



Figure 240: About the patent Inventor: Umesh Bhargava, BS., B. Pharm., MS., Ph. D., R. Ph. is a first-generation Indian American who completed his MS in Pharmacy from St. Louis College of Pharmacy in 1961, shown above on the left. Then started Research Assistantship on Black Walnut with Missouri University Hospital at Columbia, shown on the right. While on Research Assistantship, he did his Ph. D. in Pharmacology in 1967

Reduce Healthcare Costs & Increase Tacit Knowledge - Patent Pending

ART & HEALTH CREATIVITY GLOBAL BRAIN CREATIVITY AT WORK WHO IS ARTIST ART THERAPY

Reduce Healthcare Costs and Increase Tacit Knowledge

PATENT PENDING



St. Louis College of Pharmacy, St. Louis University Hospital - MU Health Care

About the patent Inventor: Umesh Bhargava, BS., B. Pharm., MS., Ph. D., R. Ph. is a first-generation Indian American who completed his MS in Pharmacy from St. Louis College of Pharmacy in 1961, shown above on the left. Then started Research Assistantship on Black Walnut with Missouri University Hospital at Columbia, shown on the right. While on Research Assistantship, he did his Ph. D. in Pharmacology in 1967 with the research on Pharmacology of Ellagic Acid from Black Walnut. Ellagic Acid is a polyphenolic compound present in many fruits and vegetables which works against diabetes, heart disease, cancer, etc., that became popular on the internet between 1970 and 1990. Ellagic Acid might have popularized the consumption of fruits and vegetables in people who believed Vegan lifestyle. According to Oncologists, a published report, Ellagic Acid was the best discovery of the decades. Fruits like pomegranate, blueberries, raspberries, strawberries, cranberries, walnuts, and pecans are rich in ellagic acid.

Figure 241: CDC A-Z for the Topic of your choice and NIH news in Health

The screenshot shows a web browser window with the address bar displaying "nursewill.cyou". The page content includes a header with the text "Reduce Healthcare Costs & Increase Tacit Knowledge - Patent Pending" and a navigation menu with items like "ART & HEALTH", "CREATIVITY", "GLOBAL BRAIN", "CREATIVITY AT WORK", "WHO IS ARTIST", and "ART THERAPY". Below the header, there is a red box containing text about Ellagic Acid. Underneath, there are links for "DailyMed", "Advanced Search", "MedicinePlus", "Micromedex comp", and "UpToDate". A large teal box with a red border highlights the following content:

Click to CDC A-Z Index for the Topic of Your Choice

[CDC A-Z Index](#)

[A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#)
[X](#) [Y](#) [Z](#) <#>

NIH News in Health

[NIH News in Health | A monthly newsletter from the National Institutes of Health, part of the U.S. Department of Health and Human Services](#)

[2010](#) [2011](#) [2012](#) [2013](#) [2014](#) [2015](#) [2016](#) [2017](#) [2018](#) [2019](#)
[2020](#) [2021](#)

The Windows taskbar at the bottom shows the search bar, taskbar icons, and system tray with the date 5/11/2022 and time 9:38 PM.

Figure 242: HHS Programs and Services

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Programs & Services - HHS

HHS administers more than 100 programs across its operating divisions. HHS programs protect the health of all Americans and provide essential human services, especially for those who are least able to help themselves.

<p>Social Services - Programs and services such as Temporary Assistance for Needy Families (TANF), Head Start, child care, and child support help individuals, families, and communities.</p>	<p>Prevention & Wellness HHS agencies offer resources to help you eat smart, exercise regularly, and get routine health screenings and vaccinations.</p>	<p>Providers & Facilities Locate health care providers and facilities, compare your options, and find resources for caregivers.</p>
<p>Public Health & Safety - HHS agencies offer resources to help you and your family stay safe by informing you about food, drugs, medical devices, violence prevention, and more.</p>	<p>Emergency Preparedness & Response - HHS leads the nation in preventing, preparing for, and responding to the adverse health effects of public health emergencies and disasters.</p>	<p>Research - Learn how HHS expands scientific understanding of health care, public health, human services, biomedical research, and availability of safe food and drugs.</p>
<p>Featured Topic Websites - Discover HHS websites on topics such as the flu, vaccines, tobacco, health care, mental health, food safety, bullying, HIV/AIDS, and more.</p>	<p>Education & Training Opportunities - Find HHS education and training opportunities for health professionals and students including loans, scholarships, and training programs.</p>	<p>Complaints & Appeals - Find out how to file a complaint or appeal a decision related to health information privacy, civil rights, Medicare, and more.</p>

Windows taskbar: Type here to search, 59°F Clear, 9:39 PM, 5/11/2022

Figure 243: Health Literacy and What is our role in promoting health literacy?

Reduce Healthcare Costs & Increase Tacit Knowledge - Patent Pending

ART & HEALTH CREATIVITY GLOBAL BRAIN CREATIVITY AT WORK WHO IS ARTIST ART THERAPY

Health Literacy

"Health literacy is the degree to which individuals have the capacity to obtain, process, and understand basic health information needed to make appropriate health decisions.
Low health literacy is more prevalent among:

- Older adults
- Minority populations
- Those who have low socioeconomic status
- Medically underserved people"

What is our role in promoting health literacy?

