

Outline For Using Whole Food Nutrition To *change* the culture of your practice and your community.

by Dr. Bill Hemmer

"All truth passes through three stages. First, it is ridiculed. Second, it is violently opposed. Third, it is accepted as being self-evident." – Arthur Schopenhauer

Eight out of ten visits to the allopathic doctor's office today are made to address the chronic diseases of modern civilization. Diabetes, heart disease, high blood pressure, stress hormone issues, arthritis, autoimmune disease and complications of obesity are the most common problems that show up on a daily basis.

drugs. He needs food. And if he gets food he recovers." – Dr. Royal Lee

This creates a huge opportunity for all of our practices. When we are able to educate our communities and patients about lifestyle modification using diet, fitness, stress management and whole food nutrition, and how we can actually address the underlying causes of all of these chronic processes, we will all need to hire more help.

Without looking at the underlying cause of the symptoms, any treatment to alleviate the symptoms without addressing the cause will lead to further illness and loss of vitality, longevity and aesthetics.

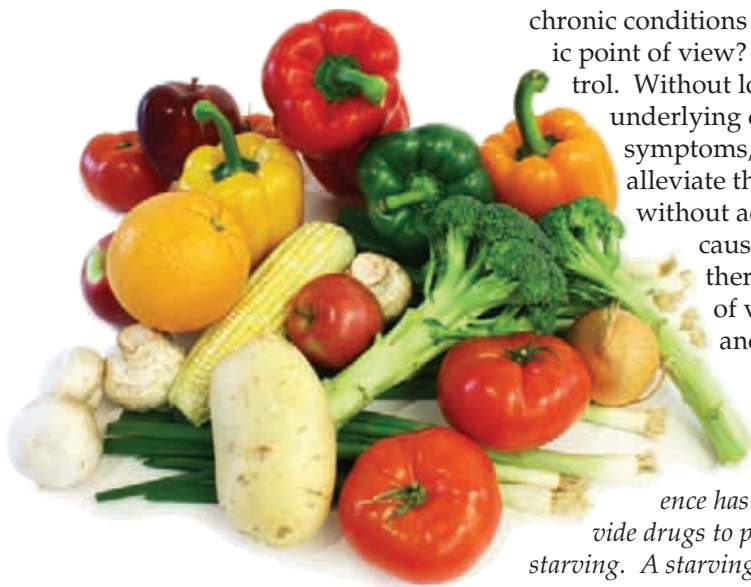
In my practice I address five major areas of dietary support. The first major area is digestion. Second is blood sugar. The third is energy issues. Fourth is weight loss, and the fifth is toxicity. Once you have addressed all five areas you have created a complete chemical blueprint for looking better, feeling better and living longer.

For this article, I want to provide you with something different. I want to focus my attention on how our healthcare system became broken in the first place and paint the picture on how all of us can step in and provide the solution to the problem those eight out of ten people are looking for and not finding.

Then I will highlight different methods of assessing and tracking these individuals to allow them to break

What is the treatment for these chronic conditions from an allopathic point of view? Symptom control. Without looking at the underlying cause of the symptoms, any treatment to alleviate the symptoms without addressing the cause will lead to further illness and loss of vitality, longevity, and aesthetics.

"One of the biggest mistakes that medical science has ever made: to provide drugs to people who are starving. A starving man doesn't need



free from sickness care and how you can provide true wellness care for your patients. Your patients are ready to receive it. Are you ready to provide it?

History of Sickness Care in the U.S.

In 1910, the average person lived to be 47 years old. Most people died from one of two problems, acute injury or infection. Florence Nightingale was the first person back in the 1850s to suspect nutrition and hygiene to be involved with disease.

In the 1920s, the "Germ Theory" of disease was gaining steam and antibiotics were discovered in the 1940's. These drugs were made from natural plant sources. During World War II, antibiotics played a huge role in saving countless lives. These successes led to the pharmaceutical revolution.

The predominant thinking of the day was, "If an antibiotic can stop death by changing biological processes, then why couldn't drugs stop all kinds of illnesses and diseases using the same reasoning?" So the pharmaceutical companies set out to alter every biological process they could to reduce symptoms and try to stop disease.

