

What is a GP?

Your GP is the architect of your health

Your GP knows the requirements & regulations.

Your architect knows the requirements & regulations

Your GP has the blue print, developed in consultation with you

Your architect has the blue print, developed in consultation with you

Your GP can oversee and intervene at every stage of the planning and development of your health, from conception to completion. Obviously, the earlier you involve your GP, the better your health outcome is likely to be.

Your architect can oversee and intervene at every stage of the planning and development of your home, from conception to completion. Obviously, the earlier you involve your architect, the better finished your home is likely to be.

Your GP will call in other experts and coordinate their expertise to give you the best outcome.

Your architect will call in other experts and tradesman and coordinate their expertise to give you the best outcome.

If you have the knowledge, discipline, and motivation, you can do a lot of the planning and construction of your good health yourself. There are people who manage to look after their own health perfectly. However, for most, there are traps for the unknowing.

If you have the knowledge, discipline, and motivation, you can do a lot of the planning and construction of your own home. There are people who manage to build a nice home for themselves and don't need an architect. However for most amateur builders, the outcome may not always be favourable.

Your GP can only help you if you let your GP assume the coordination role.

If you alter the plan and call in other experts or pseudo experts, you may compromise your good health.