Health literacy is a common thread through all of our programs. A large portion of the people we serve are poor and medically underserved.

They need help understanding and navigating a complex health care system. They require culturally competent providers who speak their language so they can make informed health care choices. A number of patients may be confused with certain medical language, have difficulty understanding English, struggle with filling out forms, or have limited access to health providers in their community. With the proper training, health care professionals can identify patients' specific health literacy levels and make simple communication adjustments."

The healthcare sector relies heavily on knowledge that is evidence-based information, diagnoses, and treatments that are implemented quickly in a patient's best interests in treating patients. In the healthcare industry, the correct information is available, but the challenge is to ensure that patients have the ability to access it and use it for their benefit.

Figure 244: The healthcare sector relies heavily on knowledge that is evidence-based information, diagnoses, and treatments that are implemented quickly in a patient's best interests in treating patients.

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ART & HEALTH CREATIVITY GLOBAL BRAIN CREATIVITY AT WORK WHO IS ARTIST ART THERAPY

The healthcare sector relies heavily on knowledge that is evidence-based information, diagnoses, and treatments that are implemented quickly in a patient's best interests in treating patients. In the healthcare industry, the correct information can quite literally save lives—but only if professionals can have the ability to access it quickly from anywhere, at any time. HHS provides evidence-based, timely health information to the public participating through its main partners FDA, CDC, NCI, NIH, and NAID. A website containing such information would reduce overall healthcare costs in America by eliminating unnecessary expenses.

The Information and resources related to evidence-based programs and policies are shown below:

- [Advisory Committee on Immunization Practices \(ACIP\)](#)
A group of medical and public health experts that develops recommendations on how to use vaccines to control diseases in the United States
- [CDC Guidelines and Recommendations](#)
One-stop shop for guidelines or recommendations developed by CDC (and CDC collaborations with other organizations and agencies), or by CDC federal advisory committees; includes recommendations, strategies, and information to help decision makers choose courses of action in specific situations
- [Prevention of HIV/AIDS, Viral Hepatitis, STDs, and TB Through Health Care Website](#)
Information on policies and practices that leverage the healthcare system to help prevent HIV/AIDS, viral hepatitis, STD, and TB infections
- [Compendium of Proven Community-Based Prevention Programs External](#)
Compendium of 79 evidence-based disease and injury prevention programs that have saved lives and improved health
- [Guide to Community Preventive Services \(The Community Guide\) External](#)
Resource that helps users choose evidence-based programs and policies to improve health and prevent disease in communities
- [Prevention Status Reports](#)
Reports that highlight—for all 50 states and the District of Columbia—the status of public health policies and practices designed to prevent or reduce 10 important public health problems
- [US Preventive Services Task Force External](#)

EN 59°F Clear 9:39 PM 5/11/2022

Figure 245: This website is suitable for the hospitals. But it can be used by any industry that wants to reduce healthcare costs for their employees by improving health and educating them with health information.

Reduce Healthcare Costs & Increase Tacit Knowledge - Patent Pending

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With my experience in the hospital, this website is suitable for the hospitals. But it can be used by any industry that wants to reduce healthcare costs for their employees by improving health and educating them with health information. The website contains evidence-based healthcare information and tools when adopted on a large scale would reduce overall healthcare costs in America. The website also has a provision for users to enter their information on ten or more website pages if the user wants. The Department of Health and Human Services has launched [Healthy People 2030](#), with [the goals for this decade as follows](#):

- Attain healthy, thriving lives and well-being, free of preventable disease, disability, injury, and premature death.
- Eliminate health disparities, achieve health equity, and attain health literacy to improve the health and well-being of all.
- Create social, physical, and economic environments that promote attaining full potential for health and well-being for all.
- Promote healthy development, healthy behaviors, and well-being across all life stages.
- Engage leadership, key constituents, and the public across multiple sectors to take action and design policies that improve the health and well-being of all.

The update addresses personal health literacy and organizational health literacy and provides the following definitions:

- Personal health literacy is the degree to which individuals have the ability to find, understand, and use information and services to inform health-related decisions and actions for themselves and others.
- Organizational health literacy is the degree to which organizations equitably enable individuals to find, understand, and use information and services to inform health-related decisions and actions for themselves and others.

In 2015 the U.S. spent nearly \$9,000 for the health of every American – far more than what the governments of other countries spend on the health of their citizens – yet life expectancy and health outcomes are generally worse

Figure 246: The footer is also like an independent website available on every website page. Here employees can make comments after reading articles to get credit for CE.