That path was off and running. But there also was another path less travelled, looking at the exact same problem from a totally different point of view.

There was other world altering research and discoveries going on in the 1920s. Dr. Weston A. Price, a dentist from Cleveland, sold his dental practice and set off on a journey to find out why people got cavities and to uncover the connection between them and chronic diseases.

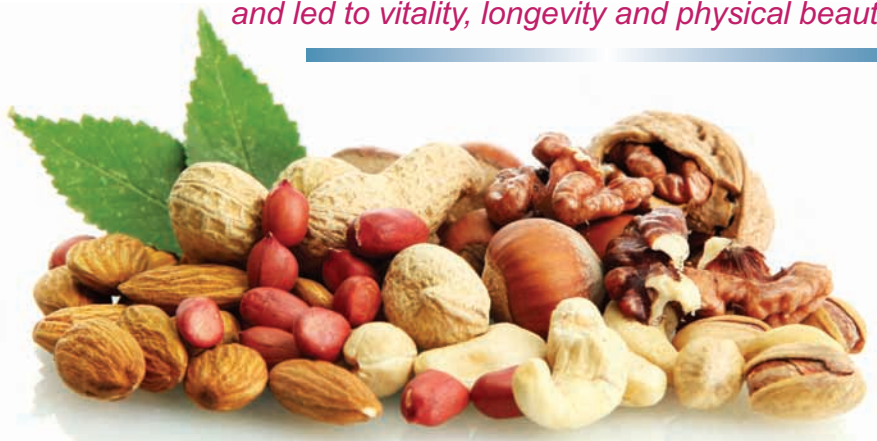
He finally cataloged all of his research and published his book, *Nutrition and Physical Degeneration*. In this book he described how for different tribes and groups of people who ate the local organic and whole foods of their native area, their percentage of cavities was less

than one percent. But, when what he called the "foods of commerce" were introduced into the local diet, the percentage of cavities came back within the "normal levels" of the civilized world of the day.

His conclusion was whole foods contained complete nutrition and led to vitality, longevity and physical beauty. The genetic expression of straight teeth, proper dental arches and symmetrical facial features were all documented in his work.

During the 1930s, another researcher by the name of Dr. Francis Pottinger Jr. was also making history

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with his famous cat studies. He demonstrated the effect of nutrition on the genetic expression of phenotypes of cats over the period of many generations. The more poorly the cats were fed the less vitality they exhibited, the shorter their lifespan, and the less desirable were the aesthetic qualities their offspring expressed.

There was also a third great researcher and inventor during this time period. His name was Dr. Royal Lee. He was also trained as a dentist and was dedicated to the idea of whole foods as the only real source of health for the human population. He was best of friends with Dr. Price and studied his work as he did his own research.

The final whole food researcher was Dr. Melvin Page. He also met with Dr. Price and studied his work, and

then did his own research for more than 40 years in hospitals in order to uncover the exact calcium to phosphorus ratio that would disallow osteoporosis to occur (10 parts calcium to 4 parts phosphorus).

Dr. Page also developed a complete dietary plan that included the glycemic index. He was very successful in practice and finally in the early 1960's was indicted for practicing outside his scope of practice of dentistry, but was finally cleared of the charges and the judge went on to reprimand the AMA and FDA for bringing the charges in the first place.

Here is another compounding factor of today's health crisis no one talks about
"The chief fault of many American diets is that they provide too little of the essential minerals and vitamins. This fault is due in large measure to the fact that refined foods are consumed in such amounts, that intake of minerals and vitamin rich foods are lower than it should be." – **Food and Life** by U.S. Department of Agriculture in 1939

"In the future we will not be able to rely anymore on the premise that our consumption of a varied balanced diet will provide all the essential trace elements because such a diet will be very difficult to obtain for millions of people." – **Dr. Walter Metz** of the U.S. Department of Agriculture told Congress in 1971

In 1992, the Earth Summit Report indicated an average of 73 percent depletion of the mineral content of soils has occurred around the world.

