

# As U.S. Healthcare Spending Surpasses \$4 Trillion, a Former Air Force Colonel Introduces ‘Holistic Systems Health’ Model

NEW YORK, NY, UNITED STATES, April 7, 2026 /EINPresswire.com/ -- As the United States spends over \$4 trillion annually on healthcare while remaining the unhealthiest of the world's ten wealthiest nations, a growing consensus of experts is warning that the current medical paradigm is failing to manage chronic illness, burnout, and complex modern diseases. Into this critical national conversation steps Dr. Mickra Hamilton, a retired U.S. Air Force Colonel and former Human Performance Subject Matter Expert, who is proposing a radical shift from symptom management to systems-based healing.

Dr. Hamilton's new framework, detailed in her upcoming book *The Coherence Effect* (released April 1, 2026, published by Lunch Break Books), argues that the traditional reductionist medical model—which fragments the human experience into isolated parts and specialties—was built for acute emergencies, not for the chronic, evolving health issues defining modern life.

“We are living longer but not better,” Dr. Hamilton notes. “Many people feel like they’re surviving, not thriving. Fatigue is normalized. Brain fog is expected. Anxiety is everywhere.”

Dr. Hamilton's perspective is informed not only by her decades running multi-million dollar medical programs and optimizing elite warfighters for the Department of Defense, but by her own severe health collapse. After years of high-stress military service, she suffered a pelvic floor collapse, an early cognitive decline diagnosis, and breast cancer. When the conventional system offered only fragmented care, medications, and symptom suppression, she utilized her expertise to treat her body as a complex, living ecosystem rather than a broken machine.

Through the application of advanced genomics, neurostimulation, epigenetic modulation, and environmental restructuring, Dr. Hamilton reversed her cognitive decline and successfully navigated her cancer diagnosis. Her recovery forms the basis of “Holistic Systems Health,” a model emphasizing that up to 98 percent of gene expression is influenced by lifestyle and environment, rather than fixed genetic inheritance.

The model introduces six intersecting domains that must be addressed simultaneously to treat the root causes of chronic conditions, including long COVID, Alzheimer's, and PTSD:

□ Physical: Optimizing cellular metabolism, fascia, and detoxification.

- Psychological: Utilizing neuroplasticity to rewire brain patterns and process trauma.
- Social: Healing the nervous system through co-regulation and community belonging.
- Environmental: Mitigating hidden toxic loads, such as mold, VOCs, and EMFs, that drive chronic inflammation.
- Spiritual: Aligning with deep purpose to regulate immune function.
- Energetic: Tuning the biofield and bioelectric rhythms that shape physical structure.

“What if we stopped treating symptoms and started understanding systems?” Dr. Hamilton asks. “What if we shifted from ‘What’s wrong?’ to ‘What’s the system trying to say?’”

As public frustration mounts over long-term post-viral syndromes, skyrocketing chronic disease rates, and a fractured medical system, Dr. Hamilton’s work offers a timely, science-backed road map for patients and practitioners alike.

The Coherence Effect: A Revolutionary Path to Living Longer, Reversing Disease, and Remembering Your Limitless Nature released nationwide on April 1.

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