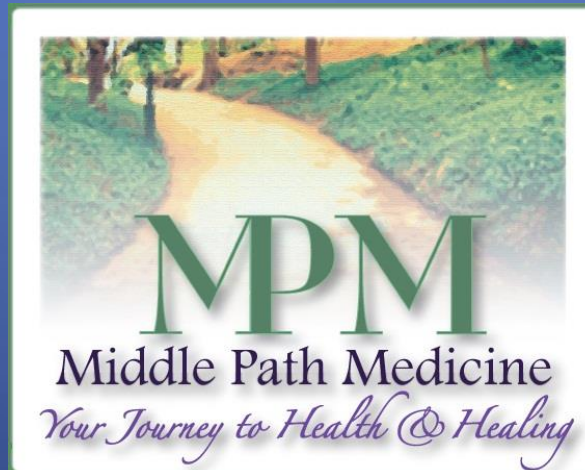


# The Foundations of Health

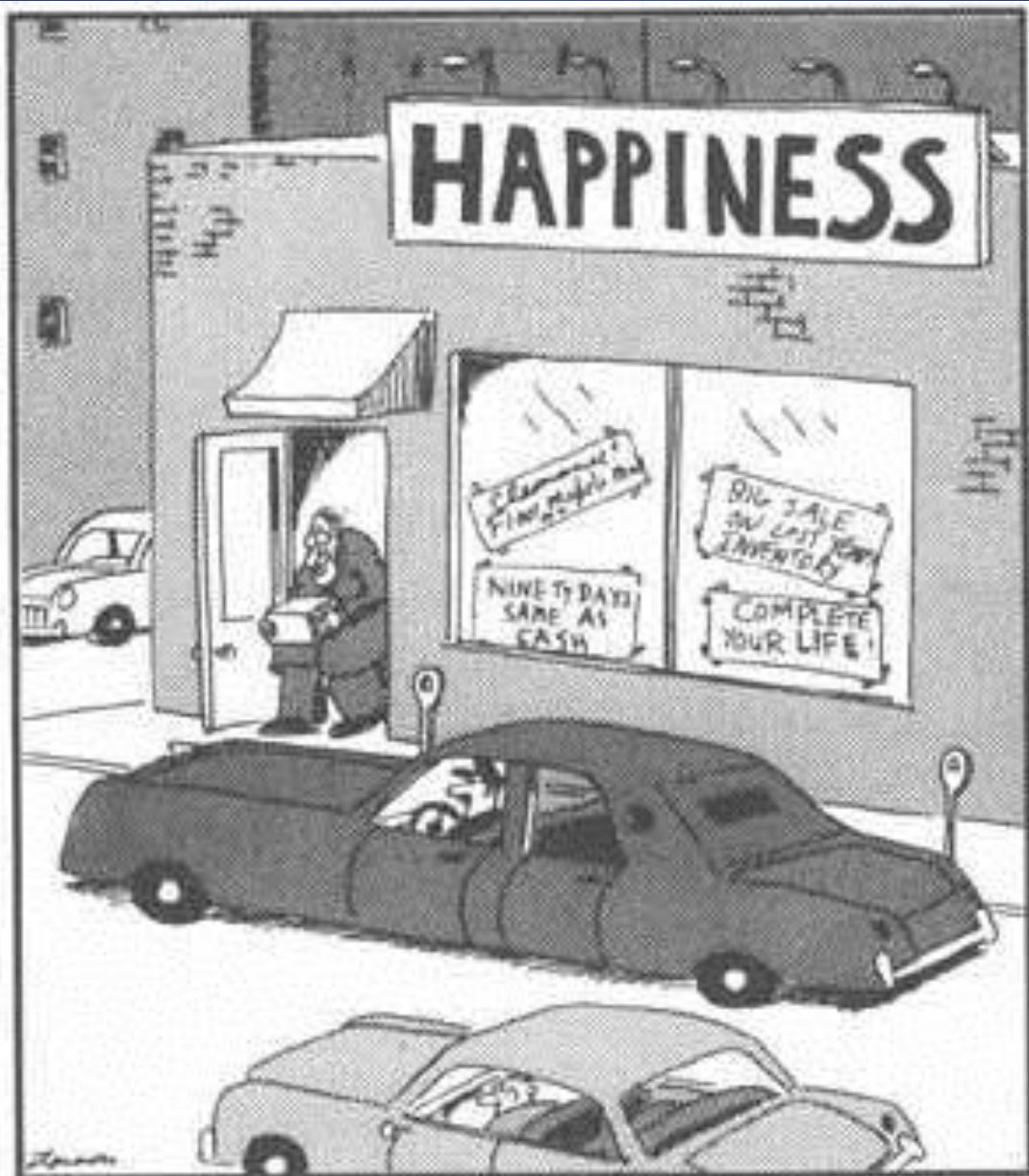
Gary E. Foresman, MD

August 2013



# What Is Middle Path Medicine?

- **Gary E. Foresman, M.D.** : Board Certified Internal Medicine Physician, Board Certified Functional, Anti-Aging & Regenerative Medicine, Fellow Integrative Cancer Therapies, Founder and President of Middle Path Medicine
- **Bobby Maybee, D.C.** : FMS Certified Provider, 100 Year Lifestyle Certified Provider, Metagenics First Line Therapy Provider, and Certified Golf Injury Rehab Specialist
- **Intravenous Nutrition Therapy** : a powerful form of therapy for healing, recovery, and rejuvenation.
- **MPM Supplement Shop** : carries only the highest quality vitamins and supplements. Each product is specifically selected and approved by Dr. Foresman.
- Our website **[www.MiddlePathMedicine.com](http://www.MiddlePathMedicine.com)** holds a vast wealth of knowledge, free to anyone who wants to better his or her own wellness.



His few friends had told him he could never buy it, but Mr. Crawley surmised that they just didn't know where the store was.

# Neutral Self-Inquiry

- Our Symptoms and Signs are our teachers.
- Western Medicine excels at treating symptoms and signs. When medicines (poisons) suppress symptoms, this usually ends inquiry, and thus the lessons from our teachers are lost.
- The underlying problem is left untreated, leading to new symptoms in your body's cry for attention, and the poisons lead to new and unique discomforts and diseases.
- We need help with our inquiry process in order to become our own best healer!

# TRANSCEND

Ray Kurzweil, Terry Grossman MD (2009)

**T**alk with your doctor

**R**elaxation

**A**ssessment

**N**utrition

**S**upplements

**C**alorie Reduction

**E**xercise

**N**ew Technologies

**D**etoxification

# Talk With Your Integrative Health Care Practitioner

- No lecture or presentation is meant to replace the honest and thorough communication between you and your personal physician.