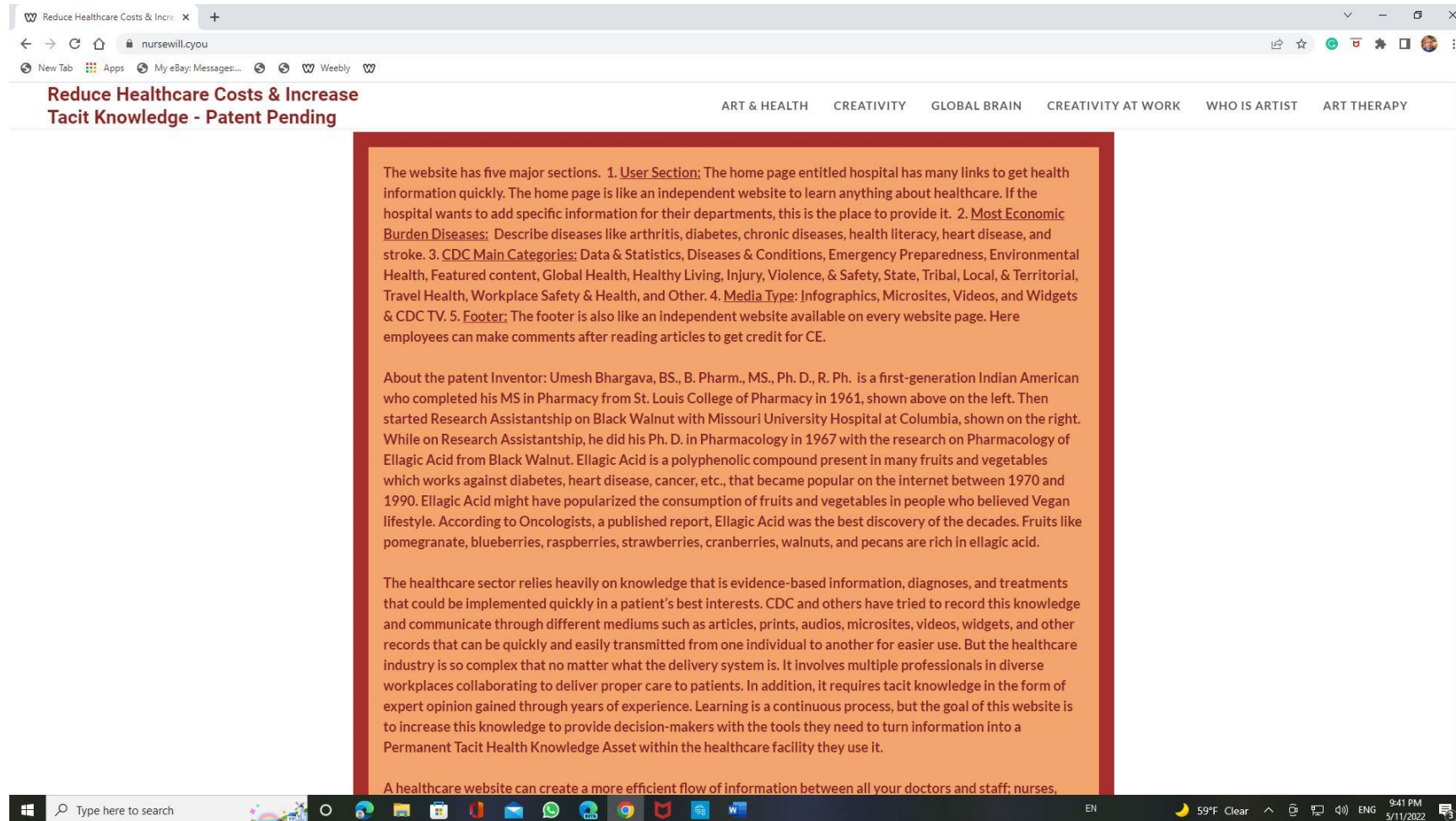


Figure 247: How to Grow the Tacit Health Knowledge Asset? This knowledge or know-how is embedded or rooted in the mind of talented people, acquired through years of experience, expanded by getting together with talented people.

Reduce Healthcare Costs & Increase Tacit Knowledge - Patent Pending

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How to Grow the Tacit Health Knowledge Asset? This knowledge or know-how is embedded or rooted in the mind of talented people, acquired through years of experience, expanded by getting together with talented people, as it is hard to communicate on this subject, sometimes it may be better to let the minds of people speak to each other through socialization as it can increase creativity and innovation in your organization. [START A DISCUSSION BETWEEN EACH OTHER PICK A TOPIC.](#)

Generally, a royalty is an agreement between the inventor (the licensor) and manufacturer, publisher, agent, or distributor (the licensee). In this case, the licensor has permitted to let the other users or the hospitals use the inventor's ideas and creations free of royalty fees, as long as the licensee keeps the intellectual property performing well by allowing the maximum benefit to both parties, the licensor, and licensee, who have interest in the success this creation. There is no single way to charge or not charge royalty rates at the beginning. When you know the value of the patents, trademark, or copyright, you'll be able to calculate the royalty rates more accurately and decide what to do. In the beginning, a licensing agreement will be made between the licensor and the licensee, free of charge for at least one year except for the yearly operation fees of \$2000.00 - \$4000.00 to update educational comment site, change the domain name in the URL of the website, repair broken links, and to keep the licensee domain name and password active. Walnut Healthcare Global System is a holding company; the owner of this website. Customer services will be performed by Walnut Healthcare nonprofit corporation from the collection of operation fees. Each user or hospital will build the Tacit Health Knowledge Asset with their effort and use it as needed. Walnut Healthcare is the facilitator and completes the contractual agreements to start the process. Walnut Healthcare can also add information to your portion of the website at a low cost to make the site more useful to your institution. We have four different websites for you to test. For more information, please contact walnuthealthcare@gmail.com.

