

Stephanie
— Dodier

BEYOND THE FOOD SHOW EP #7

WITH DR. SACHIN PATEL

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Stephanie Dodier: So welcome back everybody, I have with me as I introduced earlier, Dr. Sachin Patel, Sachin is a proud father, husband and chiropractic physician, his passion is to help his patients and community through his organization where he is the CEO and founder of the Living Proof Institute. He serves his community as a functional and lifestyle medicine provider, speaker and author. As I said to you earlier today, Sachin it's an honor to have you on the show today, I have been following your work on social media for the last three years and I admire how you lead your community by teaching about whole health and embody the mind-body connection that leads to optimum health, so first I wanna thank you for the work and the education that you do out there and the inspiration that you've provided me personally.

Dr. Sachin Patel:

Oh it's such a pleasure and it's such an honor you know just to, I wanna share this message with your listeners, you just never know the impact you're gonna have on somebody's life, they might cross your path very casually, it might just even be a short conversation but never be afraid to plant a seed of positivity because it will always somehow come back not necessarily to you but it will really empower somebody to live their best life, I'm so honored that's the case with you Stephanie so I appreciate being on this call with you today.

Stephanie Dodier: Thank you, so let's start by the first question I ask everyone is, what is your why and how did you get into this whole health, mind-body connection functional medicine?
(Inaudible 1:35-1:36)

Dr. Sachin Patel: I'll give you the short version of the story, so it essentially started as a chiropractic physician and when I graduated, I was certified in something called active release technique. So I was working with olympic athletes, professional athletes, marathon runners. You know the people that I was seeing were people that were complaining that they couldn't run a sub 3hour marathon. You know they were essentially athletes at a very very high level and in 2008 I was on the news and as a result of being on the news which I was really excited about. The story that they did was about elbow pain, but we had all these people call in, about eighty people called in and only one of them had elbow pain and that one person with elbow pain had rheumatoid arthritis. Everyone else that came in had some sort of other chronic health issues so

they have fibromyalgia, chronic fatigue. You know there's this one guy who had headaches for over a decade, he was taking sixteen tylenol per day, that was the best that the medical system could do for him and shockingly he was still alive. He was fifty but he looked like he was seventy but he was still alive. It demonstrates the resilience of the human body and we could push these things to the limit. So through this experience I was like, man I can't help any of these people here. Here I am helping elite athletes and marathon runners here and I realized that the people that need me the most I can't help but nobody else can help either because these people have seen five, six, seven sometimes up to ten different specialists. So the specialists weren't doing anything for them, the traditional, general practitioner wasn't doing anything for them and here they come to me in search of hope. Like I said very few of them had elbow pain, only one person really had elbow pain. So what they saw in this whole video that was done on the news was hope, you know there's people out there that are just looking for hope so I took it upon myself to say, hey listen nobody's helping this people and somebody needs to step up to the plate. That's when I started learning well functional medicine and I have my own kinda health issues, digestive issues. I didn't really know any different until I got better, right. I took Accutane for a few rounds because I had acne all over my back which I no longer have anymore. It wasn't until I learned about functional medicine that I was able to get rid of my own issues and I was really nervous about you know kinda stepping out of my existing world because I was pretty happy, I was caught on the track of doing well and when we do well we don't necessarily take courageous steps outside of our comfort zone. So I said, you know what, let me learn the course and the worst case scenario, I'll get healthier, my future family will get healthier and I might be able to help a few people along the way. Once I learned about functional medicine, I realized there's no way I can keep this a secret, I really gotta you know implement this into my community so I left that practice because it was primarily a sports practice and started working with another company and I started implementing functional medicine with my patients. What I did what was called functional medicine 1.0 and that is basically run some labs and then give people supplements kinda like how the allopathic system works. So we were using herbs and nutritional supplements to essentially treat these deficiencies and that worked for some people but there was a lot of people that it didn't work for or they became dependent on supplements and now I just created a supplement

