

Physician, Heal Thyself

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physician, heal thyself

walking the talk

physician, heal thyself

- defining the problem – the what vs. the why
- perception vs. truth – changing our minds
- ideology/theory – why, what, when, how
- practical strategies for success

“ NORMALLY WE DO NOT
SO MUCH LOOK AT
THINGS AS OVERLOOK
THEM.”

– ALAN WATTS



burnout

low professional/*life satisfaction*

mental health: anxiety/depression/suicide

substance abuse

the problem



“An unexamined life is not worth living.”

– Socrates





what

is your

why

are you living the life of your dreams ?



– Lao-Tzu

he who understands
other is wise

he who *understands*
himself enlightened.

the question

are you willing to
answer the call?



“We must be willing to get rid of the life we've planned, so as to have the life that is waiting for us.”

– Joseph Campbell





inertia

the power of intention vs. action

competing intentions

opportunity everywhere
framing/reframing (into the positive)

simple

foundational theory



what gets in the
way ?

Newton's First Law of Motion:

a body in motion will stay in motion,
a body at rest will stay at rest

inertia





competing
intentions



the ~~promise~~ lie
of tomorrow

procrastination



“The difficulty lies not so much in developing new ideas as in escaping from old ones.”

– John Maynard Keynes



“If you can change your mind, you can change your life.”

“**Belief** creates the actual fact.”

– William James,
the father of American psychology

1. consciousness
2. simple
3. small steps
4. action
5. the power of *now* – “never later”
6. support
7. accountability

the solution



1. consciousness

2. simple

3. small steps

4. action

5. the power of *now* – “never later”

6. support

7. accountability

the solution



“Transformation is the process of becoming conscious of the many levels on which we make our choices and learning to recognize what it is we create as a result of our choices.”

– Caroline Myss, PhD,
The Creation of Health



1. consciousness

2. simple

3. small steps

4. action

5. the power of *now* – “never later”

6. support

7. accountability

the solution





“If your mind isn't clouded by unnecessary things, this is the best season of your life.”

– Wu-Men

1. consciousness
2. simple
- 3. small steps**
4. action
5. the power of *now* – “never later”
6. support
7. accountability

the solution



1. kaisen

2. 3-foot tosses

3. lower the bar

small steps



1. consciousness
2. simple
3. small steps
- 4. action**
5. the power of *now* – “never later”
6. support
7. accountability

the solution





action,
action,
action

be the shark

1. consciousness
2. simple
3. small steps
4. action
- 5. the power of *now* – “never later”**
6. support
7. accountability

the solution





what are we going to do?

something

when are we going to do it?

now



there is no

tomorrow

1. consciousness
2. simple
3. small steps
4. action
5. the power of *now* – “never later”
- 6. support**
7. accountability

the solution





“Information is not what patients need; they need *inspiration*, **they need love**, they need that *spiritual component*.”

– Bernie Siegel, MD

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the solution



“Truth is what works”

– Buddha





“The privilege of a lifetime is being who you are.”

– Joseph Campbell