



Incorporating an integrative approach into a standard GP consultation

(bridging the gap...)

*IPM Congress
London – June 29th 2023*

DR AYAN PANJA FRCGP





WHAT WE 'KNOW....'

WHAT!?!??

Diets and dieting

Both low- and high-carb diets can raise risk of early death, study finds

Eating a moderate amount of carbohydrates best for healthy lifespan, say researchers



Sarah Boseley
Health editor

Thu 16 Aug 2018
23.30 BST

13k

This article is over 6 months old

All News Health

Drinking Black Tea May Reduce the Risk of Early Death From Heart Disease, Says Study of Half-Million Brits

By Good News Network - Oct 29, 2022

Why drinking too much tea could be bad for your health as experts issue warning

Most of the side effects of drinking too much tea are due to caffeine, which can lead to headaches, anxiety, and nausea.

Bookmark

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Comments

By [Eve Beattie](#) Trainee Reporter

16:02, 20 OCT 2022

“Low-fat diets ‘better than cutting carbs’ for weight loss,” says BBC News. But wait, the Mail Online says: “Low-carb ‘is best for weight loss”. Confused?

Traditionally, weight-loss diets were based on the concept of eating a low-fat diet. But in recent years the idea of low or no carbohydrate diets, such as the Atkins diet, have become popular.

A new diet lab rigorously enforced either a low-carbohydrate or low-fat diet for 19 [obese](#) men and women over six days. The six-day low-carb diet led to more weight loss than a low-fat diet, but the low-fat diet looked more likely to lead to fat loss, which is generally better for your health. And losing fat tissue is generally better for your health. This means both the BBC and Mail Online are technically correct.

The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



Health A-Z

Live Well

Care and support

Home > [NHS Apps Library](#)



Low Carb Program

Categories: [Diabetes](#), [Healthy living](#)
Subscription required

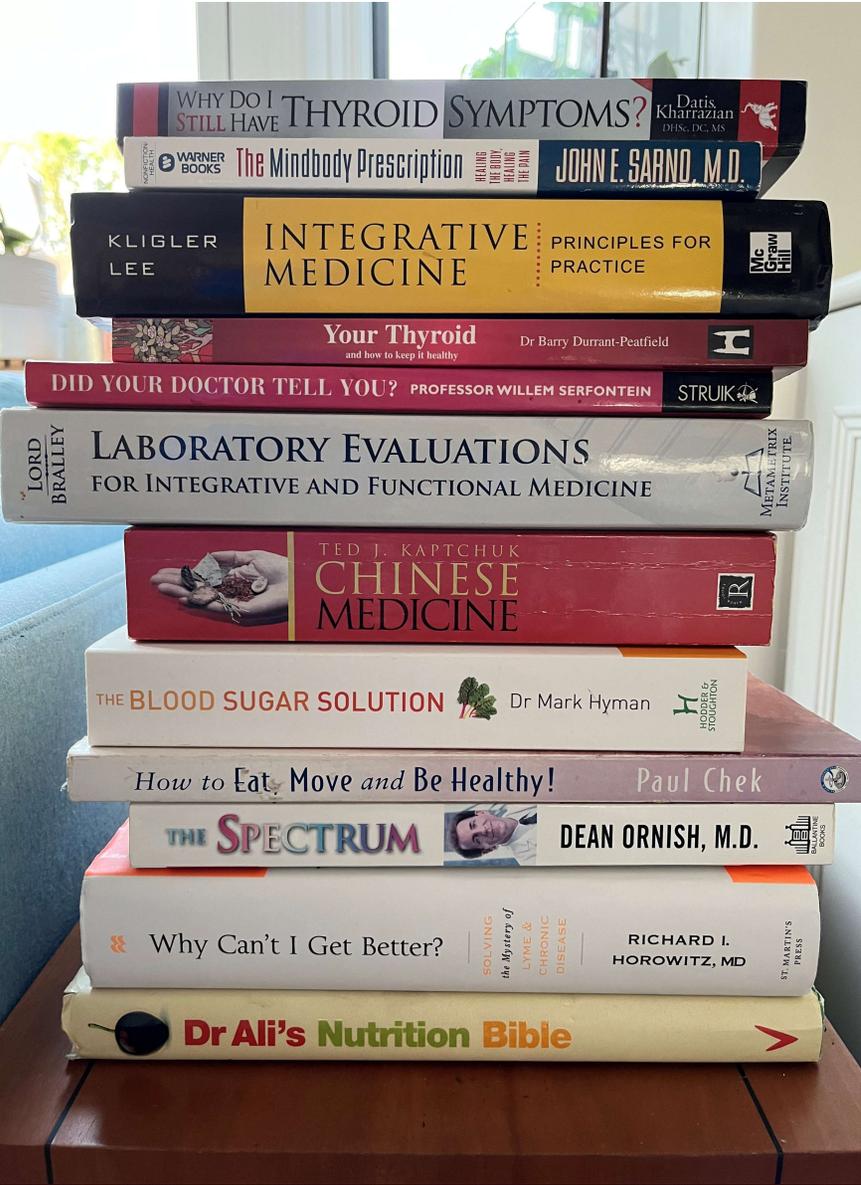
The Low Carb Program can help anyone with type 2 diabetes take better control of their condition.