- Your doctor's knowledge of you as the person who has the signs or symptoms or disease allows them to treat you as the individual who has the disease (or dis-ease) not treat the disease where you happen to be the victim.
- Definition: "Authority" - One who has a particular interest in a subject and lives at least one hundred miles away!
- Your best reference for authoritative Integrative Medicine information: [www.middlepathmedicine.com](http://www.middlepathmedicine.com).

# Relaxation: Stress Management

- As a physician, meditation practitioner for 25 years and meditation instructor for 16 years I am in a unique place to emphasize a meditation practice as the single most important thing we can do individually or collectively as a species.
- For our *Stress Management Series* please go to:[www.middlepathmedicine.com/ArticlesandPublications/ArticlesP-T/Stress\\_Management\\_Series.pdf](http://www.middlepathmedicine.com/ArticlesandPublications/ArticlesP-T/Stress_Management_Series.pdf).
- The necessity of the Middle Path: being and doing, feminine and masculine, saving and spending...



# Assessment

- The most important things in life are those things we can not measure, but measure *everything* that you can, when the knowledge of that data can refine your approach to your health, your happiness.



# Nutrition

- Please review my “orienting generalizations” found below.
- Most Americans spend too much time on education about nutrition and too little on practicing self-awareness and eating awareness. You are your own personal authority on how to eat for you. Don’t acquiesce your personal authority on what to eat to someone else. (Don’t ask someone else what to eat...past a few orienting generalizations!)
- If you experience Digestive Difficulties review our version of the **4R Program** (PowerPoint presentation on our website)

