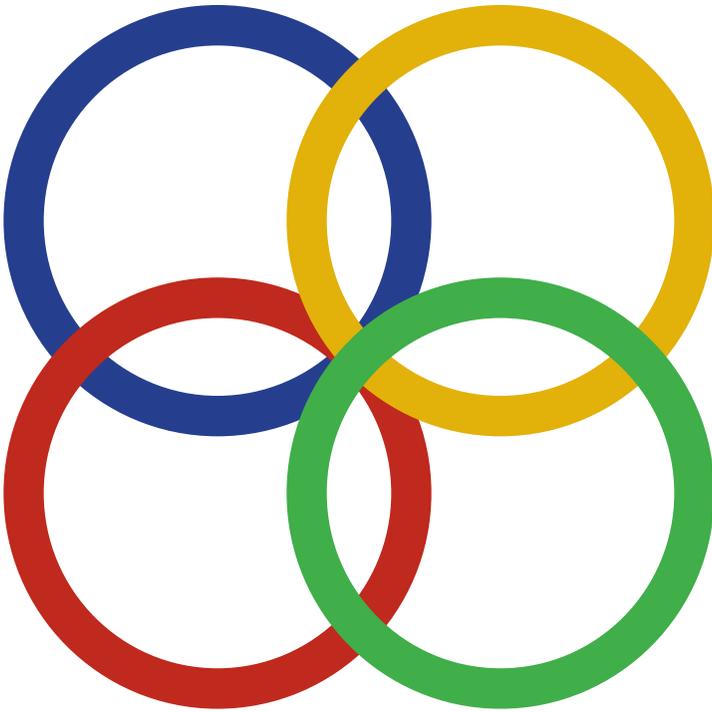


HENDRIK VISSER, MD

# **FIT FOR LIFE**

## **IN THE KINGDOM**



THRIVING IN LIFE, LOVE, AND  
LEADERSHIP

***FIT For Life in the Kingdom***

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## On-line resources

Additional resources and full-colour illustrations of all the Figures in this book are available at **<https://ihtc.info/fit-for-life/>**

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# Endorsements

It is my privilege to recommend to you this amazing work of Dr. Henk Visser, *FIT For LIFE in the Kingdom*. Dr. Visser's holistic approach to healing the body, soul, and spirit from the perspective of someone with decades of experience in the medical field and enjoying a robust relationship with his Saviour, Jesus Christ, is remarkably refreshing and powerful. I have been a practitioner of bringing physical, emotional and spiritual healing to many through the power of God in prayer. Dr. Visser gives us not only deep insight into the mind/body/spirit connection, but also practical advice on how to administer these truths. You will find much encouragement, truth and inspiration in these pages.

Dr. Mike Hutchings,  
Director of Education, Global Awakening Ministries  
President, God Heals PTSD Foundation

It's been said that most people have a "yes" inside of them just waiting for an invitation. *FIT for LIFE in the Kingdom* is an invitation to us all to join in an "epic adventure" offering a transformative, healthy, more joy-filled outlook and lifestyle. Dr. Henk Visser suggests a restorative framework for understanding those authentic principles and practices that cause our life experiences to work for us, not against us. *FIT for LIFE* embraces every dimension of our existence, strengthening us physically, emotionally, spiritually and even socially. As our stories continue to unfold this is an invaluable, life-changing tool that deeply resonates with that "yes" within.

Rinda B. Dean  
MA Counselling Psychology  
DMin Spiritual Renewal

*FIT for LIFE in the Kingdom* brings together modern neuroscience and biblical healing principles in a way that simply makes sense. It maps out a clear path forward for anyone seeking wholeness - whether they're working through trauma, dealing with chronic illness, or simply wanting to live more fully. Dr. Visser combines solid medical research with spiritual wisdom to offer practical hope for healing, while showing how vital Christian community is to the journey. This remarkable book is an essential guide for both those seeking healing and those called to help others heal.

Cathy Little  
Executive Director  
Face to Face Ministries

A very timely book from a man who shows us how to walk in healing. You don't have to be around Dr. Henk Visser long before you realize his passion for healing. You also don't have to be around him long to realize he doesn't mean the symptoms, but the actual root causes that lead to sickness. His lifelong passion to see people healed mind, body, soul and spirit comes through clearly in this book. I was drawn into his explanation of divine healing in the Kingdom and how we should believe it to be something for today and the Kingdom to come. His section on the church as a healing community is spot on. As a body, we all bear responsibility for each other, and we often don't realize when one hurts, we all hurt. Dr. Henk's heart and passion to see the church community grow to be a vibrant, healthy healing place comes through very clearly. It's a lesson we could all learn and walk out.