Reduce your blood glucose and cholesterol levels and your need for medication using educational information and healthy recipe ideas.



1992-2023...

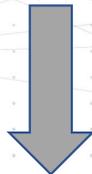
- Med school and hospital jobs 1992-2001 – curiosity with inadequate answers to my questions
- Dabbling in integrated health books from 1992
- GP training 2002 – opened my mind (communication)
- Listening, learning, experimenting in consulting room
- My own illness 2014/15
- AFMCP 2015
- Run Prescribing Lifestyle Medicine course 2017-present day
- Using this in clinical practice daily
- Book and podcast for the public



“LIFESTYLE”



BIOLOGY



HEALTH



ILLNESS



- “Lifestyle Medicine”
- **“LIFESTYLE” =**
BEHAVIOURS + HABITS
+ LUCK + ENVIRONMENT
- *What you’re born with, what you do, what happens to you and your surroundings*

It's not just 'Diet and Exercise'

Drivers of symptoms

- Food - nutrients (macro/micro)
- Movement – the right type
- Relaxation / mindset
- Sleep
- Environment
- Genetics



Systems Involved

- Gut / microbiome
- Immune system
- Endocrine system
- Nervous system
- Cardiovascular system
- Musculoskeletal system

System malfunction → Symptoms

Non-communicable
symptoms (e.g. headache,
weight gain, tiredness,
joint pains, heartburn)

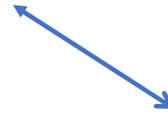
→ Chronic diseases (NCDs)

COMMON FEATURES OF NON-COMMUNICABLE DISEASE (NCDs)

OXIDATIVE STRESS



IMMUNE DYSFUNCTION



INFLAMMATION



System malfunction → Symptoms

Non-communicable
symptoms (e.g. headache,
weight gain, tiredness,
joint pains, heartburn)

→ Chronic diseases (NCDs)

HOW THINGS GO WRONG....

