

Show Me The Science!

By E. Griffin Cole, DDS

As a dentist who works with patients on a holistic comprehensive level, I am acutely aware of all the different disciplines people undertake to improve their well-being. Over the past eleven years, I've worked closely with select health practitioners to help people achieve optimal health. Consequently, I've seen many patients benefit from the wonderful work of physicians, naturopaths, chiropractors, cranio-sacral specialists, acupuncturists, and colon therapists, just to name a few. In every case, those patients who committed themselves to attain wellness by following valid therapy regimens and making appropriate lifestyle changes were the ones who saw results.

On the other hand, those patients who “jumped” from practitioner to practitioner, hoping to find the one person or pill to cure their ills are still searching for that panacea. Health is not something you find in a bottle of supplements, nor is it something attainable through fancy machines that “whistle” and “beep” your diagnosis. Health is a lifelong quest that involves adherence to sound principles and objectives.

Hippocrates, the first physician, believed chronic disease came from auto-intoxication, or self-poisoning by the foods people eat and the accumulated waste in their bowels. Before Hippocrates would see a new patient, he would require them to first cleanse their colon and sunbathe. If the patient still needed him after that, he would gladly see them. In most cases, his services were not needed. The point this illustrates is one I try to impart on my patients: Doing the basics will provide you with incredible results. Although unique as individuals, we all share the same basic needs for sustaining life and maintaining health. The four essentials necessary for achieving sound health are:

- 1) **Water.** If you're not drinking at least 32 ounces of water a day, you are dehydrated. (I recommend 64+ ounces / day). You lose approximately 32 ounces a day through speech, respiration, urination and perspiration.
- 2) **Sound Diet.** Adequate protein, healthy fats, and a low amount of complex carbohydrates is a must for nutritional health.
- 3) **Exercise.** You need to oxygenate your cells. A ten-minute brisk walk will do wonders for your respiratory and cardiovascular systems.
- 4) **Sunlight.** Although some abuse this one, most don't get enough. Let your body see some natural light each day. Besides being the source of all life on the planet, the benefits of the sun are innumerable.

As simple as this seems, very few people accomplish these tasks with any regularity. Of course there are situations where this is not enough and medical intervention becomes necessary to avert severe problems. And, certainly alternative treatments have enjoyed success in helping many get on the road to healthful living. Whether you seek help from Western medicine, or you subscribe to the alternative arena, arm yourself with the knowledge and understanding of your health or lack thereof, and become the most

important player in your quest for health. In my experience, if I listen long enough, most of my patients unwittingly provide me their diagnoses.

I encourage you to become informed and educated about all therapies. While I celebrate all the different and unique practitioners and therapies, I am dismayed at the preponderance of misdiagnoses and improper treatment. Please do *not* expect a bottle of supplements to cure your ailments. I urge you to question your practitioner about his or her qualifications. Use common sense when evaluating how a certain treatment modality may or may not help you. Most importantly, communicate with your health-care provider so that together you can make this lifelong quest an enjoyable one.