often takes place in exchange of thoughts with others. So, to be a good problem solver, you must be able to share information and receive input from others.

How effective are you at processing information?

There is a massive flow of information that is constantly processed internally, mostly subconsciously. Individuals who are unable to process information effectively will often experience stagnation and minor ailments.

How skilled are you at integrating new rules into your life?

Rules are important, as they can help you feel safe, within a familiar structure that you created.

How effective is your ability to take control of any situation?

You do not have to take control of every situation, but if necessary, have the skills in place.

How effectively can you evaluate and analyze?

Understanding the situation, interests, and experiences of others, in relation to your own, before you make any decision, helps to see the bigger picture and make the best decisions.

How effective are you at making things happen in your life?

Creativity and influence in your own life are essential to living a fulfilling life.

How well can you remember and retrieve information quickly?

Being able to store, remember and reuse past knowledge and information can be very useful in present circumstances.

How is your ability to own and protect your personal space, anywhere?

You are the one who owns your life; protect it!

How is your ability to finish something, cut ties and move on?

Being able to put something behind you creates room to allow the new into your life.

SEXUAL HEALTH

How healthy can an active sex life really be?

There are obviously many studies and a lot of research regarding the positive effects of an active sex life. Most people conclude that a positive love life consisting of regular sexual activities clearly has a positive impact on health.

We understand that you do not need research to discover this, as self-experience has most likely led you to reach similar conclusions. However, there are benefits to knowing that research supports the belief that you can prevent diseases, look younger, maintain good health, and increase the possibility of a long and happy life, when you have an active sex life.

On our pages, the user can drag a cursor on a slider from 0 to 10 and set it at the level appropriate in terms of their own conviction or awareness on each specific statement or question.

We have created this as a mode of awareness and motivation, so that users themselves can take responsibility for actively engaging with their sexual health to improve their overall health.

Prevent diseases by enjoying your sexual activities!

Here are the 10 statements/questions the user is currently answering.

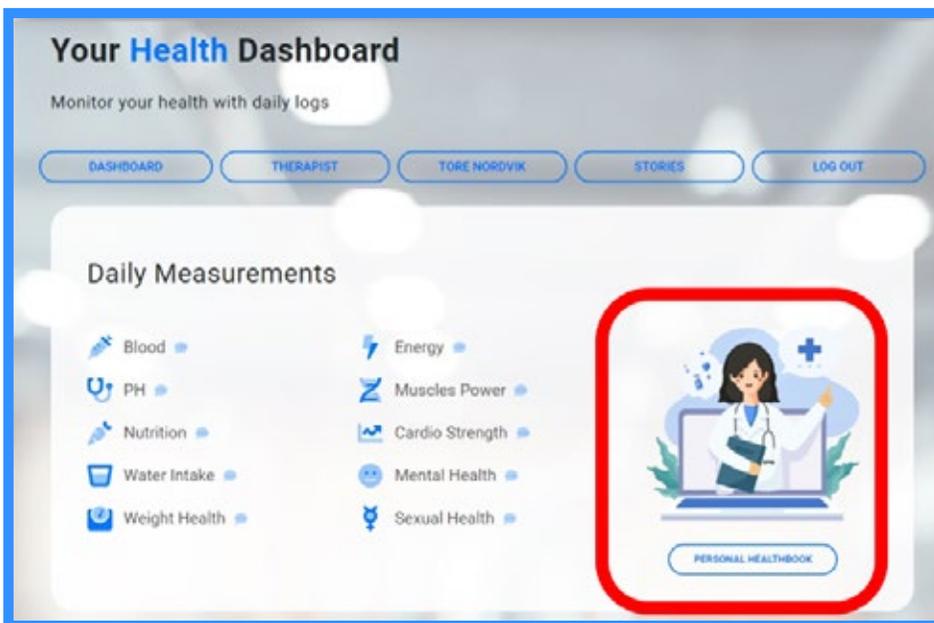
- Sex 4 or more times a month can boost your immune system by 30%.
- Is it possible to halve the risk of dying from heart problems by having sex more than twice a week?
- An active sex life can have a positive impact on your memory.
- Intercourse has a positive impact on your blood pressure.
- Can sex reduce the risk of prostate and ovaries cancer?
- Can sex be considered a workout, strengthen women's pelvic floor, and increase both women and men's bladder control?
- An active love life can make you look five to seven years younger!
- Positive romantic relationships can increase the levels of antidepressant chemicals in your body.
- Can making love reduce pain in the body?
- Can a good sex and love life improve your mood and sleep?