Walnut Healthcare Global System (WHCGS) Tools

The Walnut Healthcare Global System is a creative tool to achieve maximum productivity through increasing health literacy involving multi-talented groups of people and technology working together to achieve the best results to reduce healthcare costs. Together with discovering the drivers of spending and spending growth in US health care. How do the organization's strategy and decision-making processes impact total spending and value,

Figure 248: The Walnut Healthcare Global System is a creative tool to achieve maximum productivity through increasing health literacy involving multi-talented groups of people and technology working together to achieve the best results to reduce healthcare costs.

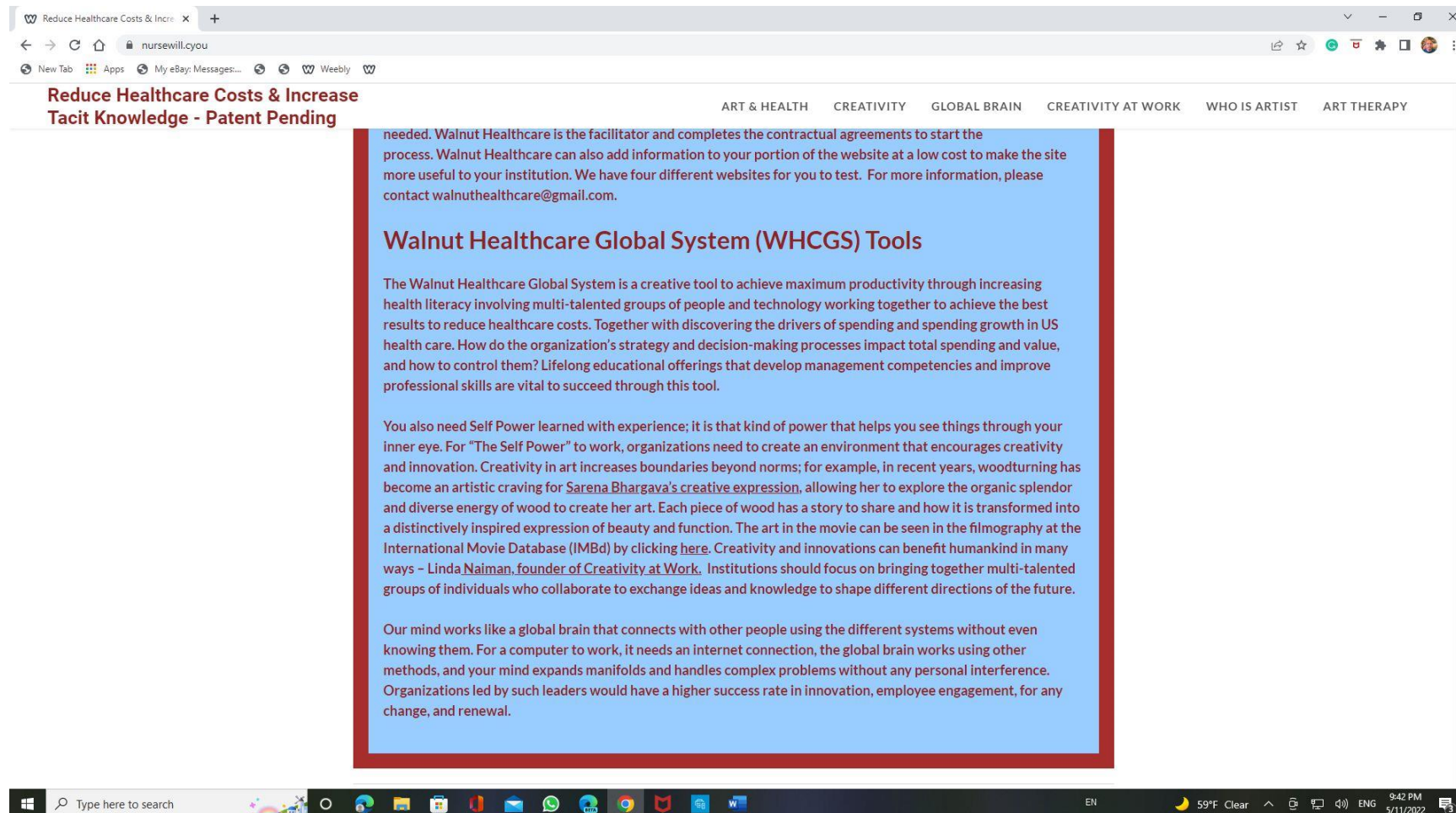


Figure 249: This website is the result of three patent applications working on the three concepts