# Supplements

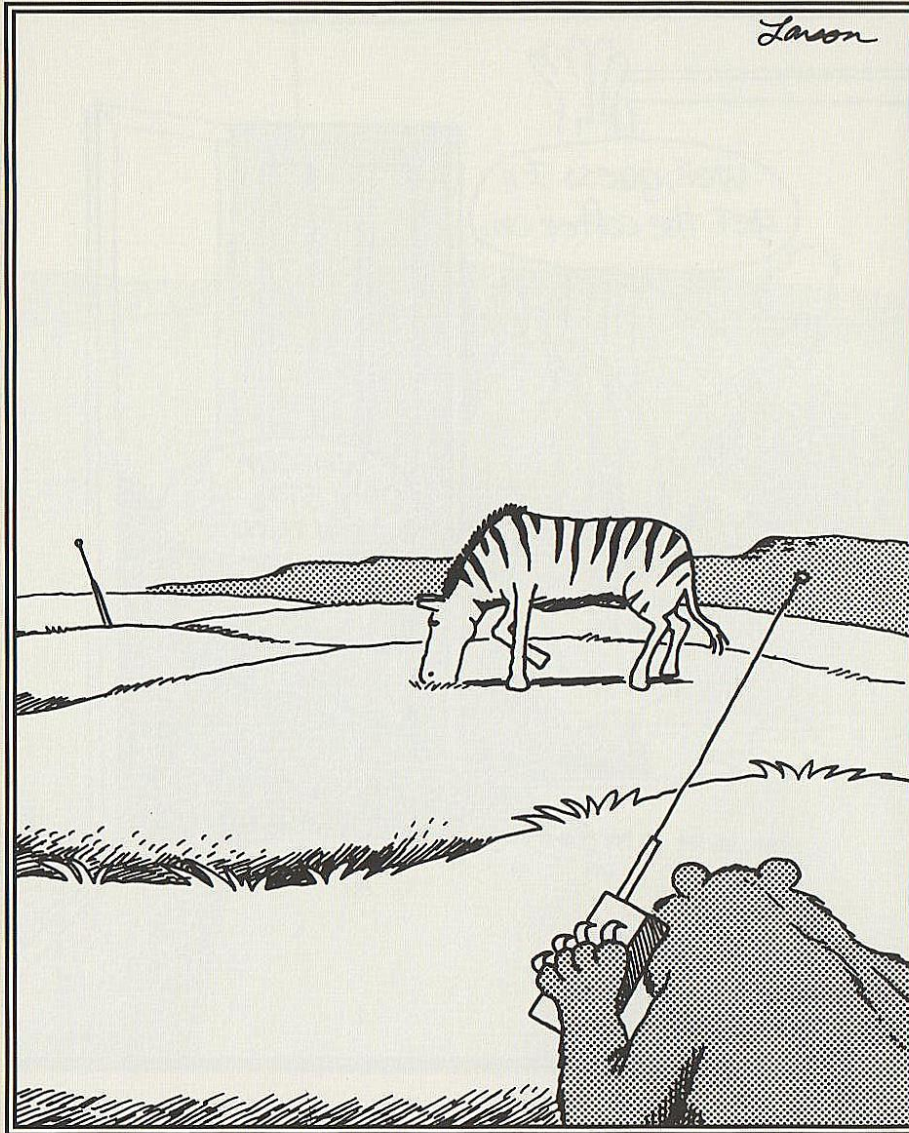
- **Basic Nutritional Protocol (BNP)** Multivitamin, Fish Oils (EPA/DHA) and Vitamin D<sub>3</sub>.
- The antioxidant cocktail adds to this for those under significant physical or psychological stress (also found in **BNP**)
- Allow your Integrative Health Care Practitioner to review every supplement you take as the quality of every supplement can vary so significantly, and your goals for your routine can easily change from month to month. 95% of my most educated and well-intended patients, if not directly guided by me, chose supplements with devastatingly negative consequences on their physiology. Unless you treat hundreds of patients every month with a variety of health conditions, you can NOT do this on your own!

# Calorie Reduction

- The most proven strategy for detoxification, regeneration and life extension. Heck, it even saves money!
- Developing a comfort with hunger and satiety can be very liberating.
- If weight loss is also a goal, I recommend our Weight Loss PowerPoint Presentation on our website.