addict instead of a drug addict and so as we started kinda transitioning more into a patient center approach, we started probing the patients a little bit more and realizing that their lab results are results so whatever a patient comes in with whether deficient or toxic or elevated or decrease levels of any marker, it's a result, it's a result of not an unintelligent body but usually of unintelligent choices, misguided choices and the body is essentially responding to those choices and doing the best job that it can to coordinate function but it just can't do it at its full capacity because something's interfering with that and so what I also realized reading a few amazing books like the Biology of Belief by Bruce Lipton, I realized that a lot of people have bad physiology, not bad bodies, right. So our brain and our environment and our food choices, our emotional health impacts and shifts the tone of our physiology so we can go from a fight and flight response into a relaxation response based on our thoughts, based on our breathing, based on our environment or the opposite can happen and for most people, they essentially are operating out of a chronic stress type of state and when we're in chronic stress, our bodies are catabolic, they're breaking down, they're not healing, they're not repairing, they're not regenerating, we're not reproducing, we're not digesting, we're not doing all these things that our patients are coming into us and complaining about and so you can't supplement these issues away, you can't supplement an emotional problem away and some people might say you can and certainly you can support somebody who's got that emotional environments you know with certain nutrition but the goal is to really get rid of the problem. So what we realized is the only way we can really get people better is by not just changing their chemistry, you know through lab works and things like that, but really addressing their environment, addressing their emotions, addressing how they interpret their environment because of course you know two different people can interpret environment differently and that's when we kinda moved into functional medicine 2.0 model where it became more instead of lab centered more patient centered and now the 3.0 model that we're implementing is community centered. So you know what we've learned from every single blue zone in the world is their secret to long term health isn't supplements, it isn't gym memberships, it isn't personal trainers. Their secret to long term health is community and that's something that's missing specially if you have an immigrant population like in Toronto we have a great dense immigrant population. These people leave war torn countries or they leave bad situations, what they leave is their family behind, right, and when you don't have that community

when you come in a foreign environment and you've got language barriers, you've got emotional barriers, you don't really have that connection that you're used to with your community, many cultures get together everyday, right and in our western culture, you get together with your friends maybe once a week or once a month if you're lucky sometimes not even that because we've replaced that human connection with digital connection and we kinda feel, consciously we feel connected but subconsciously there's a huge disconnect that we all experience so now we're focused on community medicine so we do community workshops, we do blogs and the people can share in the community, we do podcast like this where people can share messages and get it out there. So what we realized that this community medicine is the only way to have the biggest impact. You try to fix people one on one, it's gonna be very difficult and it's gonna be very challenging and you'll never get through all the people that need your help. But Community medicine is where's at because now you can take groups of people and get them healthy and work on them you know so we do a lot of community workshops, we do patient workshops where we have thirty to fifty patients there talking about various topics. So that's kinda been the evolution of our practice and then the next evolution in my career lately has been taking on practitioners and coaching them and mentoring them so that they can deploy these types of strategy in their communities. So right now, we've got about forty five doctors that we're training all over North America that are gonna be implementing and seeding this information into their community so again we're just trying to have as big of an impact as possible. When you understand the magnitude of the problem, we're not gonna fix this problem with doctors and practitioners, seeing people one on one. We're gonna fix this problem by empowering people, making the patient really the doctor of the future and teaching people how to take the best care of themselves and in my lifetime and in your lifetime we'd probably never see a shortage of sick people so it's not gonna put us out of business but it's the right way to do things, the right thing to do is to teach people how to stay healthy and then help those people that really need your care that are also taking ownership of their lifestyle and personal responsibility. So that's kind of in a nutshell, that's what I've been up to lately.

Stephanie Dodier: That's a powerful last ten minutes, it's funny because it's almost in an alignment to where my own personal life is going so my work with the woman that I work with is based on my own healing journey and I've moved on to 3.0 where I moved myself back to my roots so I can reconnect with my culture, my language, my family because to get my health to where I want it to be that's what I needed so I can totally attest to that it's totally working for me, it's working for your community I'm sure.

Dr. Sachin Patel:

Yes it's so important and it's so overlooked and it's free that's the other thing is that it's free.

Stephanie Dodier:

And it's fun, reconnecting with your roots, your family, it's fun, it's your culture, it's where you came from. It's healing in your root shakra, it's healing in your health overall. So although you practice functional medicine, when I follow you on social media and invite all the listener to do so and I'll put your Facebook mainly where you post a lot, there's very little post about food, everything your posting about is everything else but food and why is that?