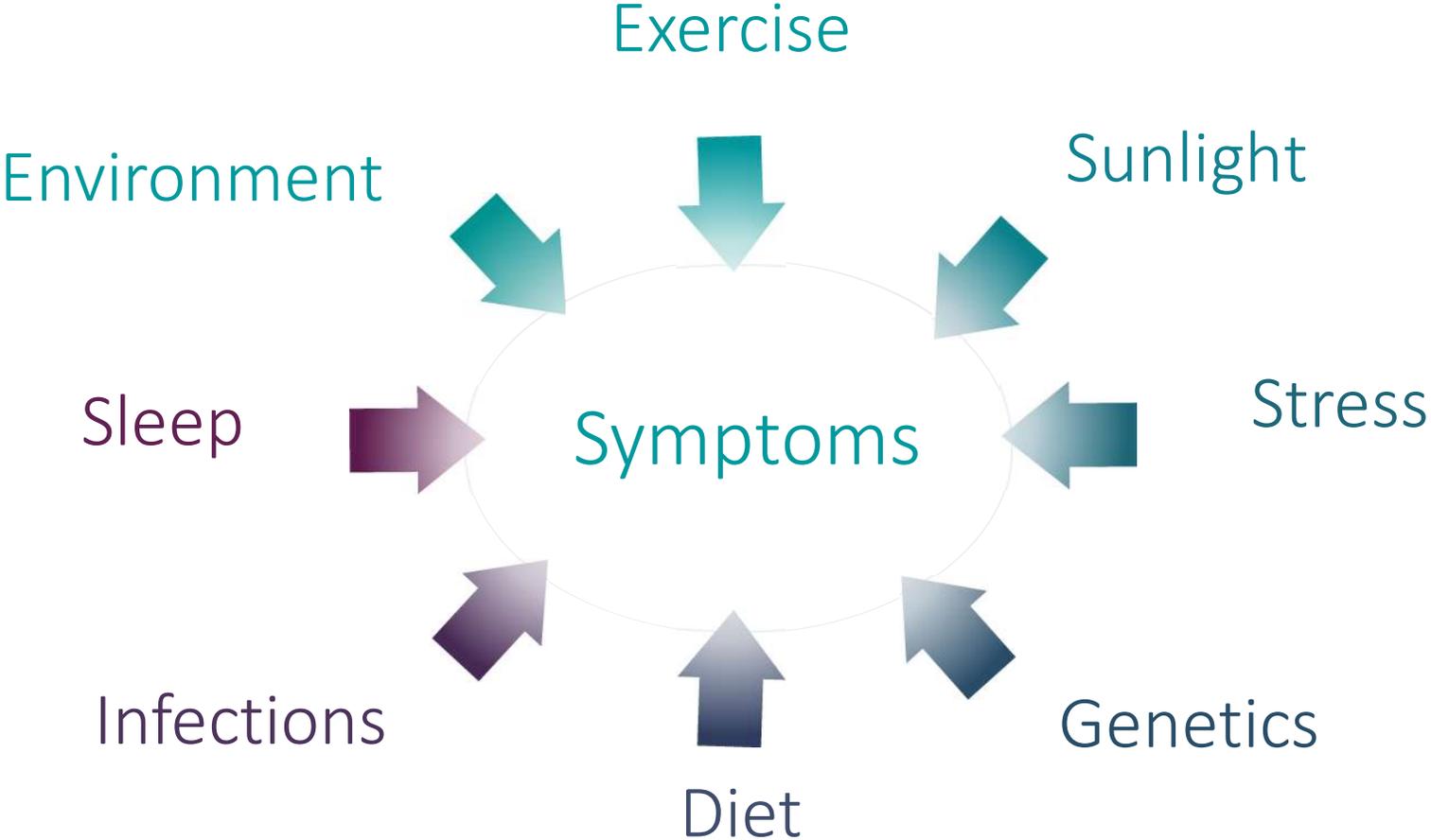


It starts with **YOU**

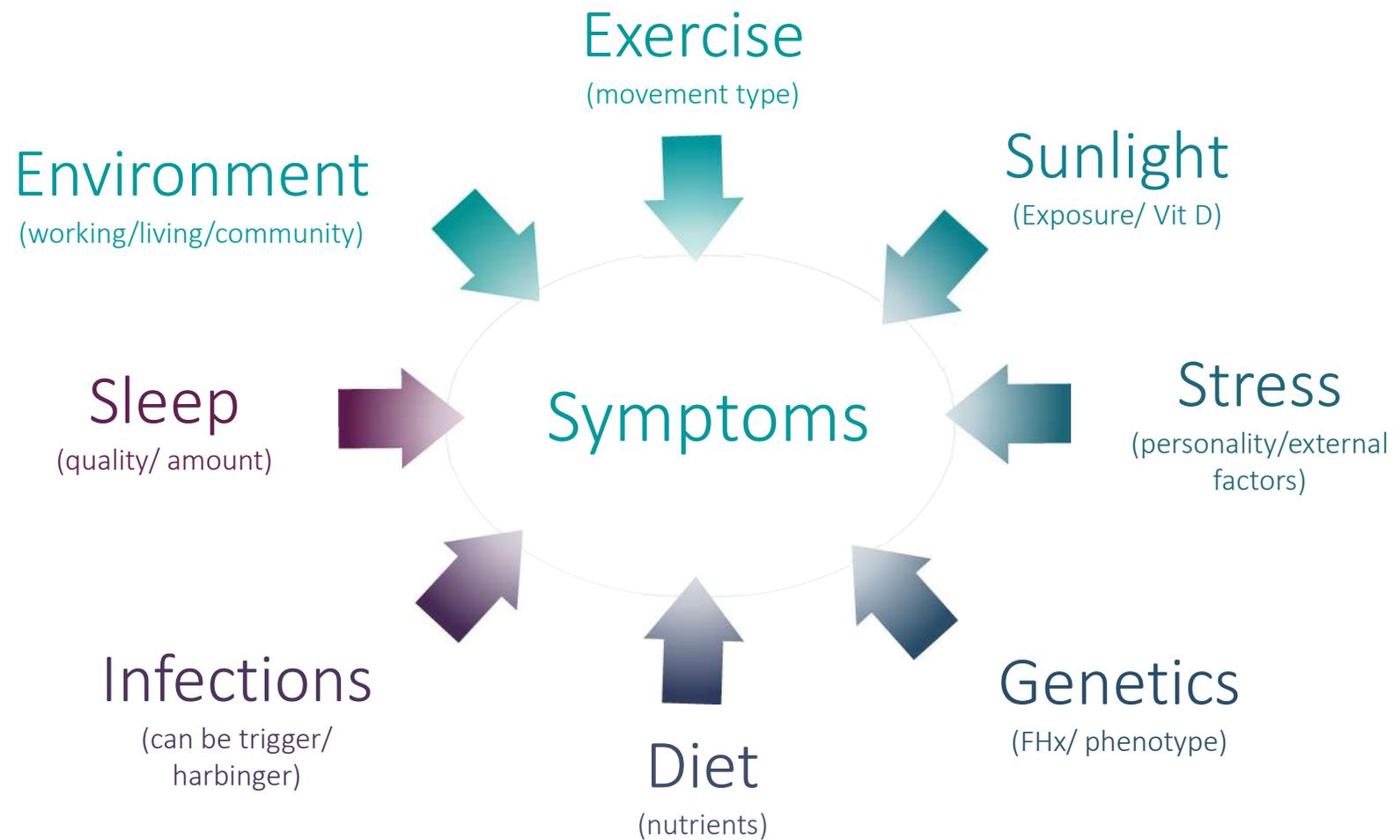
- What is your typical day like?
- What are the significant events in your life to date? (medical and other)



The Health Loop (aka Symptom Web) – turns what into why



The Health Loop (+ typical day + past medical history)



HOW?

WHAT?

WHEN?