3/14/85

Larson



The modern lion



# Exercise

- There are three levels of fitness and I recommend a minimum of seven hours per week on developing these specific lines of development.
- **Yogic Fitness:** Whether yoga, or good old American stretching, our *physical flexibility, balance, and core strength* hold so many keys to our long-term health, not just in the prevention of injury. (10-15 minutes per day)
- **Aerobic Fitness:** The best form of exercise: the one you will do! Whether hiking, kayaking, or biking, or a gym membership, commit and be consistent. (20-30 minutes per day; if less time, then increase the intensity!)
- **Resistance Fitness:** Whether yard work or some weight training, there is almost no way to maintain lean body mass without some form of resistance training. (20-30 minutes per day)

# New Technologies

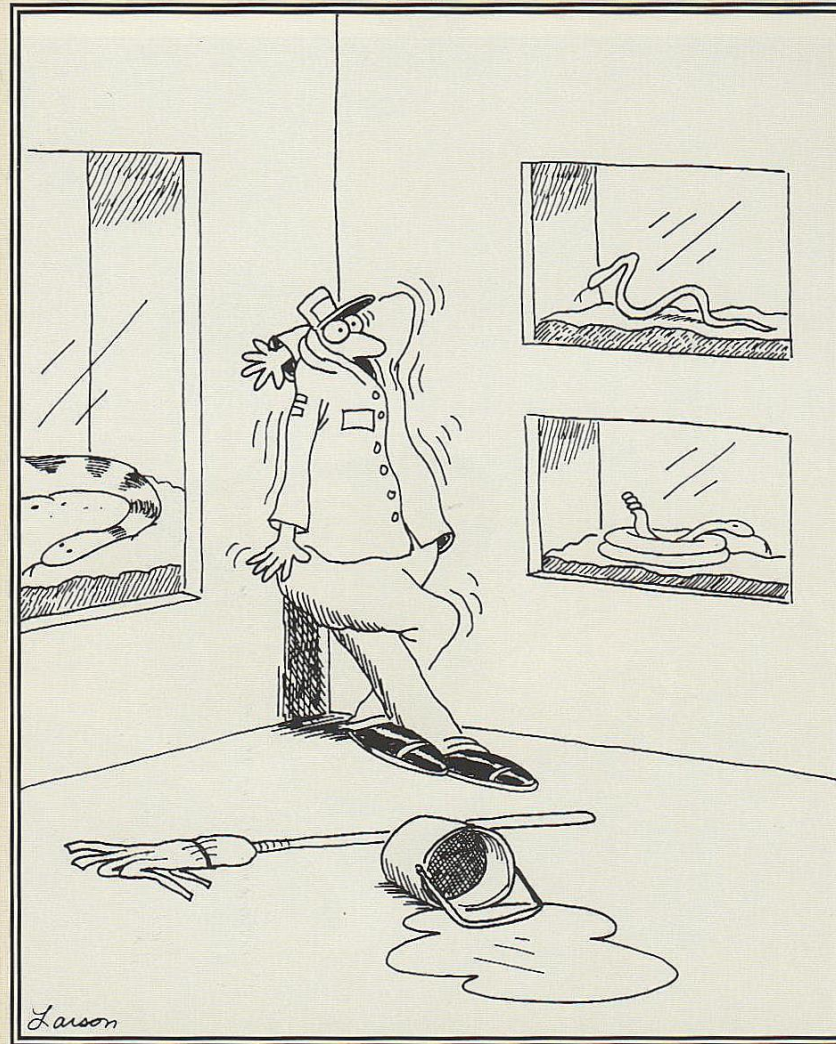
- This is where Kurzweil and Grossman excel and provide a fascinating view of the not so distant future.
- You must learn about genomics and how to “play the hand you have been dealt”. I am beginning with [www.23andme.com](http://www.23andme.com) and will also pursue the other genetic result companies as I am able.
- Stay on the “cutting edge” of research with the daily newsletter from [www.kurzweilai.net](http://www.kurzweilai.net)
- “Chance favors the prepared mind.” -Louis Pasteur

# Detoxification

- There are as many ways to detox as there are cultures, and I am a strong believer in doing something to enhance our bodies natural detoxification abilities on a routine basis.
- FIR (Far Infrared ) Sauna dramatically enhances detoxification through the skin.
- The Clear Change program through Metagenics stands above many others for enhanced liver and colon cleansing
- Intravenous Nutritional Support with glutathione and nutritional support drips like the Modified Myer's Cocktail can significantly ease the “pain” of detoxing.
- The HEEL Detox system remains one of my favorite balanced detox supports as it enhances the lymphatic, renal and hepatic pathways.