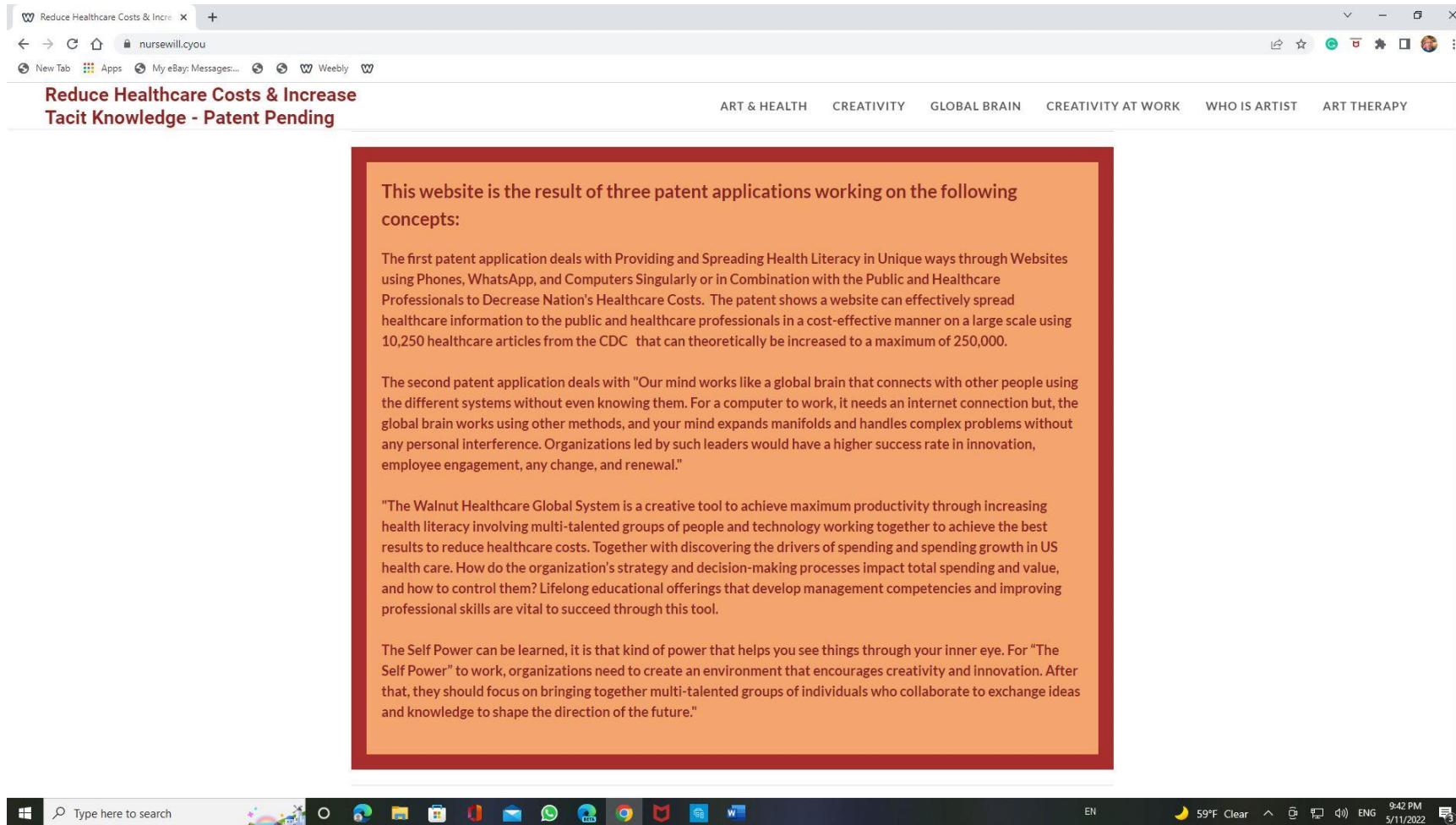
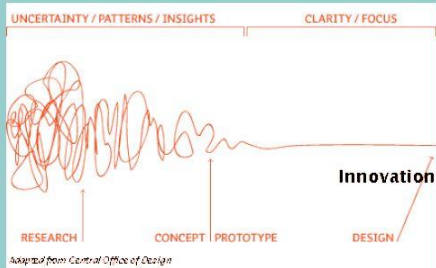


Figure 250: The website was created by making hundreds of websites, doing research, and using art and creativity on making websites with colors for over six years.

Reduce Healthcare Costs & Increase Tacit Knowledge - Patent Pending

ART & HEALTH CREATIVITY GLOBAL BRAIN CREATIVITY AT WORK WHO IS ARTIST ART THERAPY

The third patent application deals with the design of the website. The website was created by making hundreds of websites, doing research, and using art and creativity on making websites with colors for over six years. Design thinking draws upon logic, imagination, intuition, and systemic reasoning to explore all possibilities as shown on the following figure.



According to [Linda Naiman, founder of Creativity at Work](#), creativity and innovations can benefit humankind in many ways "What if you could repair your body at the cellular level? Could food be grown right in the crowded cities where people live? How far can we extend the human life span?"

"Innovation distinguishes between a leader and a follower." Steve Jobs

"The true sign of intelligence is not knowledge but imagination." Albert Einstein


Artist's mind works differently than other people woodturning has become an artistic craving for [Sarena Bhargava's creative expression](#), allowing her to explore the organic splendor and diverse energy of wood. Each piece of wood has a story to share and how it is transformed into a distinctively inspired expression of beauty and function. These creative expressions can be seen in her filmographic work at the International Movie Database ([IMDb](#)) by [clicking here](#).


Figure 251: From Harvard 12 ways to cut health care costs, CDC A-Z Index, Clear Health from NIH, and NHS A-Z List.


