

The Patient Journey

Tim

The Patient Journey is about the journey we must make to regain our health. The Patient is a play on words. **You are not the patient but you must be patient on this journey.** As a society, we have become conditioned to thinking that when we are ill, we go to the doctor. The doctor gives us something, usually a pill. The pill then makes us well. Many people do not like this approach and try to shun pills. They instead might search for an alternative which may be natural or herbal. If we have a headache, we may search for the alternative remedy that is good for headaches. In many ways this natural approach substitutes the natural remedy for the pill. **My approach is slightly different.** It's not wrong to take a natural remedy for a headache. However, **my approach is to look at why we got the headache in the first place.** If we grow plants and the plant gets a disease, we may go to the garden centre and find a spray to get rid of the disease on the plant. However, the disease is likely to have arisen because of the soil that the plant is growing in or the toxins in the water the plant was watered with. **If we pay attention to the soil and the water, the plant won't get a headache!** I'm sure you understand what I mean. If we get our own soil and water right we won't catch diseases. **The Patient Journey** series of webinars follows real lives. You may have read all of the information on the website and you may have embarked upon your own journey. **The Patient Journey** will detail the ups and downs of a real journey and the need for patience as you learn how to recover your health. **Enjoy!**

Tim is my brother-in-law. He's a primary school teacher. His goals are to:

1. To eat healthily.

Tim would like to eat more fermented foods and food that will be enriching to his health. He recognises that eating sugar, 'triggers' him to eating more unhealthy foods. He admittedly has a 'sweet tooth'. On this journey we will see if I manage to help him to overcome this. Sugar cravings can have multiple origins. The gut microbes play a role in this. **Our eating habits may encourage the growth of microbes that can feed on what we feed them.** If we feed our gut microbes toxins, this will encourage the growth of microbes that feed on toxins. This isn't necessarily a bad thing. However when we stop feeding them, for example, during a period of fasting, these microbes will start to 'call out' to us and remind us that they need to be fed. We then crave that food. I'm putting a non-scientific spin on this, but I'm sure you get the drift. If we eat lots of sugary things, are microbes become adept at dealing with these sugars. For a while, this may not pose any health threats as our body uses it's anti-inflammatory resources to manage the consequences. However, there comes a point when we run out of resources¹. By this stage we will have developed a gut microbe profile that is detrimental to our health. If we add stressful life events² (Tim mentions 'lock-down' as being quite stressful), the gut microbes may take an even greater hit and this may be enough to tip us into poor health. Tim has been with me since the early days of me giving lectures, so he knows quite a bit about healthy eating. **Because the information I give is often contrary to the main stream, it can be confusing to know how to make the right food choices, particularly when faced with information on supermarket packaging.** I often say that people need to go over my information and modules about 4 times before it begins to come together. Of course Tim's struggles, like so many of us, are more than just about food! This is the reason that 'The Patient Journey' series is important.

2. Get prepared to restart his acting career

Tim admits that over the years he has gained weight. To get back on stage he would like to regain some of his former shape. He thinks he may possibly have a low thyroid, which may add to the weight gain issues. However, gut health may also be connected to an underactive thyroid³. What I'm hoping to see is that as I help Tim on his Patient Journey, his gut will recover and so will many of the issues that are holding him back.

3. Take charge of his eating.

Tim admits that his eating can be emotion-driven. **When we take the Patient Journey, it is important to recognise the part that our emotions play in our health.** In the 'Why Am I Sick? Toxins' webinar, I speak about how toxins can affect our DNA and our body water. When we think of toxins, we often think of pollution, pesticides, heavy metals and plastics. Negative emotions which may be subconscious, may also act like toxins. **Subconscious, emotional and spiritual toxins can bring about changes in our DNA and water structure such that it switches on poor health.** When we make the decision that we want to be well. We often start by gathering together the information we need to help us to make the necessary changes in our lives. My website and the modules will fill in a lot of these gaps. However, what I find as a doctor is that sometimes patients struggle to follow the information or they may start well enough on the journey to change, but find that obstacles spring up into their path and sabotage their best efforts. Tim discusses this. He understands that instead of acting upon the information he knows, he sometimes reacts to emotions. **Reacting to emotions instead of acting on the information is a common theme** amongst patients who try and try, but don't quite make it to where they are going. As we follow Tim's journey we'll see how he manages this element of his Patient Journey.

Some points that you may have picked up on.

Skipping breakfast

Breakfast, unlike most people think, isn't necessarily the most important meal of the day⁴. This is why I didn't address this point.