LIFESTYLE PRESCRIPTION

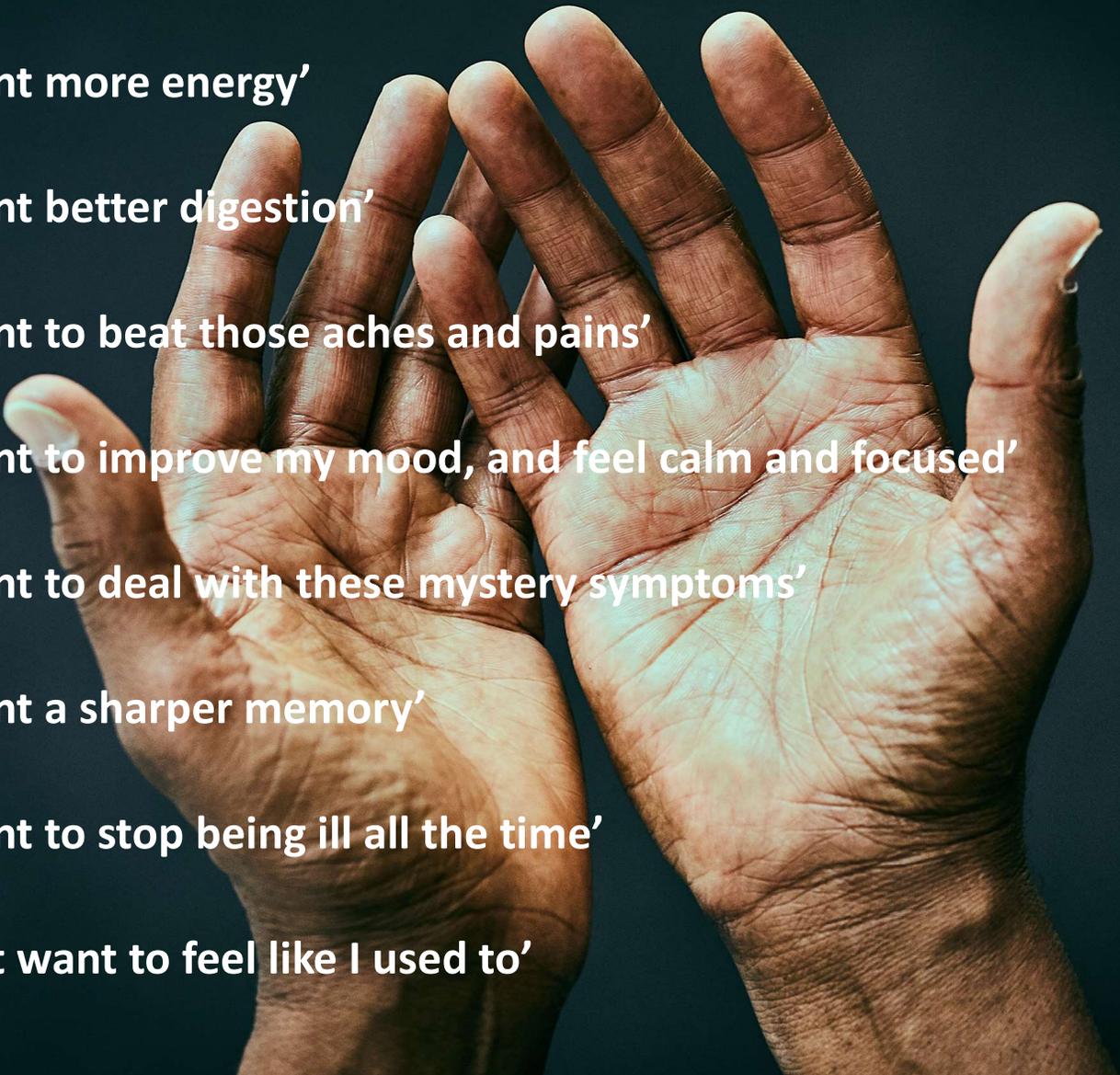
FOOD

MOVEMENT

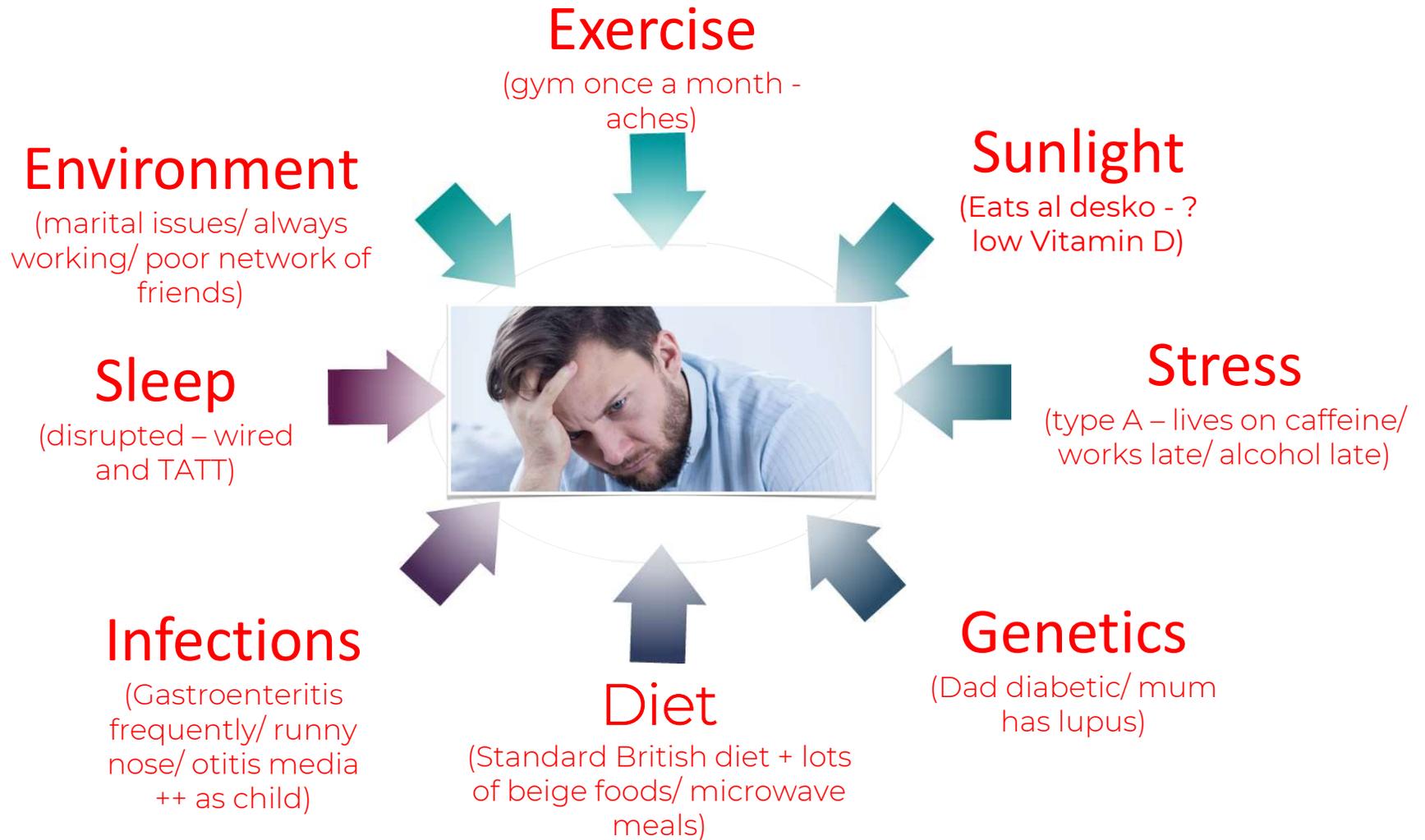
RELAXATION

SLEEP

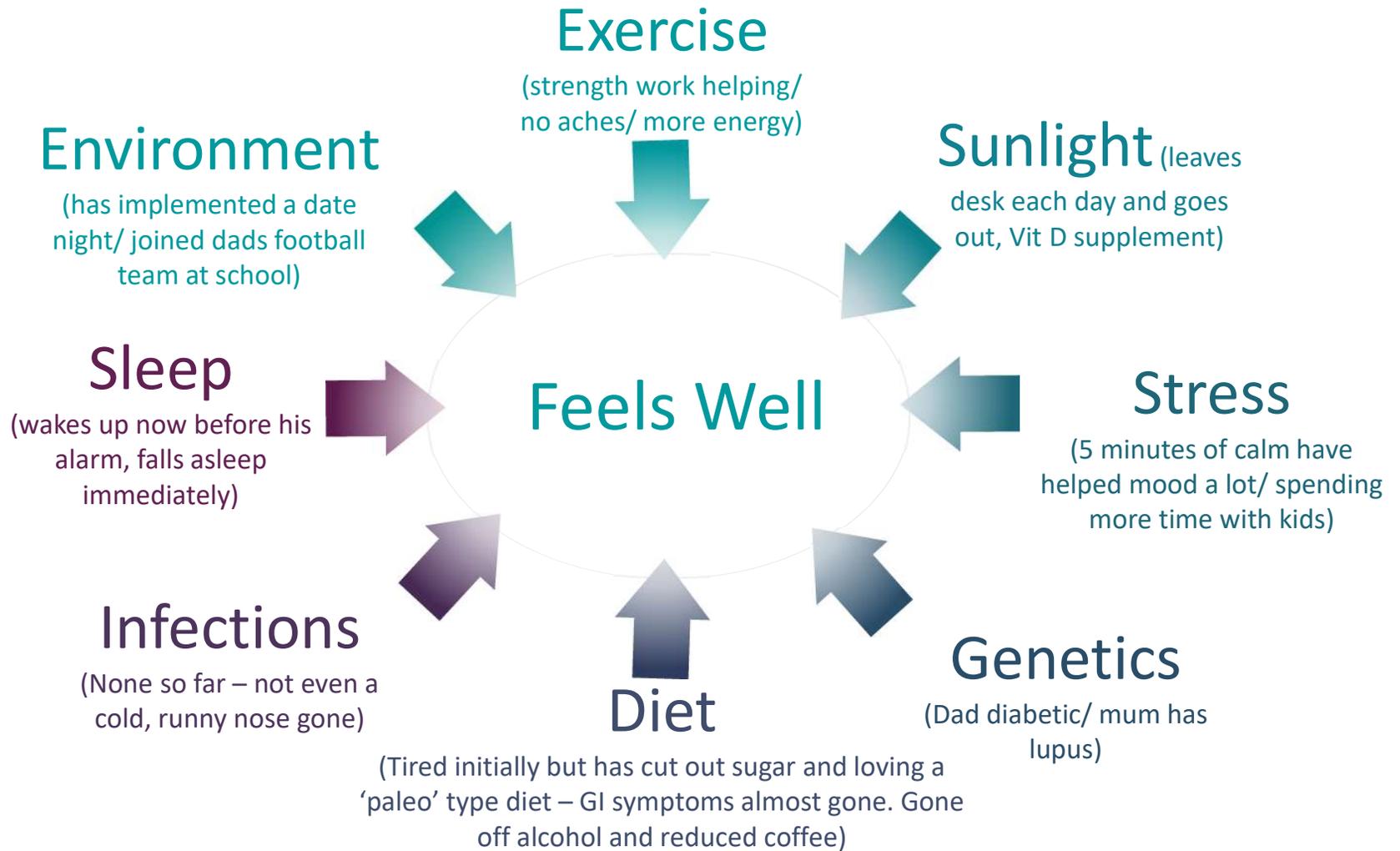
ENVIRONMENT

- 
- A close-up photograph of two hands held palm up, fingers slightly spread, against a dark, almost black background. The skin is a warm, brownish-tan color, and the intricate patterns of the palm lines are clearly visible. The lighting is soft, highlighting the texture of the skin and the natural creases of the hands. The hands are positioned centrally, with the fingers pointing upwards and slightly towards the left.
- 'I want more energy'
 - 'I want better digestion'
 - 'I want to beat those aches and pains'
 - 'I want to improve my mood, and feel calm and focused'
 - 'I want to deal with these mystery symptoms'
 - 'I want a sharper memory'
 - 'I want to stop being ill all the time'
 - 'I just want to feel like I used to'

David's Health Loop



David after 6 weeks



What does the science teach us?