Jim Sutherland  
Author, *The House the Captain Built*  
Morning Dove Press

One sharing guideline in Celebrate Recovery groups is to support one another, not “fix” them. Dr. Visser’s book has given me more tools by which to support others in their recovery journeys. I appreciate the way he has taken his medical background, but has used a wholistic approach across other disciplines to bring hope and healing to a very hurting world. I have already implemented positive changes in my own life.

Scott Nash  
Celebrate Recovery Director,  
Atlantic Canada

# Dedication/Acknowledgements

Dedicated to you my co-journeying brothers and sisters in Eagle's Rest Connect Group. We celebrate our joys, share our hurts and struggles, and spur each other's gifts to bear good fruit now and for eternity. We are the other half of church.

and

To the late Dr. Marvin Clark, who took me under his wing upon returning to Canada as a father and a medical mentor, after losing my own dad too young.

This work reflects my accumulated learnings and experiences of over 40 years of clinical experience here in Canada and abroad. I owe a rich debt of gratitude to teachers and colleagues from many nations – Canada , Holland, Africa, and Asia.

## **My gratitude goes to:**

Dr. Wim Bijl from the Netherlands who encouraged me to preach in surrounding Nigerian village churches.

Drs. John Van Dorp and Fred Veenstra, fellow Canadian missionary doctors, learning together to save lives, where medically we had such limited resources. We learned resourcefulness together.

Nigerian physicians, nurses, midwives, anesthetists, and OR technicians who willingly shared their knowledge and experience of African diseases, and surgical skills.

Here in Canada, upon launching Wholeness Family Practise, I am

grateful to my wife and business partner, Catherine, as we led our incredible staff in caring for over 2000 patients for 32 years.

I am grateful for encouragement and spiritual direction from my pastors throughout my journey as a follower of Christ.

Thank you to the board of Integrated Health Transformation Centre for encouragement and support for this project, and your vision to heal the brokenhearted.

Thanks to my church family who wrote moving testimonials peppered throughout this book.

Thanks to my editor, Dr. Emily Pelley, for taking on this project and wordsmithing my rusty grammar and punctuation into readable prose.

And finally to my Heavenly Father, Jesus, and Holy Spirit, for the empowerment to finish this work, and resourcing my “joy bucket” from running out.

Granville, PEI, Canada

July 3, 2025

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## Introduction

***May God himself, the God who makes everything holy and whole, make you holy and whole, put you together—spirit, soul, and body—and keep you fit for the coming of our Master, Jesus Christ. 1 Thessalonians 5:23 (MSG)***

Hurricanes have become too common where I live in Eastern Canada. While we dodged the recent big ones in the 2024 season, Helene and Milton, it was Fiona that delivered Eastern Canada's all-time lowest barometric pressure in 2022. A historic storm, meteorologists said. And did we feel her fury! I was crawling against the 140-kilometre winds around 2:00 am trying to secure our glass deck railing. An hour and a half later, while my wife and I were trying to get some sleep, I woke to a crash when we lost 4 sections of glass. Out I went again, trying to secure the rest of the railing from succumbing to the wind.

I didn't realize what a risk I was taking until the next morning when we saw that our neighbour's siding came loose and flew our way, several sections around our deck posts. And that's also when we saw that a huge tidal surge had come up over the riverbank, flooding our little waterfront bunkie.

Fiona eroded significant acreage around our island province. We lost our famous "Teacup" rock formation on our north shore.

Almost everyone lost power, some for up to two weeks. Broken and uprooted trees were everywhere. It was a mess and everywhere you drive there are still downed or leaning trees in tree lots.

She was just one more trauma as we were coming out of the Covid-19 pandemic.

Our well-being is being tested like never before. Globally, according to Gallup, our happiness is at a new low. Burnout is at an all-time high. Our young people report more anxiety and depression than ever. Cancer rates in the 20s, 30s and 40s are rising.