Dr. Sachin Patel:

I think food has been really over-killed, right and I think what happens is people put a lot of emphasis on diet and nutrition where they usually fail because it's hard to be perfect and what I focus more on when I focus on the nutritional side of things is not just what you're eating cause I do discuss this with patients but why you're eating that food and how you're eating that food. Are you eating that food because of bad choices you made earlier or are you eating it because of an emotional imbalance that's going on in your life, are you eating it because you didn't prepare and have better choices available beforehand and how are you eating that food, are you stressed out when you're eating it, are you sitting in front of a computer when you're eating it, are you getting fresh air when you're eating that food. What is the emotional attachment to that food as well, who prepared it for you right and so all these things matter and they're often overlooked. I wish it was just as easy as eating healthy. Most of the people that come into my office, you know they're already eating healthy, they've been to many different healers, dietitian, nutritionist even naturopath that they work with and people have told them

what to eat but nobody has emphasized how to eat. So one of the things that we talk about a lot is something called *autonomic pairing*, *autonomic pairing* is pairing your task with your physiology, so if I wanna eat a meal the smart thing to do is to get pair sympathetic, if I'm in a sympathetic state trying to do something that requires a pair of sympathetic physiology it's never gonna work the way it's supposed to, my body is not gonna be able to do that task appropriately because when we're under stress we decrease blood flow to the digestive system by eighty percent so if you're eating while you're stressed out you're probably not chewing your food thoroughly, you're probably not tasting your food which means that you're not gonna be able to digest it because the taste buds require or essentially help our stomach, our pancreas, our gall bladder to determine what type of enzymes and amount of those enzymes that can be secreted and if you're not chewing your food and you're eating healthy, you're not breaking open the cell wall so if you're eating kale and you're not chewing it, your stomach doesn't have the enzymes to digest through that cell wall so essentially you're just kinda let all these food, the rough edge, the nutrition just go through you, so how we eat matters and there's a really simple acronym that we use you know to help our patients, it's called choose, chew chill. So choose the right foods right and it's not about being perfect, it's about what we do consistently, not what we do inconsistently but try to stay, if you've got an autoimmune condition, dairy, gluten are certain foods that you wanna avoid, you wanna be strict on those kind of things. The second one is to chew, chew your food, your stomach doesn't have teeth, that's the easiest way to remember it and think of digestion like a car wash. Car wash has various different stages, and each stage requires that the previous stage was done correctly. So if I put my car through the car wash and the guy says, listen Mr. Patel, our car wash is not fully operational today, the soap isn't working. Will I ever take my car to the car wash?, I wouldn't right because the brushes will destroy the paint because the soap acts as a lubricant and as an enzyme to de-grease the paint or de-grease the car. So we have to think of digestion the same way, every step is important and every step requires that the previous step is done. So if you wanna properly digest your proteins and reduce food allergies and sensitivities, well guess what you have to properly digest your food not just change the foods that you're eating because most people's food allergies and sensitivities are a result of poor digestion not food. So that's another huge thing to keep in mind and then you have to chill so you have to be in a relaxed state, you have to be sending blood flow to the gut. One way to shift people from a sympathetic dominant state into a

parasympathetic state is by doing some deep breathing exercises, some mindfulness, some meditation. If your patients are looking for a little neuro feedback they can purchase something called a heart mat and heart mat is a device that just plugs into your i phone or into your computer as well if you choose to get that option and you can actually see the parasympathetic tone, you can see if somebody is in a state of coherence or if they're incoherent and then you wanna do that for three to five minutes if you are in an incoherent state and get yourself into coherence through breathing and mindfulness and you know just visualization, I guess and then eat your meal and then remember that if you just go from eating that healthy meal and you took all this time to digest it and your mindful and you go from zero to hundred right after you swallow that last bite, you're still gonna be in trouble because that's just the first phase of digestion, that's just hosing the car down and putting a little bit of soap on it now you gotta rinse the car and then you know maybe soap it again, put some wax on and then dry and then the car exits so you haven't finished the digestive process. So we have to think about not just our state of health while we're eating but our state of health and our state of physiology after the meal as well. So it's not just that moment when we're chewing until that last bite it's until that food really goes through the entire system. So that's why millions of people, tens of millions of people have digestive problems and there aren't pills to fix these things, you just have to learn how your body works and honor it and work with it instead of always working against it.

