

**Introduction to the Weekly Patient Support Webinar**  
**A Way for Dr. Gant's Patients, Guardians and Family Members**  
**to Stay in Regular Contact in the Privacy of Your Home and Get Support for**  
**Sometimes Difficult Lifestyle Changes Required to Get and Stay Well**

**Time:** Every Monday 8PM EST (barring holidays, vacations, illness etc.)

**Starting Date:** July 26<sup>th</sup>

**Coordinator:** Howard Jamison

**Presenter:** Dr. Charles Gant

**Place:** Your Computer(s) location(s). However, you don't absolutely need a computer to participate, as you can simply call the phone number provided after you sign up and listen to the discussion. The computer link will allow you to see the visual part of the presentation on your computer and to easily notify the coordinator that you would like to make a comment, either typed or as a voice comment so they can unmute you. Those who participate by phone will be given the opportunity to talk at the end, but most of the time you must be necessarily muted throughout the presentation as we can't have everyone speaking at the same time, or risk a cacophony of sounds and voices.

All participation is voluntary of course, but Dr. Gant's patients are strongly encouraged to participate as this gives you an opportunity to keep in regular contact with him. If you would like more information contact Laurie at 202-237-7000 X 120.

**Weekly Support Webinar Philosophy**

**By Dr. Charles Gant**

All human beings are fallible! We are all 100% incapable of perfection, in devising an on-going program of health and wellness, or in any other dimension of our lives. But this should not prevent us from trying! And furthermore....

***“Our greatest fear is not that we are inadequate, but that we are powerful beyond measure [but still imperfect – my insertion]. It is our light, not our darkness, that frightens us.”*** ~Williamson, Marianne (1996). *A Return to Love: Reflections on the Principles of A Course in Miracles*. New York: HarperCollins. (Quote often misattributed to Nelson Mandela)

When we seek healthcare, we are usually assessed by a professional and recommendations are provided. Our healthcare provider naturally assumes that we will follow their recommendations to the letter. We may even be grateful enough for the information, and ideally use our relationship with our practitioner as a coequal, ***adult/adult*** interaction, to take responsibility for putting their recommendations into action.

Like most practitioners, I can boast a 90+% rate of success for patients who persevere in this way. These are the patients we doctors all fondly remember when asked how our clinical outcomes stack up. Sometimes however, our patients do not follow our instructions. Any life change can be scary, and engaging in a healing process, however positive and self-enlightening, can be an extremely frightening prospect. ***“It is our light, not our darkness, that frightens us”*** (quote above). Out of fear of change and success, old rationalizations and justifications often surface which usually stem from childhood when we were forced to gag down pills, get shots, endure unpleasant attention from big people in white coats and told that we were undeserving in some way of all this attention and care. For instance, a high percentage but almost always ignored cause of high blood pressure is nothing other than “white coat hypertension” – get rid of the doctor’s office and the white coat and the blood pressure comes back to normal!

What is more self-defeating, is the emergence of our “inner child” voice, which generates all kinds of fearful resistance. A week never goes by without one of my patients suggesting that there are too many nutritional supplements to take (at most, the food volume is equivalent to only one banana a day!), or that treatment is too expensive (cancer, rapid aging or serious medical and psychiatric problems are cheaper?!), or that my practitioner only greedily prescribed supplements because they had cut a deal with

the suppliers and manufacturers<sup>1</sup>. This inner, sometimes paranoid voice *is* our scared inner-child dreaming up justifications to not step up to the plate like an adult, risk failure and rejection and give healing our best shot! I know, I have an inner-child-whining voice too, which pops up every time my orthopedist recommends more surgery on my genetically damaged hips!

In psychodynamic terms, the ideal **adult/adult** interaction with our practitioners is based on mutual respect and an equally shared role in decision making. However, this relationship is more likely to assume a “Father-Knows-Best/Marcus Welby,” **parent/child** transaction. If we don’t follow our parent-professional’s advice to the letter, our parental, healthcare professional proceeds to blame us, the child-patient, and starts calling us names like “non-compliant.” We child/patients then get to dream up something to blame our practitioners about to justify our resistance, like the examples above.