Climate scientists tell us our world is burning up. The World Health Organization now believes that climate change will be humanity's biggest health risk. Rising obesity rates and diabetes are the next biggest threat. And we are being told that we can expect more frequent pandemics as viruses will likely jump from animal hosts to humans as their habitats are disturbed. The first cases of human avian flu have already been reported.

Here in Canada, we are all agreed that our beloved healthcare system, once the envy of the world, is in crisis. In some provinces, up to one-quarter of residents don't have a primary care clinician. Physicians and nurses are burning out. Emergency rooms are backed up with unacceptable wait times. Politicians can't agree on solutions.

The condition of the Canadian Church has likewise been challenged after the Covid lockdowns. Church leaders have been under great pressure to navigate all the challenges. Church kids are increasingly influenced by social media and unchurched friends, leaving their faith. Kids are confused regarding their identities.

With all of this, and geopolitical upheaval and the rising cost of living to boot, it may seem entirely hopeless.

Not so!

This book is an invitation to join an epic adventure. An adventure that will explore the grand narrative of how we got here and the hope of a promised restoration of everything we have lost. In this adventure, it is my hope and prayer that you will find your own healing. And that you can thrive as part of the solution, helping propel the story forward to its glorious finale.

### ***Join the adventure***

The adventure of this book is that the two billion of us, or so, who are followers of Christ, are the hope for a renewed world. That is what Jesus taught, what He prayed for, and what we need to believe in and act on. He called it a *“coming kingdom.”*

We see this in the Lord’s Prayer, where Jesus taught His disciples to pray, *“Thy kingdom come.”* This kingdom that He prayed for was also the main theme and message of His preaching, His parables, and His healings. *From that time on Jesus began to preach, “Repent, for the kingdom of heaven has come near.”* Matthew 4:17 (NIV) The New Testament authors called it “the gospel of the kingdom,” translated as “good news.” The good news of hope and healing.

This kingdom, we will see, is God’s rule and reign over His realm—His heavenly, invisible, spiritual realm, and the earthly realm in and through citizens who today are Christ’s followers and given His authority. That’s the two billion of us who together are the global Church and our influence in the culture.

My invitation for you the reader is that you as a citizen will be FIT for LIFE in this kingdom. And that in so doing, as part of the global Christian enterprise, you will contribute to and hasten the new age to come. That you would be an answer to Jesus’ prayer, *“Thy kingdom come. Thy will be done in earth, as it is in heaven,”* rather than a hindrance. Matt 6:10 (KJV)

To be FIT has a double meaning. First, it means the obvious—to be physically, mentally, and spiritually fit. In good shape, we say. Healthy and strong. The capacity and energy to work and play. It is the state of being restored body, soul, and spirit, to wholeness and resilience.

The second meaning is as an acronym: “Fruitfulness In Tenure.”

The concept of being fruitful, or bearing good fruit, comes from Jesus’ words in John 15: *“This is to my Father’s glory, that you bear much fruit, showing yourselves to be my disciples.”* John 15:8 (NIV)

What does fruitfulness look like? Jesus hints at it in verse 12: *“My command is this: Love each other as I have loved you.”* John 15:12 (NIV) We will see that bearing fruit as a kingdom citizen means that you love others well by speaking and acting on behalf of the King to expand His rule and reign in your area of influence and calling. And of course, to grow and manifest the fruit of the Holy Spirit, *But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control.* Galatians 5:22,23 (NIV)

The “T” of tenure implies perseverance and permanence. It is a word borrowed from academic and musical fields. Professors are said to achieve tenure when they have passed their probationary period, have published, and can teach without fear of termination. Tenured orchestra musicians have not only survived the rigours as a novice but have proven themselves to be worthy of a permanent orchestra seat in seasons to come.

Here as a FIT kingdom citizen, it means to progress in one’s Christian faith journey beyond the novice stage and grow in one’s position and calling, becoming mature and Christlike. It means overcoming what is often called the “wall” or “dark night of the soul,” a time of crisis or loss that we all invariably encounter. We will see that it is after passing through that dark night, that our best fruit is grown.

Unfortunately, reliable research shows that the majority (70 to 80%) of Christ's followers get stuck somewhere on their journey, either stagnating or regressing in their growth. And their health is also likely to decline. A 2009 Duke University study<sup>1</sup> reported that only 15% of recent seminary grads reach year 5 in ministry and research by Dr. Bobby Clinton of Fuller Theological Seminary found that only one third of contemporary Christian leaders historically finish well.<sup>2</sup>

*FIT for LIFE in the Kingdom* combines the best up-to-date medical science, psychology, and biblical healing to give you practical help and keys to break free from your chains to a thriving, fruitful, and joy-filled life. A life that shapes healthy community.