The screenshot shows a web browser window with the address bar displaying 'nursewill.cyou'. The page title is 'Reduce Healthcare Costs & Increase Tacit Knowledge - Patent Pending'. The navigation menu includes 'ART & HEALTH', 'CREATIVITY', 'GLOBAL BRAIN', 'CREATIVITY AT WORK', 'WHO IS ARTIST', and 'ART THERAPY'. The main content area features a large orange box with the following text:


From Harvard 12 ways to cut health care costs

In the healthcare industry, the correct information can quite literally save lives—but only if professionals can have the ability to access it quickly from anywhere, at any time. The Internet has shifted toward more patient-centered care, enabling consumers to gather health-related information themselves; communicate with care providers, health plan insurance companies, and other consumers electronically; and even be willing to receive care in the home. Healthcare Knowledge in the form of links from many sources is shown below:


CDC A-Z Index 

 [A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#)
[W](#) [X](#) [Y](#) [Z](#) <#>

CLEAR HEALTH FROM NIH 

 [A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#) [X](#) [Y](#) [Z](#)

NHS A-Z LIST OF COMMON ILLNESSES AND CONDITIONS INCLUDING THEIR SYMPTOMS, CAUSES AND TREATMENTS

 [A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#) [X](#) [Y](#) [Z](#)

[DAILYMED](#) [MEDLINEPLUS®](#) [MICROMEDIX](#) [UPTODATE](#)

The Windows taskbar at the bottom shows the search bar, taskbar icons, and system tray with the date 5/11/2022 and time 9:43 PM.

Figure 252: Additional Health & Medical Online Resources

The screenshot shows a web browser window with the URL nursewill.cyou. The page title is "Reduce Healthcare Costs & Increase Tacit Knowledge - Patent Pending". The navigation menu includes "ART & HEALTH", "CREATIVITY", "GLOBAL BRAIN", "CREATIVITY AT WORK", "WHO IS ARTIST", and "ART THERAPY". The main content area is titled "Additional Health & Medical Online Resources (See Disclaimer on Table below)" and lists the following resources:

- [American Cancer Society - cancer.org](http://cancer.org)
Fighting cancer with research, education, patient care, and rehabilitation.
- [CDC - cdc.gov](http://cdc.gov)
Fights disease and supports communities and citizens to do the same.
- [Department of Health and Human Services - hhs.gov](http://hhs.gov)
Principal agency for protecting the health of U.S. citizens.
- [Drugs.com - drugs.com](http://drugs.com)
Easy-to-read drug information and useful online tools including a pill identifier.
- [Epocrates - epocrates.com](http://epocrates.com)
Point of care diagnostic and treatment information for doctors. Subscription required.
- [Everyday Health - everydayhealth.com](http://everydayhealth.com)
Personalized health advice, tools, and communities.
- [Healthline - healthline.com](http://healthline.com)
Condition and procedure topics, symptom checker, and pill identifier.
- [Mayo Clinic - mayoclinic.org](http://mayoclinic.org)
Award-winning medical and health information for healthy living.
- [MedicineNet - medicinenet.com](http://medicinenet.com)
Authoritative medical information for consumers.

The Windows taskbar at the bottom shows the search bar, taskbar icons, and system tray with the date 5/11/2022 and time 9:44 PM.