PERSONAL HEALTHBOOK

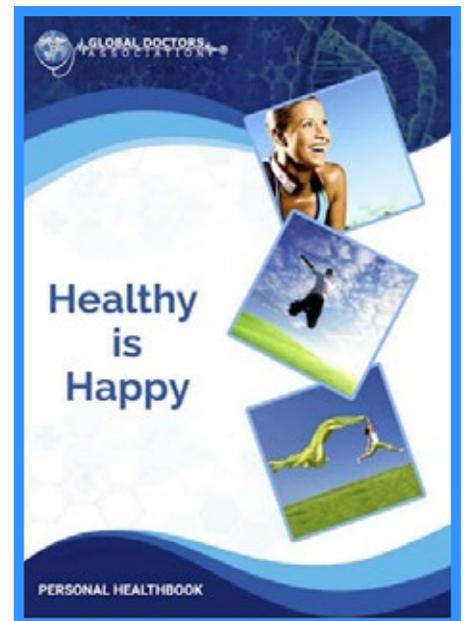
As a user of this platform, it is possible to print a personal health manual. This contains all of the personal information that is registered on the 10 modules.

It is a good idea to upload and save a version before starting any processes such as the journey from overweight/underweight to a desired weight, or generally from sick to healthy!

The Personal Healthbook can be read, downloaded, or printed.



Front cover Personal Healthbook



TREATMENT INFORMATION

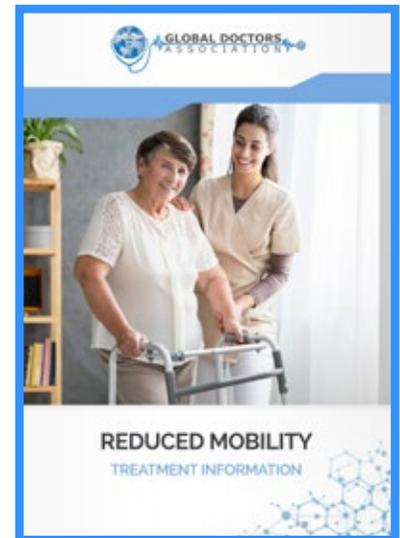
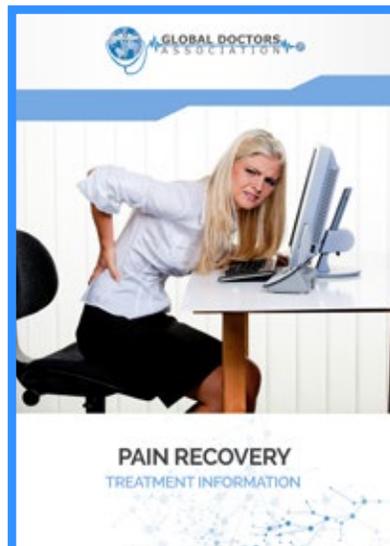
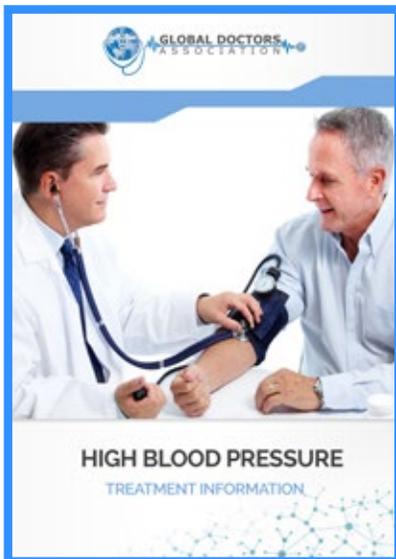
PREVENTING AILMENTS AND DISEASES

We are continuously developing PDF booklets so that PRO users can read online, download or print. In these booklets, the user can learn about a range of subjects. From how it is possible to prevent minor ailments, to serious diseases such as heart failure, COPD, cancer, high blood pressure and others.