LIFE is also an acronym for what kingdom citizens aspire to:

- Love – biblical agape selfless love (agape is one of the Greek words in the New Testament translated as “love” in English)
- Identity – knowing one is an adopted son or daughter of Father God with incredible worth and value, with a unique mission in the world
- Faithfulness – to the Triune God, family, faith community, and calling
- Endurance – overcoming barriers and persevering, growing through trials; being resilient

*FIT for LIFE in the Kingdom* is not simply a manual for your own personal comfort and freedom from pain, although the principles and rhythms being taught will likely improve your well-being and extend your longevity. Much more, the main goal of this book is that the global body of Christ attains shared health and unity to fulfill her *Missio Dei*, “the mission of God.” There is a great deal in the current wellness and longevity movement that looks like the kingdom, but

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1. Stewart, K.. (2009). Keeping your pastor: An emerging challenge. *Journal for the Liberal Arts and Sciences*. 13. 112-127.

2. Clinton, J. Robert. *The Making of a Leader*

where it doesn't rely on the life and power of Jesus Christ as King, it tries to build a "kingdom without a King." And this may be an open door for the enemy to distract us from our mission and counterfeit a false message for hope and immortality.

### ***What we will cover***

In **Part I** we will explore why Jesus focused His teaching on the kingdom of God (also called the kingdom of heaven) as His signature theme. This will give us a big-picture overview of God's purposes for humanity from creation to Christ's second coming, as well as a very practical relevance for the times we live in post-Covid 19. We'll see both the present and the future implications on our health and well-being as kingdom citizens. And we will see our commissioned roles as healers, and kingdom ambassadors, serving both those inside and outside our local churches. Church leaders will be invited to reconsider and recover some of the Church's historic role in healthcare before her seceding to the government or secular for-profit organizations.

In **Part II** we will explore the latest research on the mind-body connections and what goes awry in those connections to cause disease and suffering. Four systems will be covered, including the nervous system, endocrine system, immune system, and the newly growing field of epigenetics. How unhealed trauma and our emotions affect these four systems will be key to our understanding of both the prevention and treatment of common diseases. We will also see where much of modern Western medicine is based on a dualistic understanding of the separation of mind and body.

In **Part III** we will introduce "joy" as the fuel for a thriving life journey. Then, we will take a chapter to cover our four core human needs (physical, psychological, spiritual, relational) in turn. Each chapter will invite you to pick up a "key" to unlock your best life. It is

essential to realize that for the best life, all four core needs must be unlocked in a balanced, harmonious, way. This is crucial to resilience, the prevention of burnout, and finishing well.

The best way to approach Chapters 7 to 10 is to create a growth plan by picking one lesson or rhythm from each chapter at a time, taking the time to create the new habit, and only then picking another lesson from the next chapter. However, to make immediate significant gains in well-being, one might first work on the physical activity and nutrition sections of Chapter 7.

**Part IV** will explore our lives as stages or milestones on a journey to spiritual maturity and wholeness. Most relevant here is understanding why so many of us become stuck, resulting in less than exemplary fruit-bearing or love for others. It is my hope and prayer that readers will find their way through their barriers to true Christlike greatness. And that together, we may “take back the night” as healers in our local churches and begin to relieve pressure on our overstretched secular health systems.

### ***Why Christianity?***

You may question why a book on health and wellness would be based on the Holy Bible and the Christian narrative. As you will see in Part I, Jewish and Christian traditions have had a rich healing tradition for millennia. However, you might be skeptical of Christ's claims to be divine and just desire to be “spiritual,” without adhering to any faith tradition. There are of course other worldviews and narratives that also promise a better tomorrow. Which one would be most in line with your own beliefs?

It is very possible that the actions of other Christians, either in your lifetime or in ages past, have been offensive to you. In our own country of Canada, the way our indigenous children were taken from families and placed in boarding schools, under the auspices

of the church of the day has been painful and repulsive for all of us. And in my clinical work, I have seen countless patients and counselling clients who have been hurt by clergy or church leaders, or fellow parishioners. In no way does this book condone or excuse un-Christlike behaviour. We will see in detail, though that the forgiveness that Jesus taught is a key to healing.