Stephanie Dodier: And that's why the show is called the Beyond the Food show people, it's because there's so much more than just eating gluten free or eating dairy free, this whole how you eat it. In our community because we deal with a lot of women who wanna lose weight we talk about body messages and amino food craving, so when we experience food craving many times as you can probably attest with your own patient it is due to an emotional connection to food so into this, I'm gonna roll into the next question, how do you explain to your patient this whole emotional connection to body messages, the whole mind and body connection to help them evolve to this 2.0 phase of healing their health?

Dr. Sachin Patel: Well, I think a lot of people don't necessarily connect their emotions to their health and you know that's something that comes up in our dialogue with our patients. We see a lot of trends in women, you know body image issues that can affect them, we test our patients' communication style and we find a lot of stress between couples (Inaudible 16:53-16:54) and that can lead to emotional eating. We also find something like low dopamine so what people don't always recognize with themselves, there's

neurotransmitter imbalances so it's usually one of the first things we assess for is what is this person's state of neurotransmitter health because if somebody has low dopamine then dopamine is our motivation and reward neurotransmitter so it's essentially what helps us go after something and then also feel good once we accomplish it. Some people don't realize that dopamine is a catecholamine so under stress we break down dopamine into epinephrine and norepinephrine, so constant stress decreases dopamine, dopamine is a feel good neurotransmitter makes us feel rewarded and feel happy. So people will seek dopamine's, basically other things that will secrete dopamine so rich foods, chocolate increases dopamine production, sweet foods will increase dopamine production, pornography increases dopamine production, cigarettes increase dopamine production, pot increases dopamine production, cocaine blocks the dopamine receptors from re-uptaking dopamine. So there's all these other areas that people will start looking for in terms of getting some sort of satisfaction. Now a clue for some people, some of the symptoms of dopamine deficiency would be somebody who's hard to get motivated, somebody who starts tasks and doesn't complete them so they will start a whole bunch of projects and they won't finish them, people who sign up for the gym, go for two weeks and then they stop going, people who sign up for a diet program, they do it for a week or two then they stop doing it, people who lose ten pounds and don't get excited about it. So when a patient comes in and we're more excited about their results than they are then that's usually a red flag for low dopamine. Dopamine is something that most people are gonna be deficient and so we wanna look at neurotransmitters because food can be the quickest way to raise dopamine. Now also sometimes comfort foods so most people they hate their adult life so they go back to their childhood and our subconscious brain was programmed between the ages of 0 and 7 so they may have felt comfortable at that point in their life and one of the things that John Gray talks about is that women don't need men to keep them happy, they need men to make them feel safe, right, they'll find happiness elsewhere so they'll find it in food or they'll find it in their social networks, you know they'll find it in the mall when they're shopping, so our job is to keep women safe but they're gonna find other ways to keep themselves happy. So it's important for us to recognize that where are they getting that happiness from and if it's pairing that food with their mom's pie because that was the best time in their life then that's where they're gonna go to and guess what they're gonna feel this huge surge of happiness because that's where the food takes us, it's part of the lymphatic system in our brain

it's where our anxieties and fears and emotions and those things are filtered first you can instantly take someone into that state of feeling good through food but we have to remind ourselves or at least ask, is that food, what are the consequences of eating that food. So we have the temporary benefit but what are the consequences. Just to kinda recap I think that looking at emotional health is important, looking at subconscious programming is important, looking at neurotransmitter health is important and these are the things that we find are often overlooked and certainly doctors don't test for these things.

Stephanie Dodier: And I think I heard you talk about the motivational molecule in the past and it's around that so how does one would find out if they are dopamine deficient.

Dr. Sachin Patel: Well there's certainly a questionnaire, there's a questionnaire called (Inaudible 20:29-20:30) questionnaire that you can fill out, it's part of our intake form when a patient comes in to see us, so some of the things, some of the questions that would come up were, some of the symptoms that would come up, I can just list like five or ten of them; so it's low motivation specially in the morning, so feeling sluggish, dopamine is usually highest in the morning and then it tapers off, so people feeling unmotivated or sluggish, they don't wanna get out of bed, it's not that they don't have energy and it's not that we don't know they need to do it, they just have a hard time getting up, think of Parkinson's, Parkinson's patients have that really hard time initiating movement, they have a hard time taking that first step so that's kinda metaphorically how low dopamine will present, people who don't feel rewarded so they will finish the task but they won't feel rewarded and think about our hunter/gather ancestors, there's always an element of uncertainty and that uncertainty made attaining the goal much more rewarding. But now people go to work, they don't really know how they're gonna get paid, there's no surprise in the mail right, they could put in twice as much of work and they're gonna get the same amount. We've kinda broken these reward centers in our body and so knowing that can really be helpful. Is somebody craving a particular food like chocolate, chocolate contains PEA which is a precursor for dopamine and so that could be an issue. Does the person have a lot of stress in their life because that will decrease dopamine production. Does the person have a decreased libido because that's usually a sign of low dopamine production. Does the person have enough protein in their diet because you need amino acids in order to make dopamine but you also need balanced blood sugar.

