

Your Doctor

**Why partnering with one trained in
Lifestyle Medicine is a good
strategy**

<https://adoptalifestyle.com>

DOCTOR: Think about it.....

When someone gets T2 diabetes,
what does the doctor typically do?

Prescribe a medication

When someone has blocked arteries,
what does the doctor typically do?

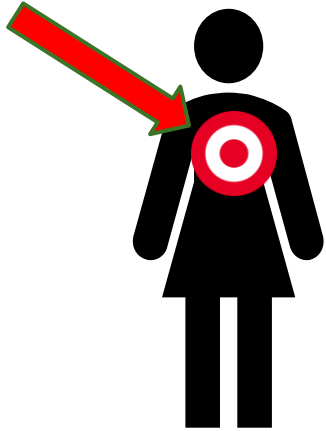
Prescribe a medication, or insert a stent to widen the artery, or perform bypass surgery to circumvent the problem area.

WHY? Most doctors are trained to manage/fix symptoms, not provide root cause solutions.

DOCTOR: That's because there are differences...

Western Medicine vs

Lifestyle Medicine



REACTIVE: ID ailments (wider data ranges of tolerance) – with a “now we have a big problem to fix” approach

PROACTIVE: ID early imbalances (narrower data ranges of tolerance) – with a “catch early and prevent it getting worse” approach

FIXING SYMPTOMS (pill, potion, procedure)

FIXING ROOT CAUSES (food, lifestyle)

Meds are often permanent

Meds are transitional

Disease Management

True Health

DOCTOR: Here's another way to look at it....



SYMPTOMS	WESTERN MEDICINE	LIFESTYLE MEDICINE
THE CHECK ENGINE LIGHT IS ON	PULL THE FUSE TO TURN THE LIGHT OFF	GET UNDER THE HOOD TO FIX THE PROBLEM
Cardiovascular disease	<ul style="list-style-type: none">• Stent• Statin• By-pass	<ul style="list-style-type: none">• Food & Lifestyle
T2 Diabetes	<ul style="list-style-type: none">• Insulin• GMS	<ul style="list-style-type: none">• Food & Lifestyle
Obesity	<ul style="list-style-type: none">• Dieting• Exercise more• Gastric bypass	<ul style="list-style-type: none">• Food & Lifestyle
Colorectal Cancer	<ul style="list-style-type: none">• Bowel resection	<ul style="list-style-type: none">• Food & Lifestyle

DOCTOR:
Something else to
think about.....

For over 3 decades I was suffering
from **obesity/dieting issues**, but
why couldn't my doctor help me
solve my problem?

DOCTOR: Because there's a problem with their training....



Western-trained physicians get **very little nutritional biochemistry / lifestyle science education** during their 7+ years of med school training

**DOCTOR:
Have you
noticed.....**

**We have physicians certified in
umpteens specialties:**

Anesthesiologist, cardiologist, cardiovascular surgeon, colorectal surgeon, critical care specialist, dermatologist, endocrinologist, emergency medicine specialist, family physician, gastroenterologist, geriatric specialist, hematologist, hospice/palliative specialist, infectious disease specialist, internist, medical geneticist, nephrologist, neurologist, obstetrician and gynecologist, oncologists, ophthalmologist, osteopath, otolaryngologist, pathologist, pediatrician, plastic surgeon, podiatrist, psychiatrist, pulmonologist, radiologist, rheumatologist, sports medicine specialist, general surgeon, urologist.

DOCTOR: But...

**There is NO PHYSICIAN / DOCTOR LEVEL BOARD
CERTIFICATION in NUTRITIONAL SCIENCE**

Doesn't make sense, does it? After all.... we eat 3x day,
1,000+ meals/yr, 80k+ meals in an average lifetime...

..... and have scientific proof that food and lifestyle are the
causes of our chronic metabolic ailments.... but changing our
food / lifestyle habits are more often than not dismissed when
looking for solutions.

DOCTOR: Each has their area of expertise.

Western Trained

Lifestyle Trained

EMERGENCIES / ACUTE ILLNESS	METABOLIC / CHRONIC DISEASES
Fertility / having a baby	Diabetes
General Surgery	Heart disease
Emergency Care / Surgery	Kidney disease
Specialty Surgery	Autoimmune diseases
Intensive Care	Gastrointestinal diseases
Burn care	Obesity
Poisoning / Chemical exposure	Nutrient deficiencies/anomalies

DOCTOR: So, we need to partner with the right doctor.

Would you go to an oncologist if you needed reconstructive surgery after a car accident?

No.

Would you visit a dentist if you were trying to get pregnant?

No

Would you go to an obstetrician if you broke your leg?

No

Would you seek out an optometrist if you were having prostate problems?

No

If you are dealing with chronic issues relating to metabolic health – seek out a specialist who is also board certified in Lifestyle Medicine.

Diabetes
Cardiovascular disease
High blood pressure
Kidney failure/disease
Gout
Gastrointestinal disorders
Inflammation
Obesity
Autoimmune disorders
Hormone/Endocrine disorders

DOCTOR: They took 2yrs more training, and passed another exam



AMERICAN COLLEGE OF
Lifestyle Medicine

So, seek out and partner with a physicians / nurses / registered dietitians and health coaches with the additional LIFESTYLE MEDICINE certification.

At a minimum, make sure your PRIMARY CARE PHYSICIAN is Lifestyle certified.

DOCTOR: In addition, don't be afraid to leverage other types of healing modalities to support your wellbeing journey.

EXAMPLES
Acupuncture
Massage
Chiropractor
Sound therapy
Meditation
Herbal medicine
Mental health care
Spiritual care
Ayurveda
Health Coaching

You are bio-individual!

You are multi-dimensional!

For a comprehensive list, go to
adoptalifestyle.com/other-healing-modalities

DOCTOR: Change your perspective.



Look at your doctor relationship through a LIFESTYLE MEDICINE lens.

FOOD AND LIFESTYLE MATTERS..... and MUST be factored into how you manage your health. Partnering with physicians trained in and respecting this science is critical for long term health and wellbeing.



Your Doctor Discussion

<https://adoptalifestyle.com>

- Is your doctor / nurse / RD Western trained?
- Were you offered pills, potions and procedures to fix your problems – or encouraged and supported as needed to change your diet and lifestyle to achieve permanent, sustainable wellbeing?
- Know someone who's a T2 diabetic? Are they on insulin? For how long?
- Know someone who's had a stent or a bypass?
- Know someone on dialysis?
- Know someone who's had their gall bladder removed?
- Do you leverage other multi-dimensional care services?

- What questions do you have?
- What would you like to talk about?

- How has this shifted your thinking?
- What will you do with this information?