Figure 253: Medical Information Websites

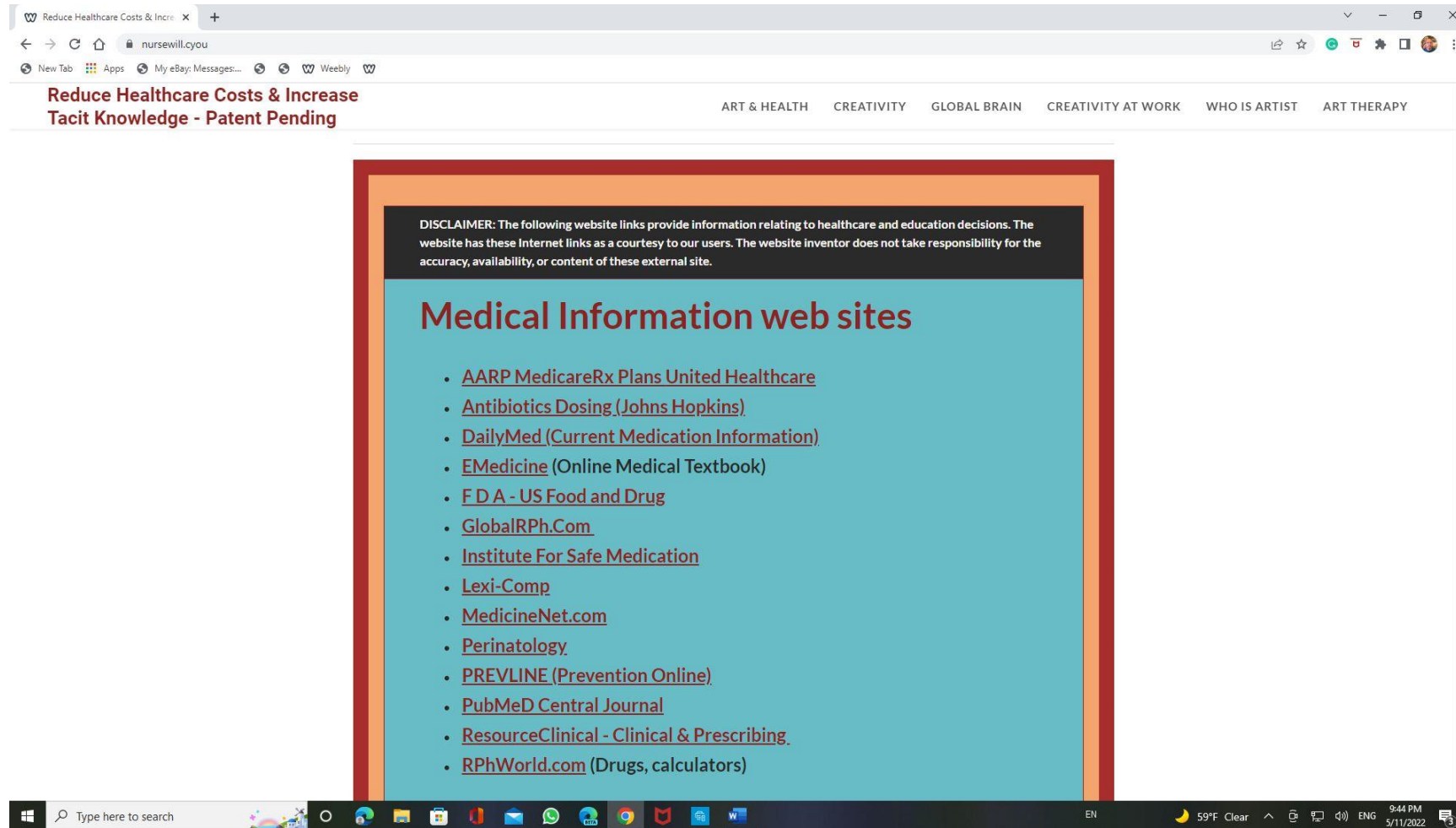


Figure 254: Medical & Health News Daily (Health Conditions) from MedicalNewsToday