So if somebody doesn't have balanced blood sugar they can't get thyrosine which is the main molecule across the blood brain barrier in order for it to then turn to dopamine. You know, another clinical sign that we might see is B6 deficiency, you need B6 for methylation and you need it for a lot of things but you also need it to make dopamine so L-Dopa turns into dopamine via the presence of vitamin B6 which you're gonna find depleted in a lot of people. Another sign might be low gallbladder function so one of the things that B6 does is it keeps our bile in suspension and so if somebody is B6 deficient their bile starts to essentially crystalize and makes the bile sluggish and that again can be a sign of B6 deficiency which can lead to dopamine deficiency. There's lots of different ways that we can assess the patient but motivation and the ability to start and finish the task and stay focus on the task those are probably the main symptoms.

Stephanie Dodier: And the ability to heal yourself whatever your state of health is today if you don't have that dopamine pathway clear you will not be able to do what you need to get healthy or to achieve your (Inaudible 23:09-23:10) whatever they are. As a healthcare practitioner it's essential that we help people with that. So I'll link into the show note this assessment because I'm pretty sure it's available on the internet, so I'll look for it and put it there and once someone assessed himself as having low dopamine, what is the next step? What do we do to help ourselves in increasing that pathway?

Dr. Sachin Patel: Well the fastest way to do it is to take dopamine precursors, so you want a balanced blood sugar, balanced blood sugar is the basis of good health in general because it balances our cortisol and insulin levels. So we need balanced blood sugar and insulin in order to even get the amino acids across the blood brain barrier. You wanna make enough you're getting enough protein in your diet because that's where Tyrosine comes from. Low Glycemic, higher protein type of diet that's essentially the dietary guideline that you gotta follow. Try not to take on too much, a lot of people will take on so many tasks and switching tasks constantly requires increased dopamine so every time you switch a task you need more dopamine and so if you're doing ten things at once then you're gonna really decrease dopamine production. Dopamine is highest in the morning so do things that you don't like to do in the morning and just kinda

make it part of your daily routine so for me I love working out but for me it's hard to go in the afternoon even though that's kinda the best time for my chrono biology, if I don't do it at 6 o'clock in the morning, it's probably not gonna happen right and getting things done like feeling good about that will raise dopamine as well so small wins you know will raise our dopamine levels but you have to celebrate these things so I celebrate everything. Everything that I do, I have a little mini celebration afterwards and then reward yourself, don't sabotage yourself so reward is an important part of the brain and so what people will do is maintain their diet or exercise routine or emotional routine, whatever they have, they'll do it for a week and then they'll go eat junk food. Yeah, so you're not rewarding yourself, you're actually punishing yourself. You might think it's a reward but it's really a punishment to your body so find other outlets. So one of my outlets because I don't really like junk food but one of my outlets is Lululemon so if I have a good week like if I have a goal that I set out and accomplished it, I'll go buy a new shirt, something that I'm gonna use, something that will last me many years, something that I can attach to that goal so it serves as a constant reminder because if you just have that meal then it's gone right, it's not something that reminds you. It's kinda like, imagine a trophy, if you had the option between having a trophy and having a meal, I would choose the trophy because it's a constant reminder, food is very temporary and you basically pooped it out the next day if you're lucky, I mean the average Canadian's bowel movement is times three days so you pooped it out three days later and then it's gone, right. So temporary satisfaction, sabotaging the body for several days or you can reward yourself with something that will be around and you'll always be able to connect it. Exactly why we buy souvenirs when we go for travel, it's because we connect that souvenir with the emotions that we're coupled with that event or with that travel experience.