5/28/82



After 23 uneventful years at the zoo's snakehouse, curator Ernie Schwartz has a cumulative attack of the willies.

# Stress Management

- See our Stress Management Series on our website.
  - A Stress Management Program:
    - Stress Unloading
    - Stress Relieving
    - Stress Reduction/Self-Realization/Meditation
    - Stress Distraction

# Exercise

With MPM Chiropractor  
Dr. Bob Maybee

# The Foundations of Exercise





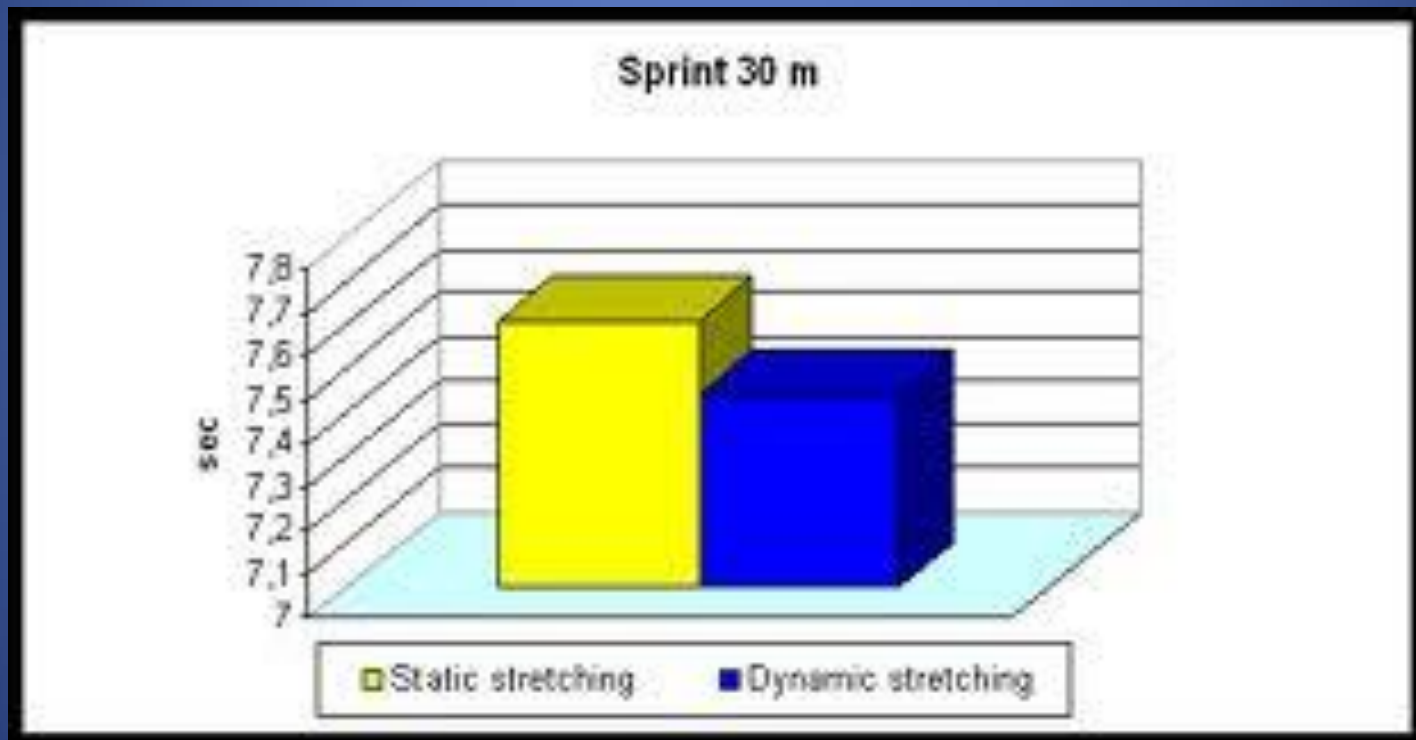
# The Functional Movement System



# The Performance Pyramid



# Stretching: Movement Matters!





# Yoga



# Cardio: Not Just for the Zombie Apocalypse



# Resistance Training



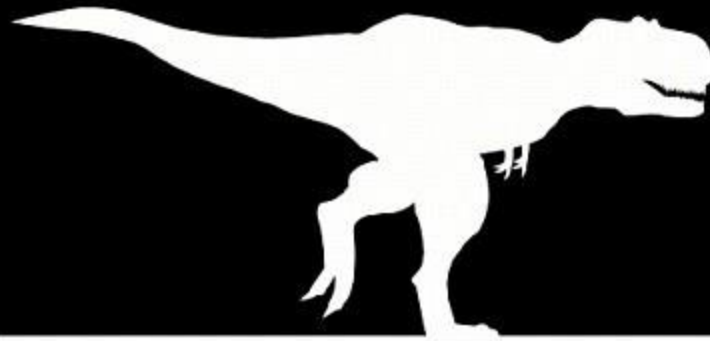
# Kettlebells



# Self-Limiting Exercise



# Final Thoughts



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## EXERCISE

Some motivation required.

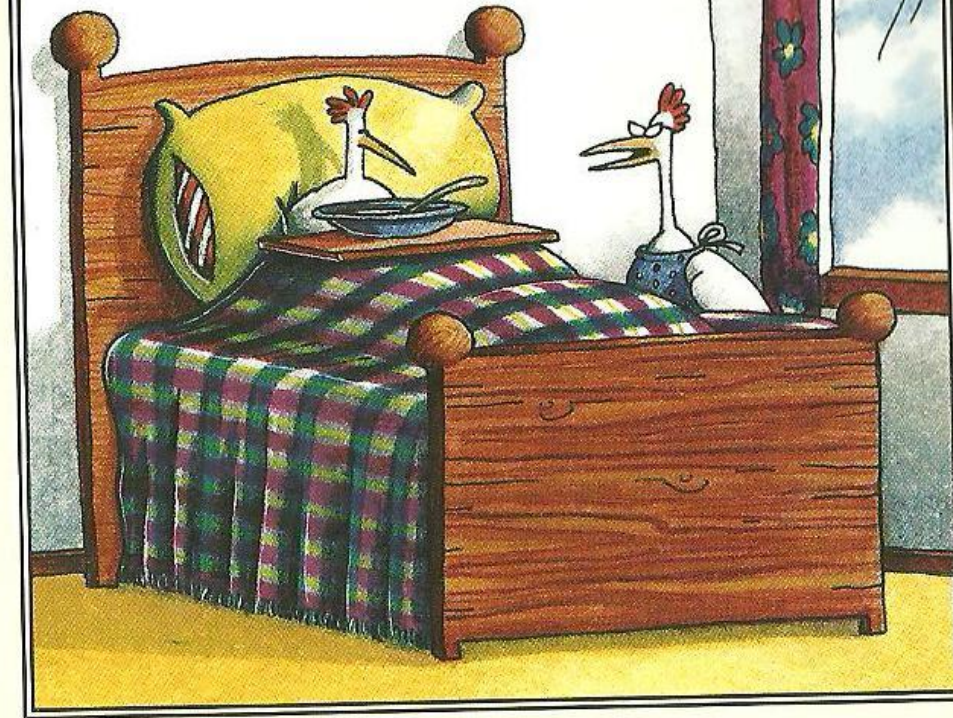
# Nutrition

Or How I Learned to Stop  
Worrying and Love My Food



5/18/84

Larson



“Quit complaining and eat it! ... Number one, chicken soup is good for the flu, and number two, it’s nobody we know.”

# The Orienting Generalizations of Nutrition

- Eating Awareness
- Eat Less
- Drink More Water
- Eat More Whole Foods
- Eat More Good Fats
- The 80/20 Rule
- Avoiding the Artificial

# The Orienting Generalizations of Nutrition

- Coffee
- Alcohol
- Silent Killers
- Primal Principles:
  - Eat Real Food
  - Eat No Grains
  - Eat No Beans
  - Play and Feel Better

1983



# Primal Principle Caveats

- See “Well, What Can I Eat?” article on our website.
- Follow the Primal Diet perfectly for three weeks and listen to your body.
- Create a new baseline, and then individualize.
- Grains and beans are true toxins, sensitivity varies, and toxicity can be minimized by sprouting and soaking.

# The Last Word

I know that the principle of three hours per day (an hour per day for self-realization/stress-reduction, exercise, and nutrition) of proactively healthy behaviors may seem a daunting task. I could argue that if happiness and health is your primary purpose in life, then whatever time you do spend will be well worth it.



# The End