To the skeptic or the seeker, I would say look at the teachings and actions of Jesus, as recorded in history, rather than at the dysfunctional lives of some of His followers over the centuries. Balancing some of Christianity's stains, there are countless stories of bravery, self-sacrificial service, and turned-around lives, that are a testament to Jesus' teachings and foreshadowing of what could be. Despite some tainted past, Christianity has grown to become the world's largest faith with estimated 2.38 adherents in 2020.<sup>3</sup>

As well, there is research by several physicians and scientists that have led them to conclude that a sole materialist view of the universe cannot explain all their findings. Two examples are documented near-death experiences and terminal lucidity. These researchers<sup>4</sup> conclude that there must be a spiritual, invisible realm, beyond the observable universe. Similarly, the evidence that the universe is still expanding with galaxies moving further and further apart, is also seen as proof of a beginning "big bang" and therefore evidence of a Creator.

### ***Is this book for you?***

Regardless of your faith journey, you can benefit from the core medical content of this book. If you are stuck or suffering, the very latest evidence-based advice and practices are presented. One of the key lessons you will benefit from is one that I learned years ago

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3. Religion Information Data Explorer | GRF. <https://www.worldreligiondatabase.org/>. Retrieved 13 October 2022.

4. Greyson, Bruce. *After: A doctor explores what near-death experiences reveal about life and beyond* and Batthyany, Alexander. *Threshold: Terminal lucidity and the border of life and death*.

from the late Stephen R. Covey, the upward spiral (see Figure 1). Small increments in personal lifestyle habits and beliefs will enhance the quality of your life and well-being over time, upward and outward.

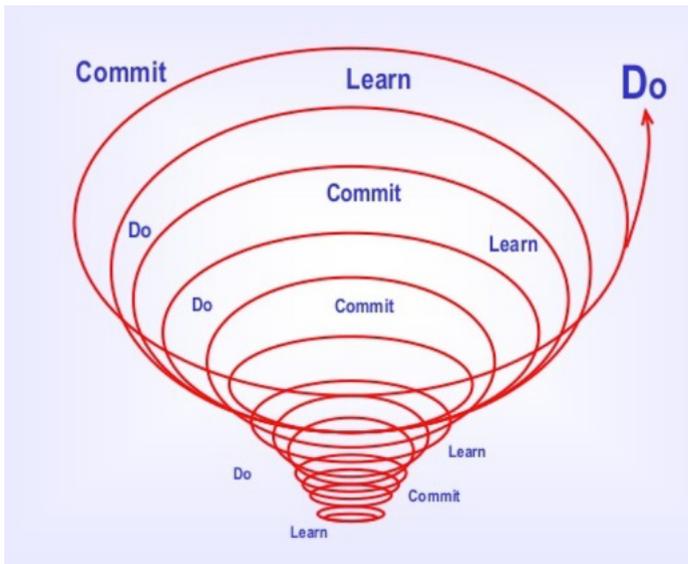


Figure 1 – The Upward Spiral (Credit: Covey, Stephen R. *The 7 Habits of Highly Effective People*)

If you suffer chronic pain, fibromyalgia, post-traumatic stress disorder (PTSD), substance or any other addiction, autoimmune disorders, bipolar disorder, depression, anxiety, and attention deficit and hyperactivity disorder (ADHD), to name just a few examples of dis-ease, this book can help you. The lifestyle advice of Part III, as well as the healthy spirituality we promote, also will provide strong preventative habits to maintain your health into elderhood. We call that extending your “health span,” the period before the inevitable effects of aging while still FIT.

Clinicians, psychologists, counsellors, and church leaders who desire to integrate a biblical approach to wellness into their practices or services will also benefit from the very latest science, as well

as some of the safe learnings from functional medicine and the wellness community. Some authors call this “Medicine 3.0.”

Given the significant challenges of our youth, parents and educators can also learn from new data on childhood trauma and how to help prevent long-term ill effects. This may help in fostering a more robust and resilient workforce in future generations. This will be key to solving the human resource shortage and burnout challenges in the human healthcare sector.

### ***My journey of faith***

I consider myself to be a miracle baby. Let me explain. I am the seventh child in a family of seven. Each of us was born on a different day of the week! For me, the last, the odds of announcing my arrival on the right day (in my case Sunday) was  $1/7$ . But the odds for all of us siblings to arrive on different days were mathematically extremely small. I am not a mathematician, but of course, Google has the answer: less than 1% (0.612%).