Eating fruit for lunch

I'm not completely averse to fruit. However, if you've worked through my Diet to Detox module, you'll know that I ask people to give up fruit in the first phase of the D2D programme. I hear you saying that fruit is part of the '5 a day' and is therefore good for you! Perhaps I will address this with Tim at a later date if needs be. I have a free webinar (Fermented 5 a day) that discusses this is you can't wait until then.

Bacon

Many people don't eat bacon for religious reasons. However, others shun bacon because they think that the high saturated fat content means that it will be bad for them! You'll notice that I mention about the amount of bacon eaten but I stop short of telling Tim that bacon is 'bad' for him! I even tell him to continue (albeit in a modified manner). Why is that? Well! Bacon can be bad for you and it can be good for you! It largely depends on what the animal was fed! In general, if the animal was fed its natural food, then the animal will produce healthy meat. Pigs are omnivores and eat food in a similar fashion to humans. They should be fed food and not some alternative to food. Pigs love to forage and feed together in groups. They thrive on food scraps.

Feeding contrary to natural habits will cause a 'stressed' pig which will cause 'stressed' meat. When we are stressed, we don't function well²! The stress response harms our gut microbes which cascades through to inflammation and ill health. Why should pigs be any different? We taste this in the meat! So, eating lots of bacon can be harmful. However, in Okinawa, Japan, they eat a lot of pork meat! Okinawa contains some of the longest lived humans on our planet. How can this be if pork is so bad for you? I cover this in Doc Ese's Kitchen 1.

Glucose Ketone measurements

I took Tim's **fasting glucose and his fasting blood ketone levels**. These measurements tend not to lie and **give me a really good look at the effect of the meal from the night before**. If Tim wants to be 'stage-ready', we will need to pay attention to these figures to ensure that the glucose doesn't get too high and the ketones don't get too low. The morning ketone level should be between 3 and 5. Most people are around 4-5 mmol/l. Higher than this and it means that your body (liver and pancreas) are failing to deal with the sugar load. When you get to above 6, you are crossing into pre-diabetes territory. Cutting down the sugars/carbohydrates tends to bring the morning glucose down and the ketones up⁴. **[Please note that when you are diabetic (and have high glucose levels) a high ketone level is dangerous. This is known as ketoacidosis and is completely different from a therapeutic ketosis (lower glucose and higher ketones), which is what I'm hoping for in Tim]**

Cholesterol measurements

I took Tim's fasting cholesterol levels. **Contrary to what you may have heard, the cholesterol measurement gives me an idea about the levels of inflammation in the body and not the amount of fats consumed**. As you heard me say, I'm not interested in the total cholesterol level. This is because the total cholesterol is made up of different parts, all of which mean different things. Most people think that if they have high cholesterol, they are at increased risk of having a heart attack. This may be the case but also it may not be the case. **The best way of knowing whether or not you are at increased risk of having a heart attack is to have a Coronary Artery Calcium (CAC) score done**. This involves having a CT scan done of your heart. It is a direct way of seeing if you have calcification (hardening) of your heart's blood vessels. The cholesterol measurement is said to be an indirect measure of this, which means it's 2 steps (or more) away from the truth. For more about this, take a look at my 'Fats' module⁵.

Why not Diet to Detox?

Why didn't I start Tim on the D2D programme? This is a good question. When I asked him what his goals were. His first response was to say that he wanted to gain control of his eating. He admitted an emotion-driven element and also said that he was quite disciplined up until the time that he started eating. He has just a few health related issues that need to be dealt with. **The overriding theme for me was the emotion-driven eating**. When patients come to see me, asking for help on their journey, I take a detailed history which includes asking about environmental influences on their life. The environmental may include toxins like pesticides ingested because of growing up near fields that have been sprayed. Environmental influences may also be about indulging your child and giving them everything they want. Tim admitted this. In my experience, **the emotional toxin is the 'driver' on this journey**. I therefore felt that if we don't deal with this first, this 'driver' is likely to sabotage any hard work gained on D2D⁶.

What next?

Next you're going to see how Tim tackles some of the changes I've suggested. Of course, the emotional/spiritual/subconscious will make an appearance. See how he deals with this.

Take notes to help you on your own journey...

1. See my 'Why Am I Sick? Immunity' Webinar which explains this in more detail.
2. Look out for my 'Why Am I Sick? Deficiency - adrenal glands' Webinar which will this concept in more detail.
3. Look out for my 'Why Am I Sick? Deficiency - thyroid gland' Webinar which will this concept in more detail.
4. Find out more about breakfast in the 'Sugars and Fasting' module.
5. Find out more about cholesterol in the 'Fats' module.
6. For more explanation about D2D please see the module on the website.