Stephanie Dodier:

And I'm happy that we talked about that because reward system is a key for you to change because 75% of the women that I have in my community have food attached to their reward system and they're just self sabotaging so I'm happy you talked about creating a totally new reward system as part of you creating a new health for the rest of your life. So, let's move on to the last part of the interview which is about empowered health and it's about how we can empower ourselves and how do you teach your community to empower themselves in place of their health and not relying on their medical doctor or their practitioner to take charge for them.

Dr. Sachin Patel: Well I think the first thing is really probably the most important conversation we have with our patients is telling them that their body is not broken k, so when somebody comes in and they've got high blood pressure, they're tired all the time, they're gaining weight around the midsection, their digestion sucks, their reproductive organs aren't working properly, they can't think clear, you know their bone density is going down, their immune system has shut, they're losing muscle mass, you know all these things are sign of stress k. So when somebody comes in to my office vs their medical doctor's office, the medical doctor is gonna first try to find out how they're broken, how their body is broken and not serving them and then try to blame the body. It's kinda like going to the auto body shop and the auto body mechanic tries to blame the car for the accident, right so then you're like shit this is my car, I'm stuck with this car like I gotta drive this thing for the rest of my life. Think about the emotional flip that takes place and now the person thinks that it's genetic or it's their body they were born with a lemon but when we understand physiology we quickly realize that your body is working perfectly so when somebody comes in and they tell me they have all these symptoms, the next question is what's your stress like? Well my stress is through the roof, congratulations your body is working completely fine. This is exactly what's supposed to happen, you're in a fight or flight state constantly and so your body is craving fight or flight physiology and so if your stress was high and your blood pressure was low then you would have a disease, then you will have a dysfunction, you will have adrenal fatigue or you know something to that effect but if your stress is high and your blood pressure is high that's normal, I expect that right. So this dialogue really reshapes the way they think about their health another question I tell all my patients is, how do you feel when you're on vacation? and most of them will say, I feel amazing when I'm on vacation. Well so is there something wrong with your body, because it's the same body that you had last week that you took on vacation with you, so it's probably your environment, right. So really getting them to understand the walls the environment place in their health and then also helping them understand that we can at the drop of the hat make people worse which means we can at the drop of the hat make people feel better. We can change what we think about, we can change who we surround ourselves with, we can change the environment, we can change the lighting, right. We can go outside for a walk and we can instantly feel better.

So health is like a car, right, it's like how we're driving on the road, are we staying in the lanes, are following the rules, mind you all the rules in health are actually backwards, where all the signs are pointing in the wrong directions, all the street lights are broken, right and I believe that's done intentionally because our sick care system is what drives a lot of our economy, if people became healthy and got out of debt, our entire economy will crumble, right so think about that for a minute. So of course people are gonna be in debt all the time and of course people are gonna be sick all the time because that's our kind of patriarchal economy that we've set up, right and there's a shift to the matriarchal model right, the feminine is rising and that's why it's so cool to see woman like yourself stepping into their power and sharing this information and it has nothing to do with the gender, it's just the energy, right so men can step into this feminine energy as well. So that being said, I think the most important thing is to convince and kinda undo the convincing that's taken place that your body is broken, that your body is not serving you, your body is the only thing that has ever served you in this entire journey right, you've abused it, you've put it through the ringer and done all these things to it and it survived, it has come out the other end, it's here, it's still here. Your body is in a constant state of replacing itself. So the other part of the dialogue that I have is that your cells are constantly dying and replacing themselves. There's essentially a hologram of cells going in and out of existence so it's pretty trippy when you think about it, with that being said, okay the question is if I'm getting new cells all the time, why do I stay unwell? The reason you stay unwell is because buying somebody a new car doesn't make them a better driver, right. If I buy you a brand new car but you still don't know how to drive, you can still crash into a wall, you can still get into a car accident and it will never be the car's fault, it will be the driver's fault. So until we change the message that we're sending to the cells, we don't change their function. So if we're constantly sending the cells a message of stress, a message of anxiety and anger and frustration then the function that they're gonna carry out is gonna be very different. They're gonna carry out a function that corresponds with that emotion or with that environment. Whereas if we take those same cells and present them with a different set of information, different emotions like oxytocin for example then guess what those cells are gonna carry out a different set of functions, same cell, different function so what we send to the cell as a message completely changes not just our physiology in one organ, in every organ because when I

increase hormone production it just doesn't go to one part of the body, it goes to every part of the body. So we can globally change physiology by changing our emotional health, we can globally change physiology by changing our environment, we can globally change physiology by you know tuning in to our body instead of blaming it and actually communicating with it and serving it and giving it more of what it needs and getting rid of the things it doesn't need.

