

Northland District Health Board

Electing 7 Members



Sophia XIAO-COLLEY

My principal place of residence is in the Northland District Health Board area.

I, Sophia Xiao-Colley trained in China with a bachelor's degree in medicine which includes conventional medicine and traditional Chinese medicine.

The human body is a natural ecosystem, which can rectify (heal) itself back to balance. Balance means health in both Rongoa Maori and traditional Chinese medicine. Even conventional medicine is working to achieve balance at the biochemical level. All treatments are interventions for the human body's ecosystem.

The spiral force is within everything on Earth. We create more of what we focus on. Prevention is still focused on illness. I would like to bring the wellness cultivation back to our focus, especially in the health system.

I was a suicidal youth, a post-natal depression sufferer.

Counselling and mind-body-spiritual interventions work better than drugs for me.

Love yourself as it is. Do the best you can. Enjoy life as a learning journey. Master the art of balance in this 3D Earth.

Conflict of Interest Statement

I hereby disclose the following conflict of interest with the Northland District Health Board that may arise in the future: I run a solo acupuncture clinic, Desan Health, in Whangarei. I am a council member of Acupuncture NZ; I promote the healing power of the human body's ecosystem knowledge. I designed a new health model that acknowledge the healing power within. I designed a 6 module self-help health course, Health is Simple, and sell it online. I have self-published 3 books, and writing another one now.