GET RECOVERED FROM AILMENTS AND DISEASES

Learn about methods that can help you recover from pain and many modern diseases. Learn more about the body's potential and ability to cure itself.

Explore our easy-to-read guides so that you can make informed decisions on the best treatment for your health condition.



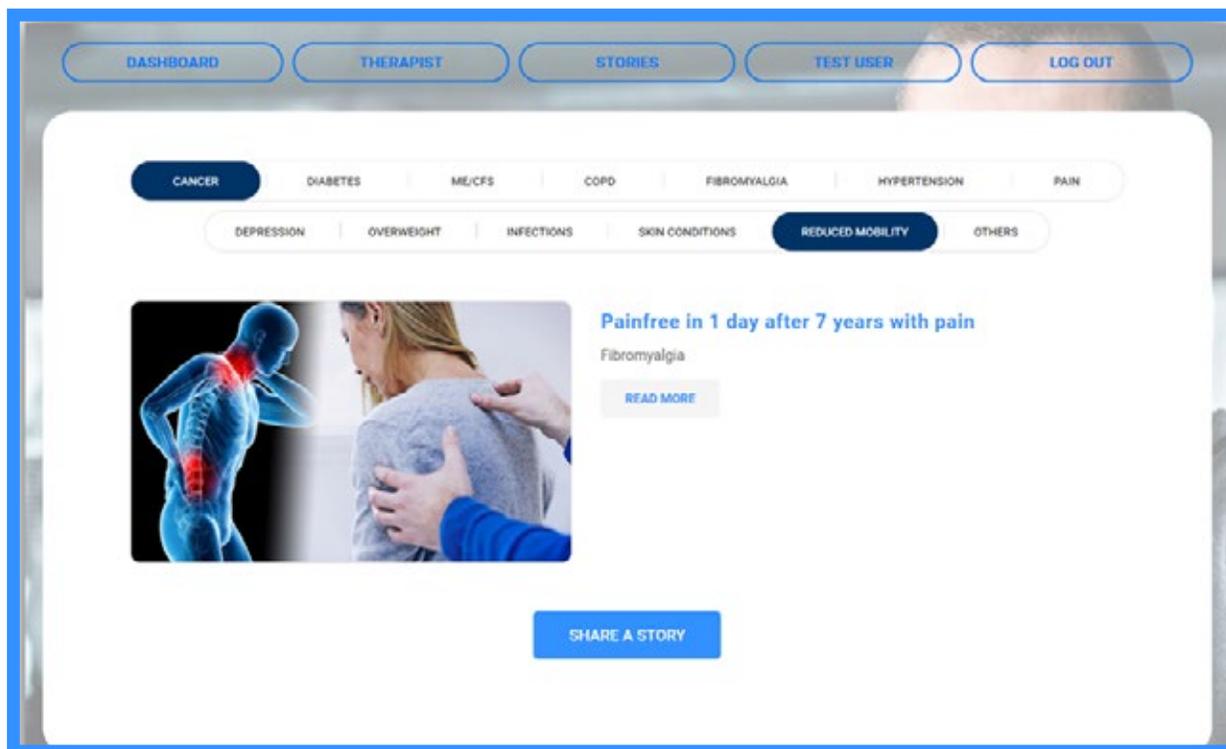
STORIES TO TELL

When a person has gotten rid of pain, found a method (or several that worked together) which allowed them to go from a state of sickness to health; there is a “story to tell.”

Under the STORIES menu, you can share every time you feel like you have something worth sharing, i.e., details about your health journey that can be valuable for other people.

Whether it is a product, a treatment, training, new knowledge, or technology, share it with others via **STORIES – SHARE A STORY.**

If you need inspiration or solutions to a challenge, this is the place where you will be able to get information as others share their stories.



We are constantly working on improvements, development, and updates. We are grateful for all constructive suggestions from our users regarding features, design, and the usability experience to improve our platform and make it as user-friendly as possible. Feel free to send your proposals to our support department (you will find the support form under your profile).

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