The U.S. topped the list in soil mineral depletion with 85 percent over the last one hundred years.

Now let's move forward to other science of the 1990s

If you haven't picked up your copy of Dr. Jeffery Bland's new book titled *The Disease Delusion* you need to go to Amazon.com and order a copy. On page 49, Dr. Bland begins his discussion of the Human Genome Project. This is what creates the most excitement for me as a Functional Wellness practitioner. This research opens the door for all of us to step in and make life-altering changes in our patients by using the research and wisdom passed down to us almost 100 years ago by the same people mentioned above.

The most important thing for us as practitioners to understand is that about 30 percent of our patient's problems are under strict genetic control. This means 70 percent of issues can be successfully addressed using specific and targeted changes in lifestyle. These include dietary changes, fitness changes and stress

reduction. Dr. Bland calls it Personal Lifestyle Medicine. I call it Functional Wellness.

Using the Triangle of Health (*figure 1*) to explain how you address your patient's complete wellness picture is the first step to providing a blueprint for hope, and a way out of the trap of today's allopathic model of chronic disease treatment.

Another huge opportunity available to all of us is the emerging platform of a truly scalable outcome driven, research based, wellness model. We all want to provide wellness to our patients, but until now we had to struggle to define it in a way that made sense to all of our patients.

This is about to change forever. If you asked any of your patients if they would like to look better, feel better and live longer, how many people would raise their hand? Aesthetics, vitality and longevity are going to be the new benchmarks for addressing the chronic human conditions in the near future. We will all have the capability to assess and address all three of these indexes.

Using biomarkers can be a game changer for you and your practice. Simple aesthetic, longevity and vitality biomarkers can be used in your practice right now to track progress, make recommendations, and educate your patients about all that your wellness program can do for them.

Aesthetic measurements like hip-to-waist ratio or shoulder-to-waist ratio or percent body fat can be eye opening and educational. Vitality biomarkers, such as, blood pressure, functional blood values and BMI can be tracked and modified. Longevity biomarkers, such as, strength, flexibility, diet and cardiovascular health can also be tracked.

The best part about this is all of us have been highly trained and have a better understanding of why the current allopathic "standard of

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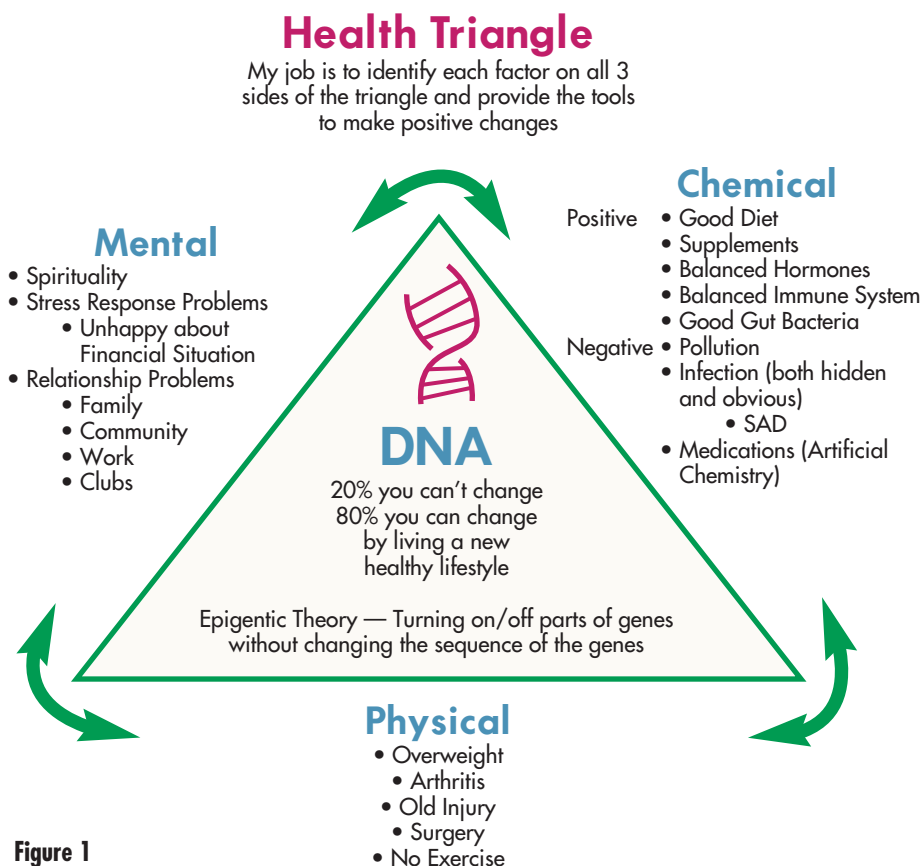