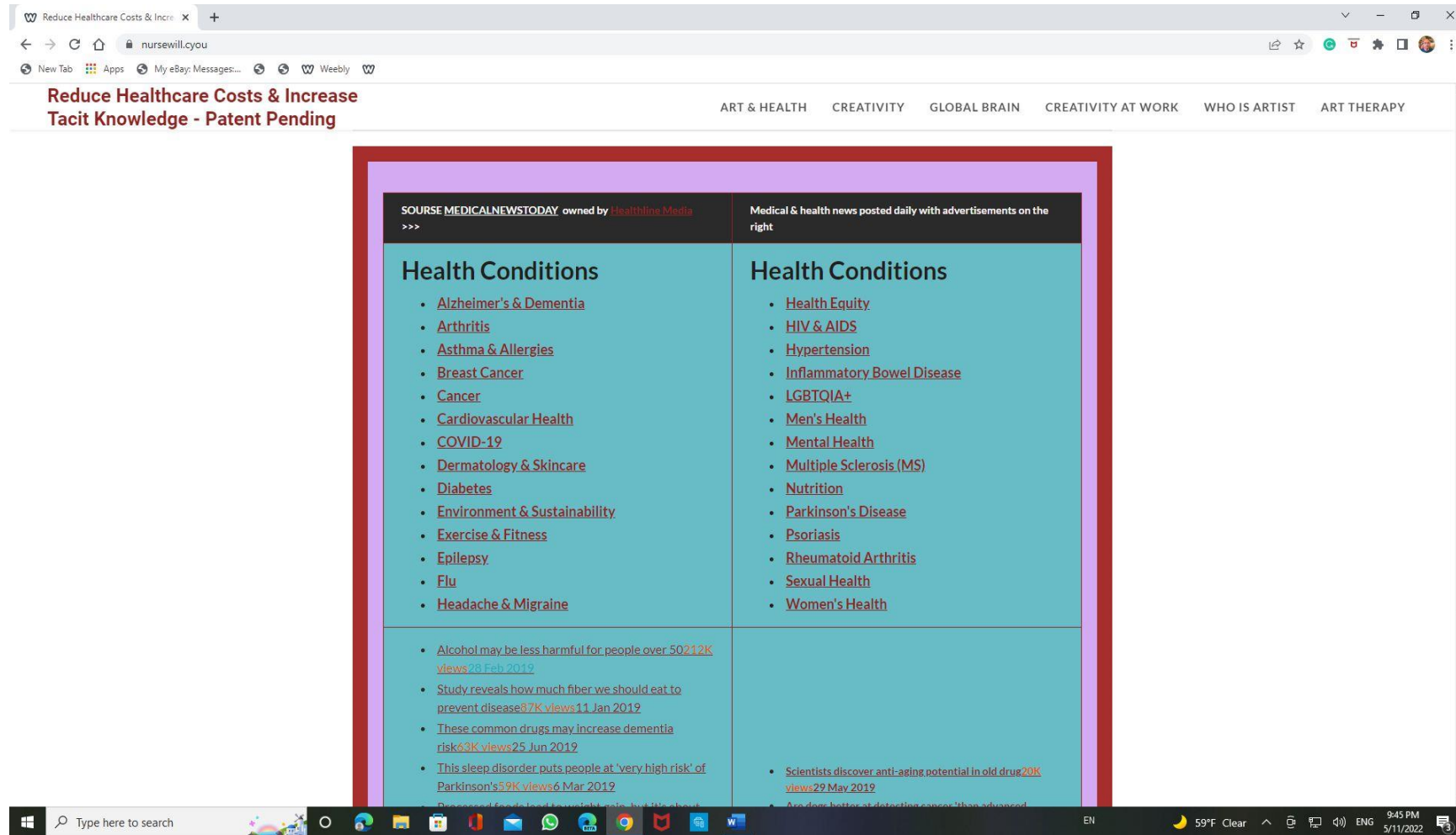


Figure 255: 100 Important Articles from MedicalNewsToday

Reduce Healthcare Costs & Increase Tacit Knowledge - Patent Pending

ART & HEALTH CREATIVITY GLOBAL BRAIN CREATIVITY AT WORK WHO IS ARTIST ART THERAPY

- Alcohol may be less harmful for people over 50 [212K views](#) 28 Feb 2019
- Study reveals how much fiber we should eat to prevent disease [87K views](#) 11 Jan 2019
- These common drugs may increase dementia risk [63K views](#) 25 Jun 2019
- This sleep disorder puts people at 'very high risk' of Parkinson's [59K views](#) 6 Mar 2019
- Processed foods lead to weight gain, but it's about more than calories [48K views](#) 17 May 2019
- Hypertension treatment may slow down Alzheimer's progression [46K views](#) 23 Jun 2019
- Blocking fatty acids slows prostate cancer progression [46K views](#) 9 Feb 2019
- 6 Innovations from Future Healthcare 2019 [46K views](#) 22 Mar 2019
- Common blood pressure drug may increase cardiac arrest risk [44K views](#) 18 Mar 2019
- Intermittent fasting boosts health by strengthening daily rhythms [42K views](#) 18 Jan 2019
- Common food additive may impact gut bacteria, increase anxiety [40K views](#) 22 Jan 2019
- Is high blood pressure always bad? [40K views](#) 13 Mar 2019
- Study finds evidence of 'clear relationship' between appendectomy and Parkinson's [40K views](#) 10 May 2019
- How language shapes our brains...and our lives [34K views](#) 22 Feb 2019
- These diets and supplements may not really protect the heart [34K views](#) 9 Jul 2019
- Osteoporosis breakthrough: Bone mass increased by 800 percent [30K views](#) 12 Jan 2019
- Scientists discover anti-aging potential in old drug [20K views](#) 29 May 2019
- Are dogs better at detecting cancer than advanced technology? [20K views](#) 19 Jun 2019
- Exercise may increase lifespan regardless of past activity levels [20K views](#) 29 Jun 2019
- Giving up alcohol may significantly boost mental health [20K views](#) 8 Jul 2019
- Have researchers found a new risk factor for schizophrenia? [18K views](#) 14 Jan 2019
- Stool transplants from 'super donors' could be a cure-all [18K views](#) 22 Jan 2019
- Are we facing a Parkinson's pandemic? [18K views](#) 3 Feb 2019
- Keto diet: New study unearths sex differences [18K views](#) 26 Mar 2019
- Some brain functions may be restored after death, pig study suggests [18K views](#) 18 Apr 2019
- Rice and obesity: Is there a link? [18K views](#) 3 May 2019
- Can this food additive turn our gut bacteria against us? [18K views](#) 14 May 2019
- People with fibromyalgia have different gut bacteria [18K views](#) 24 Jun 2019
- Cardiovascular risk linked not to weight, but to body fat storage [16K views](#) 1 Jul 2019
- Why do women have less sex as they age? [18K views](#) 11 Jul 2019
- How do our emotions affect our immune response? [16K views](#) 5 Jan 2019
- Melanoma mortality rates vary across the country [16K views](#) 24 Jan 2019

Figure 256: Helpful Links and Clinical Resources

The screenshot shows a web browser window with the URL nursewill.cyou. The page title is "Reduce Healthcare Costs & Increase Tacit Knowledge - Patent Pending". The navigation menu includes "ART & HEALTH", "CREATIVITY", "GLOBAL BRAIN", "CREATIVITY AT WORK", "WHO IS ARTIST", and "ART THERAPY".

HELPFUL LINKS

- [American Academy of Allergy, Asthma, and Immunology](#)
- [American College of Allergy, Asthma, and Immunology](#)
- [Pollen Forecasts](#)
- [American Board of Allergy and Immunology](#)

Clinical Resources and Tools

Clinical Tools:

- [Maternal Patient Safety Bundles](#) developed by the former Council on Patient Safety in Women's Health Care.
- [Maternal Early Warning Signs \(MEWS\) Protocol](#) developed by the former Council on Patient Safety in Women's Health Care.
- [Toolkit for Improving Perinatal Safety](#) developed by the Agency for Healthcare Research and Quality (AHRQ).
- [Guide to Patient and Family Engagement in Hospital Quality and Safety](#) developed by the Agency for Healthcare Research and Quality (AHRQ).

Healthcare Professional Education:

- [POST-BIRTH Warning Signs Education Program](#) developed by the Association of Women's Health, Obstetric and Neonatal Nurses (AWHONN).
- [Back to Basics: Foundations for Mindful Care](#) developed by the Association of Women's Health, Obstetric and Neonatal Nurses (AWHONN).
- [Eliminating Preventable Maternal Mortality and Morbidity](#) from the American College of Obstetricians and Gynecologists (ACOG).
- [Maternal Cardiac Conditions: Addressing a Leading Cause of Pregnancy-Related Death--Webinar](#) hosted by the American College of Obstetricians and Gynecologists (ACOG).

The Windows taskbar at the bottom shows the search bar, task view button, and several application icons. The system tray on the right displays the date and time as 9:46 PM on 5/11/2022, along with weather information (59°F Clear) and system icons.