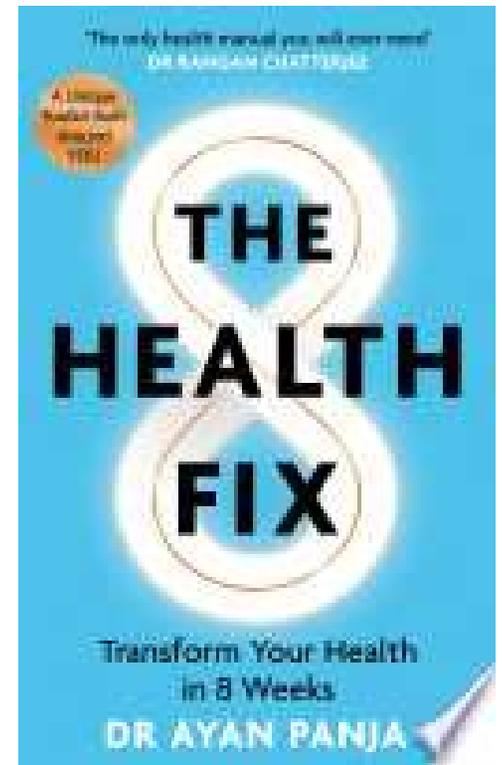
- It shows that systems biology and lifestyle medicine is key in improving health and wellbeing
- That 'soft' habits or interventions can have large effects on health
- That despite good evidence on population health, interventions can be tailored both biologically in terms of motivation and behaviour change to the individual

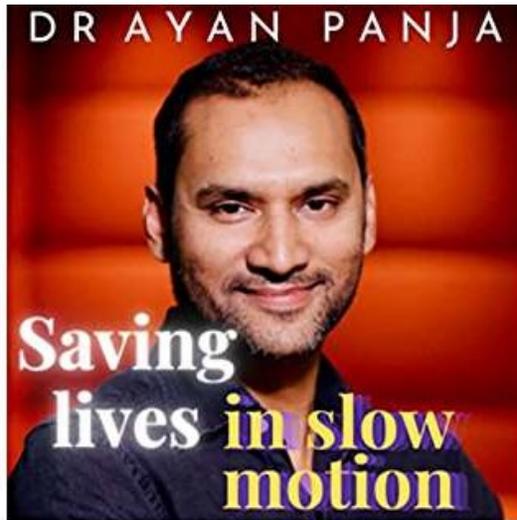
Takeaways for true personalised care

- General rules for good public health are pretty sound (exercise, 5-a-day etc).
- But on an **individual** level we sometimes need a different lens
- Lay out the patient story using **The Health Loop**, your **typical day** and **past medical history**
- Look for clues
- Gauge where the patient is at and start there. How ready are they to **change**?
- Remember **How? What? When?**
- Agree to start **simply but daily** – go for quick wins
- Use the wider team for their expertise (health coaches, social prescribers)

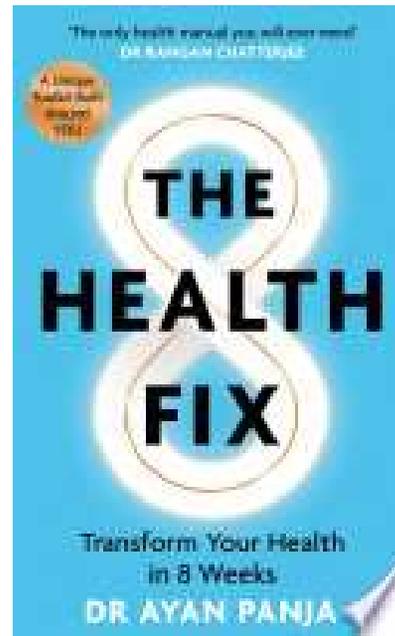
Behaviours & Biology takeaways

- The IDEAL framework (Identify, Define, Engage, Activate, Look back)
 - Be aware of your monkey brain
 - Avoid your known triggers
 - Practice self-compassion
 - Understand that adult behaviours are often deep-rooted from childhood
-
- Hydration
 - Move whenever you can
 - Get outdoors each day and get some morning light
 - Eat 'real food' – nutrient dense, high fibre
 - Stop and create active 'down time' – even a 1-minute recharge can help
 - Wake up same time each day and get to sleep early if you can
 - Never sweat the small stuff (see above re: monkey brain / triggers)





Podcast



Book



Course