My ancestors were protestant Huguenots who escaped France and fled north to Holland, where I was born in 1954. I was conceived soon after the great flood in 1953, when the dikes broke, leaving our family farm in 2 meters of water for 6 weeks. My mother was significantly traumatized, I believe, as she always said she'd rather have had a fire than a flood. As the barns in Holland are attached to farmhouses, manure, and dead animals floated into our home. I can only imagine what the cleanup must have been like. We now know that such parental trauma may be transgenerational (passed to offspring through epigenetic changes in egg and sperm).

This may be why, although I was a wanted child, I did have early “failure to thrive syndrome,” not taking well to breast milk and needing special feedings for chronic diarrhea. I also fell downstairs as a toddler and was checked by the family doctor who made a

house call (requested by my older babysitting sister) and deemed me not to be injured or concussed.

My entire family immigrated to Canada when I was just three. My dad made that big move for my brothers who all wanted to farm, but for him, it was a major loss of prestige and relationships. He never learned English, and immigration was very stressful. He died too young at 59 leaving me fatherless at age 14. He was buried on my 15th birthday.

My parents had a strong faith, and we were raised with regular church and Sunday School attendance. There were either Dutch children's bible stories or Dutch bible readings after family meals. I had made a personal commitment to faith the January before my dad's death after a New Year's resolution to have my own personal devotions and bible reading. We had received a red King James Bible from the Gideons at school and while reading the Gospel of Matthew, I was deeply touched by the story of Jesus. I remember kneeling at my bed and praying a commitment that I have never wavered from since. Jesus had become real to me.

Of course, the traumatic loss of my dad was a test of my faith. I do remember anger at God and deep empathy for my widowed mother. Within a very short time, she lost her husband, both her parents in Holland, and her only brother in Holland. When we look back at family pictures, I am sure she developed some depression that was never treated, and her ongoing stress likely contributed to her development of dementia later. To think of it, she went through World War II in Holland during the Nazi occupation, the flood of '53, and immigration with a large family in 1958. Then her losses to death. We now know that traumas like this are additive and impact several mind-body systems.

There is a famous quote, "There but for the grace of God, go I,"

attributed to John Bradford while watching a group of prisoners being led to execution. He was grateful that execution wasn't his destiny but could have been had circumstances been different. I believe that it was God's grace that in my loss, rather than turning away from God and my new faith, I leaned into it. My sister and I both began to read deeply touching Christian books at the time. Had our circumstances been different, my life trajectory could easily have led to substances or delinquency.

Kids with childhood trauma invariably choose one of two paths: the overcoming hero or the powerless victim. I became an achiever and people pleaser, particularly to my grieving mother. I choose a career in medicine, which she had always dreamt of for herself but was not permitted by her authoritarian father (who was an inventor and blacksmith).

In 1972, during the summer after high school graduation, my sister and I were leaders of a mixed camp of boys and girls aged 10 to 14. During that camp, we had an incredible spiritual experience which we later realized was part of a much larger move of God among youth across North America, the so-called "Jesus Revolution." It made the cover of Time Magazine on June 21, 1971, and was portrayed in the recent movie by the same name, *Jesus Revolution*.

With that camp experience and personal revival, it is not surprising that God-pleasing became part of my adaptation to my dad's loss, and likely contributed to my call into medical missions in medical school. It was during my time as a pre-med student that I met the wife of my dreams on a mission trip in 1973. We were married during my final medical school year in 1977.

Immediately after my internship, my new wife Catherine and I headed off to Nigeria for 5 years. We sure have stories to tell of that experience, medically, domestically, and spiritually. Some of those I will share in the coming chapters.

Career-wise, it was during this time in Africa that I developed a passion for care for the whole person, often called holistic healthcare. I saw firsthand the effects both positive and negative of psycho-social-spiritual factors on health outcomes. On the one hand, we saw incredible resilience and virtually zero incidences of anxiety and depression (so rampant here) but on the other hand, some of the negative impacts of traditional native healers and their spiritual practices. It was in this environment that I learned to integrate my Christian faith into my medical practice. I still stand amazed at the outcomes we saw with such limited medical resources. More on that later.

