



Advocate for the Whole You

My goal is to inform and empower you to take back control of your healthcare. The current standard of care is to rush to a pharmaceutical solution (take a pill for a symptom) or an intrusive medical procedure, where a natural alternative may be just as or more effective. Did you know that lifestyle changes can prevent or reverse 80% of diseases? That's why it's important to be an advocate for natural solutions to your health issues. You don't have to rush too quickly into pharmaceutical solutions that might have a greater risk on your overall health for the long-term.

You can make a difference in your own life and receive the best care available without being pushed into unnecessary medical or pharmaceutical options. You can feel empowered to speak knowledgeably with your healthcare provider and get the type of treatment that you want.

Here are some ways you can do that:

- Assert your healthcare preferences to your medical providers
- Defend your right to natural healthcare solutions over pharmaceutical/surgical interventions
- Support your primary role as the procurer of healthcare services from your medical providers, not as a passive recipient of treatments

In order to be effective as your own healthcare advocate you need to have the following skills:

- The desire to be in control of your own healthcare rather than giving away your authority over your own body and life decisions
- Effective communication skills when dealing with your healthcare providers

- Persistence and patience in dealing with providers who are not used to patients who advocate for themselves

This might seem like a challenge to you, especially if you are not someone who is not assertive. So try to think about it this way. Adopt the same philosophy to your healthcare provider as you would with any service provider. If you weren't receiving the kind of service you expected from your plumber, electrician or any other professional service provider, you would fire them. It's time we look at the medical establishment in the same way. They are medical service providers and if they don't respect your opinion or value your input on your own health goals, then it's time to fire them and find a doctor who will involve you in the process of improving your health.

A medical provider who is not willing to look at alternative (natural) solutions to traditional medical practice may not acting in your best interest. They are not being malicious; they just haven't been trained to look at alternative solutions to standard medical care. But the point is, they should still be open to listening to you and considering other options. Studies have proven that there are many natural solutions that are not going to rob your body of its vitality, as many of today's drugs and medical interventions can do and then only provide some minimal relief. You are looking for natural, therapeutic solutions. Your doctor may be the medical expert but you are the expert on your own body.

To be an advocate for your health, here are some questions you can ask your medical provider before you agree to their treatment plan. These questions will help you have a better understanding of what your diagnosis is so that you can do your own research and know that the options being provided to you are the best options. There might be alternatives that they might not be aware of. I help my clients every day to find alternatives that their doctors weren't aware of and have a lot fewer side effects.

1. What is the name of my diagnosis? Can you spell that for me? (*Write it down.*) What does that mean in layman's terms?
2. Is there more than one condition that could be causing my problem?
3. What are my treatment options?

4. What are the possible side effects or complications associated with the recommended treatment? What are the benefits versus risks of each treatment option?
5. What are the alternative (natural) therapies for my health condition? *(This is a red flag if your medical practitioner does not support alternative treatments.)*
6. What drugs do you prescribe for this condition? *(Write down all of the drug names.)*
7. What are all of the side effects to these drugs? What does that mean in layman's terms?
8. Are there natural alternatives? *(You don't want side effects from drugs!)*
9. Are there lifestyle changes that will improve my condition without treatment or drugs?
10. Always get a second opinion. Arrange a visit with a naturopathic doctor, an integrative physician, a functional medicine doctor or some other holistic practitioner before making a decision.

And then sometimes you don't want to enter into an agreement with your medical provider or it isn't going to yield the results you want. Here's how to know when to do that.

(Doctor is being used as a general term, this could apply to any medical practitioner.)

- If your doctor issues commands on what to do regardless of your wishes
- If your doctor doesn't have the time to answer your questions or rushes you through your appointment
- If your doctor does not explain things satisfactorily or uses excessive medical jargon (explanations need to be understood in order to be acted upon)
- If your doctor interrupts you or dismisses your input

- If the office medical staff treats you with disrespect or does not provide adequate information or pass along information to the doctor
- If you have a “gut feeling” that your relationship with your doctor just doesn’t feel right
- If your doctor does not communicate with other doctors providing your medical care
- If you don’t have a method of reaching your doctor outside of an office appointment
- If the doctor is rude or condescending as if you know nothing about your health

Even though it might be difficult, the best way to handle firing your doctor is directly so that both of you have closure. It could be as simple as telling the doctor that you no longer feel comfortable with the quality of care they are providing or as specific as “I feel disrespected by the way you talk to me and because of that I will no longer be coming here as a patient.” Feel free to let them know that you are in control of your healthcare and that they can be fired for not providing the type of service you deserve.

In my coaching practice, I work with my clients to empower them to take back control of their healthcare options. I can also work with their medical practitioners, at the client’s request, to coordinate care. I help provide alternative, natural solutions to healthcare issues with the active participation of the client. If this sounds like the missing piece to your healthcare puzzle, please contact me for a free initial consultation.

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Certifications:
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