Stephanie Dodier: I think that's brilliant, there's so many things we can talk about I have to restrain myself but one last thing is, how do we change the message to the cell? How are our thoughts interacting with our cells? Can you talk a little bit about that.

Dr. Sachin Patel:

Yeah if you're stressed out, let's think about what happens, the information is gonna come from our five let's say six senses and so when that information comes in, it goes to the part of our brain called limbic system, the limbic system is where we store our past emotions and fears and experiences that's where people store phobias and irrational fears or if they were traumatized as a child, this is gonna be very very deep in the subconscious brain not in the conscious brain, the subconscious brain and a lot of that information was programmed between the age of 0 and 7 so a lot of us have outdated software, right and so that's why a lot of people feel so unpaired because their subconscious programming was programmed when they were very young. My subconscious programming was programmed without, there were no laptops, there were no computers, there were no cellphones, you know there's no Facebook, none of these things, right. Subconsciously don't even know how to interact with these things and pair emotions with these experiences because we're learning these things at a conscious level now as adults. Let me just backtrack, the subconscious brain is very very important to understand and so what happens is that visual field, the auditory field, the sensory field sends information, goes to the reptilian brain, the reptilian brain says then, is this fight or flight or are we good and if it's fight or flight it immediately sends a message down the sympathetic chain ganglia so immediately produce a physiological response then about a second to two seconds later, the pre-frontal cortex which is our thinking brain that's when we get the message. So if a lion walks into this room, I will react before I would consciously know what I'm reacting to because my brain protects me in those kind of situations.

So a lot of times people need to get that subconscious programming reassessed. So let's say that lion's around me, right, if my son was here, he would think that the lion was a cute, cuddly cat, he would walk towards it, same situation, different programming, right. I would run away from it obviously. Now in an adult, we have a response before we even know we're having that response and so what ends up happening is now we flooded our body with all these stress hormones, the function of our organs changes, so blood stops going to the gut, it starts going to the arms and legs, heart rate increases, blood pressure increases, reproductive function shuts down, immune system function shuts down because the white blood cell is not gonna save you from a lion right, so our body goes into this intelligent change to increase our chances of survival but nowadays there's no lion, it's just an emotion, it's just a thought, it's just somebody's voice that you despise and you can't stand right, whatever the case might be or it's a bill that you opened up so the stressors are different. Now in the past what would happen is we could go through the stressor if the lion was chasing me or (Inaudible 34:50-34:51) tiger were chasing me, I'll be dead, right. So my body would not be able to keep up with the lion and I'd be dead or I will survive and I would have tremendous amounts of gratitude, right. I'd flood my brain with endorphin and oxytocin and that would promote healing and decrease inflammation it would undo that stress response but now we don't have that. So you go home, the lion's been chasing you all day on the treadmill, you go home it's traffic, you're stressed out, now you gotta cook food so that stresses you out, your husband comes home late so that stresses you out, you don't communicate well so that stresses you out and the only time you de-stress is while you're sleeping if you get into a deep state of sleep. So this is the daily life of the average person, they stay constantly in this sympathetic state and they never tap in to the beautiful state of parasympathetic which is where all the healing and repair and regeneration takes place. One way to stimulate the parasympathetic system is through deep breathing another one is humming because it stimulates the vagus nerve, gargling also stimulates the vagus nerve and so there's ways that you can stimulate vagal tone in order to then get you from fight or flight state into the relax state. Now one thing I said earlier is that our 36:01-36:02 where our subconscious brain stores all the information, for some people they actually need to get that reprogrammed and the way to do that is through hypnosis, so through hypnosis you can kinda tap

into the subconscious brain and reprogram it, reprogram your fears, reprogram your emotional connection to certain things that have happened in your life or certain people that have done certain things to you so when that person's name comes up you don't go into that whirlwind of stress right or when that spider appears in the wall, my wife is arachnophobe, so when the spider appears in the wall you don't flip out, right and so this is something that often overlooked is hypnosis, it can be powerful for some people with bad programming.

