

Dr. Patrick Gentempo

The Power of Philosophy

PODCAST SHOWNOTES

Today's show is all about philosophy – specifically, creating a “health philosophy.” Our guest, Patrick Gentempo, talks about using philosophy as a tool for success and achievement. He has a TEDx talk called “Unleashing the Power of Philosophy” and has been published in *Forbes Magazine* talking about the importance of having your own philosophy. Dr. Gentempo tells us that “Everyone has a philosophy. The only question is whether they know it or not.” Today we're talking about defining our health philosophy and using it to lead the lives we want to live.

Patrick Gentempo is the CEO of Action Potential Holdings. He has been referred to as “the Philosopher-Entrepreneur” and is hugely well-known and respected in the world of health, wellness, and business. While practicing as a chiropractor, he co-developed innovative diagnostic technologies for which he received patents. These technologies are used by many thousands of chiropractors throughout the world. He is one of the most recognized names in the arenas of chiropractic and wellness and is a highly sought after speaker for major conventions.

This is a topic that we've never discussed on this show. Let's dive into this idea of “health philosophies” and help me understand this because I had some trouble with Philosophy while at UCLA.

I think it's critical that everybody know that you already have a health philosophy. However, if we don't have this foundationally thought out, then it's hard for us to stay on the path that will lead to the results we want.

When people hear “philosophy,” they think about old guys in robes, but that's not what we're talking about. What people don't understand is that philosophy is a practical tool for success. I'm talking about “having you lose weight” practical, “putting dollars in your pocket” practical, “having a better relationship” practical... If we just spent a little time organizing our philosophy, it can be transformative.

We DO all have this health philosophy and people fight about it all the time. Think about the Paleo/vegan wars!

Definitely. We see this everywhere in health care! There are philosophies in chiropractic care versus homeopathy versus acupuncture versus traditional medical thinking... All of them have a different context and philosophy. I think it's important for people to understand what options there are, do some research, and then clarify what actions they should take.

It feels like it comes down to two camps: wellcare/health care versus sickcare. What's the difference between those?

In the United States, we have a health care crisis. We spend over \$3 trillion a year, and we're just getting sicker and sicker. I believe the biggest challenge is that our philosophy isn't pointing us towards taking care of ourselves and our bodies – we've chosen sickcare over true health care. I think it is absolutely transformative if people understand that there is a difference.

I've shared the story of my son being hit by a car before. I believe that a commitment to wellcare was the key to his survival.

Yes. What your son had at the hospital was crisis intervention – that's very important. Then there's something called “disease care,” and that's another subcategory of crisis

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intervention. Lastly, you have “wellness care,” which is very lifestyle-based and holistic. I have a friend who is a heart surgeon, and he highlights the point you’re trying to make. He once told me, “I can get anybody off of my table alive, but what determines if they’re going to make it out of the hospital alive is how they lived before they got here.”

So everybody is going to face some sort of critical challenge (like an accident or cancer). What we do with our daily lifestyles develops an assurance that we’ll be more likely to overcome these challenges. It’s all about how we live up until the moment that these challenges occur.

People often change their lifestyles after these challenges, but the reality is that they need to define their philosophies well before that.

We aren’t born to be sick or defective. Our body is born equipped with everything it needs to express health and well-being. If we’re *not* expressing health, then something is interfering with the program. I used to have a patient who complained of headaches, but she called them “normal headaches.” She told me that Tylenol would make them go away, so it wasn’t a big deal. I asked her, “Do you think the reason you’re having headaches is due to a lack of Tylenol in our blood?”

We don’t get sick because there are a lack of drugs in our system. We lose our health because something is interfering with the processes we are born to express health with. This could mean we’re not eating, sleeping, or moving our bodies properly. It’s important to stop and understand what we’re doing that’s getting in the way of our bodies doing what they do naturally.

Let’s talk about stress and how that relates to a healthy lifestyle.

People tend to assume that stress is always a negative thing, but there are three dimensions to stress – physical, biochemical, psychological – and they can be positive! Positive physical stress would be appropriate exercise, while a negative physical stress would be a car accident. Eating healthy nutrients is an example of a positive biochemical stress, while a negative biochemical stress would be the ingestion of toxins (like pesticides). Lastly, positive psychological stress can be found in the positive relationships around you – just think about how you feel when your son hits a homerun! Negative psychological stress can be found in financial problems or relationships that are tumultuous.

We all have these three stresses on an ongoing basis. Having a philosophy provides a framework that can help us increase the positive stresses and minimizes the negative ones. This can have a massive impact on our lives.

Most people have probably never thought about their health philosophy. Where would be a good place to start?

Think about each dimension of stress (physical, biochemical, and psychological) and write down one thing that you could do *right now* to help you improve the positive stress in each category. Then, write down the one thing you could do to reduce the negative stresses. Then get started on making those changes today!

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Any final thoughts?

Illness and wellness exist on a continuum. At this moment, you're moving towards one or the other. Be honest with yourself, and then make decisions that will help move you further towards wellness.

Make sure to visit www.patrickgentempo.com to learn more about Patrick and his approach to creating a productive health philosophy.

Listener Question:

Should I include healthy fats in my post-workout meal?

I wanted to address this question because it comes down to so many things: Should I do endurance cardio or burst training? Should I eat Paleo or should I eat vegan?

Well, the answer depends on what your goals are! What is your personal health blueprint? How do you want to live your life? Ideally, after you workout, you want to follow it with a great post-workout meal. Bodybuilders follow their workout almost immediately with a meal like brown rice and chicken because they want to restore their glycogen and protein. In this situation, fat can slow everything down.

However, those may not be your goals. If you're trying to maintain your strength, improve your overall health, and just feel better, then go ahead and have a protein shake and throw in some healthy fats as well. As we know, fat is very satiating, can help reduce inflammation, and improve your mood – so there's definitely a place for it. Again, understanding what your health philosophy is will help answer most of these questions.

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