

# Three Phase Model of Health

*This is a really simple and useful way of looking at health and disease which Whole Health Agriculture (WHAg) uses for all aspects of teaching and farmer support.*

## Green Level

This level is where you, the farmer, are the expert. And this is where you want things to be, ie happy healthy animals, good diet, good system of husbandry, just getting on with life. The more attention paid to keeping your animals' health 'in the Green', the less likely they will be to cost you time, energy and money.

Of course, it isn't always like this. Sometimes they end up in the:

## Red Level

Where there are signs of disease and illness. Here the animal is likely to need veterinary attention or intervention, **eg** accidents, emergencies and serious disease.

The key point is that, **with the exception of accidents and emergencies**, health never leaps from the Green to the Red. There is an in-between bit, the **Amber**.

## Amber Level

Here the animal's health is (going) out of balance: ie there are early warning signs that something is not quite right, - **OR** - we see ongoing chronic conditions such as infertility, lameness, and/or recurrent acute problems such as frequent mastitis. **This is the zone where there is often little that can be done in conventional veterinary terms.**

**In summary, the three levels are:**

**Green Level** – Happy healthy animals with good husbandry

**Amber Level** – Where the animal's vitality is, or is starting to go, out of balance

**Red Level** – Requires veterinary attention and/or emergency action



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# Wholistic Triage & Therapeutic Application

Our aim is to give you the tools to develop skills so that over time, you get so good at keeping your animals 'in the Green' that you will get fewer amber and reds, saving you time, energy and money, AND you will be rewarded with healthier, more resilient livestock.

When things go wrong (barring emergencies) they progress from Green to Amber to Red. And when they get better, they go from Red to Amber to Green. To assess where we are we use a **Triage System**. Triage is the medical term for assessing patients to determine the urgency of the problem and what might need to be done. By applying this model to any problem, you can make effective and responsible choices:

- **Red Level** – Always start here and consider 'Does this problem need veterinary attention?' **If it does, then call the vet.** Can you assist/treat the animal while waiting for the vet?
- **Red Flags** - If the problem does not (yet) require a vet, then put some Red Flags in place, so that you are prepared should things change - eg birthing problem. Can you assist/treat the animal while you are observing for changes?
- **Green Level** – After addressing the Red, always consider the Green to review your husbandry to see if any changes are needed. Are there any exciting or maintaining causes that need addressing?
- **Amber Level** –With all the above attended to, you can now look at all the Complementary and Alternative Methods and Medicines (CAM) available to you



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