Back home in Canada, we established our family medical practice in 1985. In 2001, we purchased a former bed and breakfast and renovated it into Wholeness Family Clinic. My wife and I, with a wonderful staff, served there until 2017. From there, I served the Workers Compensation Board for 5 years as a Medical Advisor and learned a great deal about occupational medicine and the need for healthy workplaces and healthy leaders.

I have now recently retired from my full-time medical career. We played that first summer after retirement and had a blast. Then in the fall, and after Fiona, the blues set in. Suddenly affirmations from patients and colleagues were gone and I began to realize just how much of my identity and worth was wrapped up in my professional work. I unexpectedly found myself sinking into a significant depression. With the help of an understanding friend, who himself had a similar post-retirement blues stage, I thankfully recovered and am thriving in this new season.

I am very grateful for a meaningful and fulfilling career. Beyond caring for patients, I have had the privilege to serve in teaching positions in my local church, in a Christian college, and to medical

students and residents. I have led short-term mission teams and served as chair of the board of a Christian medical mission ministry, EMAS Canada. With another couple, my wife and I launched a Christian medical charity in 2005 which is now called Integrated Health Transformation Centre (IHTC).

It is out of an abundance of gratitude, and the realization that my God has supplied me with strength from on high, that I am sharing what I have learned with you the reader. I am passionate about contributing to solving our healthcare crisis, as well as assisting individuals and couples, on their journeys to wholeness.

I am humbled to offer this work to the body of Christ and seekers looking for healing, wholeness, and peace.

### ***From head to heart***

Information or learning facts about your body or your mind alone will not lead to transformative change or wellness. Your new beliefs must lead to actions. And that will require activation of your core inner being, your spirit or heart. Deep inner healing requires a heart change so a download from your head to heart will be required. And because we are mostly wounded in community, healing of the heart is also most effective in safe community.

Welcome to the journey of becoming a more FIT citizen of God's kingdom on earth.

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**For additional resources related to this book visit  
<https://ihtc.info/fit-for-life/>**

## **About Integrated Health Transformation Centre**

### **Our Mission**

To model Christ's compassion by restoring the emotionally hurting, the oppressed, and the physically suffering.

### **Our Vision**

A Christ-focused centre of excellence that is empowered by Holy Spirit, is scientifically validated and cutting edge, which offers gifts of healing and wholeness to all ages, ethnicities, and faiths, both locally and regionally.

### **Our Values**

- *Christlikeness* - Jesus Christ is the One we follow and desire to emulate.
- *Compassion* - We care for the hurting.
- *Respect* - We honour all regardless of gender, skin colour, or faith.
- *Hope* - We desire to impart hope for those who have lost it.
- *Confidentiality* - We will never share a client's journey without their express written permission.

We are a registered charity, located in Prince Edward Island, Canada. We work as an interdisciplinary faith-based team to serve those with lingering illness or undiagnosed symptoms. Our team includes medical clinicians, mental health therapists, fitness instructors, and health and life coaches.

Visit **<https://ihtc.info/contact-us/>** to book speaking engagements, self-referrals, or referrals from clinicians. Our mailing address is 182 Nelson St., Victoria, PE COA 1J0.

## About the Author

Dr. Hendrik (Henk) Visser is a retired family doctor and occupational medicine physician. He graduated from Dalhousie Medical School in 1978 and began his medical career serving the underserved people of West Africa from 1979 to 1985. He then returned to his home community and established Wholeness Family Clinic in Crapaud, PEI, where he served around 2300 patients from 1985 to 2017. He was an early adopter of Electronic Medical Records (EMR) and his office was paperless from 1989 onward. He continues to work parttime as Certified Independent Medical Examiner. He also serves as President and Medical Director of Integrated Health Transformation Centre Inc., a registered health and wellness charity that provides whole person health education and treatment for stress related disorders. He is married to Catherine and has two adult sons.

Henk's mission is to help find solutions to the barriers preventing our best life on the planet. Especially our individual well-being and the healthcare systems we have created that may be failing us. And the world of work where people need and deserve a good job.

### Previous titles

*Healing for Your Hurts: Finding wholeness and choosing medical, alternative and spiritual healing wisely* (Essence Publishing, 2001)

*Living Your Divine Destiny: Escaping your Hindrances and Running to Greatness* (Essence Publishing, 2005)

### Website

<https://drhendrikvisser.com/>