Figure 1

care" doesn't work. We have the tools and the whole food products available to manage these issues and to provide a solution for the cause of chronic sickness.

What about the cost?

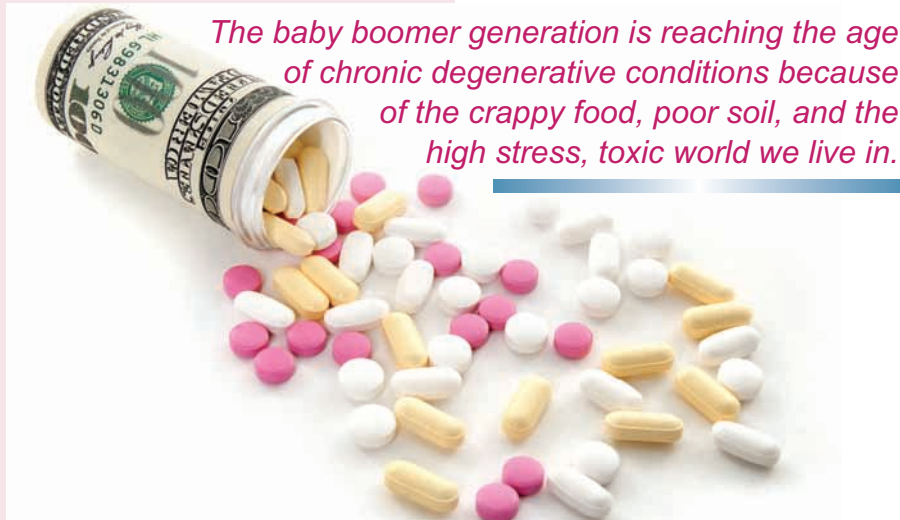
The final piece of this puzzle comes from the economic climate we all find ourselves in today. When health insurance was introduced back in the late 1800s, it was designed for catastrophic types of injuries (specifically for train

types of health insurance again.

Another great opportunity for us. The baby boomer generation is reaching the age of chronic degenerative conditions because of the crappy food, poor soil, and the high stress, toxic world we live in.

With our new wellness model of lifestyle modification, specific dietary counseling, whole food nutrition, evidence based tracking, biomarker analysis, and foundation-

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and steamboat accidents). By the 1950s, regular doctor's visits were beginning to be covered by insurance and people began to believe health insurance was there to address and pay for normal yearly medical care expenses.

Your health insurance is a contract between you and the insurance company for a loss or damage from an illness or an affliction. It is very similar to your car insurance. You pay your premium and if you wreck your car (or your body) they will pay you for the damages.

Health insurance was never designed to keep you strong, vital and pretty. It was designed to be your safety net in the case of a severe accident or injury.

Now here comes our latest health-care reform act. It has changed the entire landscape of healthcare once again to revert almost all insured people back to the late 1800s and allow us to only afford catastrophic

al knowledge of the human condition, we are really the only ones suited to step in and accept the responsibility of creating true wellness for everyone who walks through our doors.

All of the winds of change are coming together and producing a straight line towards all of patients seeking real alternatives to the sickness care model that has created the most chronically sick and obese population our world has ever seen. We must create the culture within our practices to provide that real alternative.

Our challenge now is how we educate, quantify, provide and deliver this alternative to all of these people. Our time to shine is now.

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