Stephanie Dodier:

I think it's brilliant, I've never heard of that, thank you for sharing that. Meditation could also be a tool to shift you from one state to the other.

Dr. Sachin Patel:

Yes let me comment on that, I'm glad you brought that up, so what happens is we create this stressed state and then we try to meditate, right, we're actually putting out the fire so it's like the emotion is adding fuel to the fire and then we're using meditation or tai chi or chi kong, deep breathing as a fire extinguisher. The idea is not to start the fire in the first place and that's where the deeper subconscious, hypnosis things like that can prevent that fire from starting in the first place.

Stephanie Dodier: It's treating at the root cause as oppose to managing.

Dr. Sachin Patel:

Exactly and meditation, yoga these things were not created as stress management tools, that's not their intention, you know when these things were created people didn't have the stress that we have today, right. We have a hundred times more stress than our grandparents did. They were created, I mean they're very effective because they're all centered around the breath that's why they work because they increase vagal tone but they were created to raise our consciousness, right. Yoga means union, union with yourself, right, not fire extinguisher to put out the stress of the day that's not what it means so how we use these tools matters and that's something that's can be often overlooked. If you're doing deep breathing or meditation for half an hour but then the rest of your day is super high stressed, you're not gonna get anywhere, you're

gonna blame the meditation, meditation doesn't work or yoga doesn't work and certainly works while you're doing it but then if the rest of the day you're under stress, that's not gonna work, you just have to change your perception of your environment first if you ever expect yourself to get well.

Stephanie Dodier: Brilliant, that's exactly what I say all the time, change your perception first instead of managing your stress. This interview has been very powerful and I thank you for it, Sachin. Now how do people get hold of you?

Dr. Sachin Patel: Well, there's a few ways, if you wanna follow me you can certainly go to facebook, you can go to [facebook.com/sachinpatel](https://www.facebook.com/sachinpatel) or I think it's Dr. Sachin Patel, I'll share that with you. The best thing you can do is actually join our 30 day program so our 30 day program is called 30 ways in 30 days, the website is www.30in30.org, it's absolutely free and I say it's free because it's priceless. You know there's tons of valuable information in there, you know our goal is to keep you out of our office, there's millions of people that are sick, I'll never be able to help them individually but by giving away free tools and resources like this, it helps me reach more people and help more people and what ends up happening over those 30 days is you'll get a short video with me in it and I'll share with you some of the tips that I practice on a daily basis, some of the things I often find myself telling my patients and I want you to go through this and we find that 80% of the people who go through this resolve their issues and the other 20% might need our help so they might need further lab testing or further evaluation or investigation but majority of the people can address and eliminate a lot of their health issues just by taking ownership and learning about how their body works. So it's like driving school for your body if you will and again we just teach you how to do that on a daily basis over the next 30 days and then you get all these valuable information hopefully that keeps you out of my office but if you need our help we are always ready to help and for those people who are looking to take immediate action, you know they know they're doing a lot of things right, but they need the right testing, the right workup, they can go to www.iamproof.com and that will then take them right to our scheduler and they can schedule a consultation with one of our practitioners if they want.

Stephanie Dodier: Ok, I will put all of those link in the show notes. Two things, I'm on the link right now of your 30-in-30 and I just learned the timer to my WiFi so I'm going there this afternoon to buy a timer to put on my wifi so it's an awesome program, ladies you have to do it, it's brilliantly done as everything you do and I will put all the link and people in other country like United States or either provinces can work with you online?

Dr. Sachin Patel: Yep, so we have two offices, one in the US and one in Canada, in Mississauga, Ontario and our US office is in Ohio. We can work with people in any province or any state. The testing that we do is functional testing so it's stool, urine, saliva, we can ship those kits directly to you, we can work with you on Skype or over the phone. We provide a consultative service so we don't have to physically, necessarily see the patient and we assume that the patient has an existing medical practitioner locally that's doing physical on them, taking their blood pressure and all those kind of things, so we can layer on top of that, we don't replace your family practitioner just to be clear.

Stephanie Dodier: I highly recommend if you wanna work with a functional medicine practitioner, he is the man to help you or his team is so thank you very much for your time that you spent with us this morning and I hope we can do this again in a few months when you have a new topic we can talk about. Thank you for your presence.

Dr. Sachin Patel: Sure, my pleasure, thank you.