As suggested in the quote above, it is our innate, spirituality-based and powerful intelligence, whatever you want to call it, that we are mostly afraid of, so instead of asserting our own initiative which is in synchronicity with the so-called “higher power within”<sup>2</sup>, we project on our parental professionals that they are much smarter or even perfect and God-like, and we then make them responsible for our solutions. From a certain perspective, this is the core problem with the current so-called “healthcare crisis.” It’s all too often about a parent-child blame game which often kicks off conflicts between parent/doctor and child/patient, necessitating high malpractice costs. This approach is doomed to fail because self-responsible relationships are not happening. We professionals are all too willing to blindly assume that parental role and proudly

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<sup>1</sup> I own no stock in nutritional supplement companies and make no over-rides on supplement sales, although I have many colleagues who do and I am OK with that. Very few of them are tainted by this. I have allowed myself to be paid to formulate various supplements in the past, but have not done so for many years. Occasionally, my travel expenses to speaking engagements and other professional events are sometimes remunerated by purveyors of nutritional supplements sales, so that I can lecture about and support sales of certain brands which meet my expectations for quality control, safety, purity etc. The vast majority of nutritional supplements available in the marketplace do not meet such rigorous expectations, and they have caused side effects in my patients when they cut corners and buy cut-rate brands, a problem which I am very concerned about.

<sup>2</sup> A term used in 12-step programs like alcoholics anonymous, where it has been recognized for many decades that the fear of success and wellness is so great in fact, that a connection with something greater than our separate ego must occur if there is any chance for an abiding sobriety from alcohol and drugs.

inform our patients how stuffed up we are with life-saving knowledge. Patients in their child role and acting like children, want their cake and eat it too - to go on eating junk food, not exercising, resisting their “medicine” (or nutritional supplements), not sleeping well and living a high stress lifestyle, avoiding psychospiritual paths, and make the parent responsible if they don’t get well.

But even when our professionalism does empower our patients to discover their innate, spiritual potential to become well, that can nevertheless scare the living daylights out of anyone, and all kinds of resistance to getting well can emerge at some point in the healing process. Other typical excuses which frequently emerge are; “There’s too much happening at work, the insurance company is giving me a hard time, my spouse thinks it’s stupid ..yadda yadda.”

Let’s cut to the chase and quickly find a way to end this self-limiting game. My objective is to provide you with the best possible path to wellness. Anything I can do to empower you to take responsibility for your health supports that objective. Anything I do to disempower you to hold me responsible for your health will undermine that objective. This webinar series is about clearing out anything which can undermine your success and empowering you achieve it in the least expensive, safest and quickest way possible.

Certainly, as a physician who has practiced integrative and functional medicine and psychotherapy at a rate of about a 1000 patients a year for three and a half decades, I have learned how to apply some powerful tools of healing. But what does this matter for patients who are too afraid to use them? So just take it from me that “***Our greatest fear is not that we are inadequate, but that we are powerful beyond measure. It is our light, not our darkness, that frightens us,***” and when it comes to resistance and rationalizations, just recognize it as your inner child’s fear speaking and simply move on. Or, bring it up in the webinar so others can recognize their unconscious attempts to undermine their health.

The weekly support webinar experience is primarily focused around you pushing through this resistance, making commitments to change, sharing those with others,

flopping on your face occasionally, renegotiating these agreements, trying again and again, and going past the typical self-limiting excuses, rationalizations, justifications which is only our fearful inner child speaking, the part of us which got us or kept us ill in the first place. This webinar is simply about, one-day-at-a-time, putting one foot in front of the other, making one change at a time – like drinking enough purified water so you can detoxify (recommendation #5 in the list in the document ***Support for All of Dr. Gant's Past or Present Clinical Contacts*** which you should have).

Let's assume that most of the answers to your problems are already within you, and that I, as your doctor, should be devoting a significant portion of my time towards consulting you for the answers, and providing you with an opportunity for you to come up with your own plan of healing which you feel is right for you. This approach is the core philosophy in many modern fields of psychotherapy, which essentially promotes the following dictum: *The less I am parentally directive about putting my treatments into place and applying my "great knowledge," and the more effective I am in providing some basic information but then empowering you to authorize your own personalized plan which you can be personally responsible for, the better.* This not to say that I will stop being a physician, doing normal doctor stuff, writing prescriptions and providing treatment plans. I only want you, actually strongly encourage you, to assume a co-equal role in the decision-making with me, which is the adult-adult interaction, and which I am sure that in your deep spirituality-based core you would probably prefer anyway, regardless of how much this scares you.

So every Monday evening at 8 PM, barring holidays or other interruptions, I am going to take off my physician/parental/world's-authority-on-healing hat for an hour or so, turn over a new leaf, and assume that you are wiser and more powerful than we could ever have imagined when it comes to what you need to do to improve your physical health and wellness. We will mostly discuss what you believe you are willing to commit to with your diet, supplements, fun/recreation, "unhealthy" habits (AKA addictions – its OK, everyone has them), sleep schedule, prayer/meditation/spirituality, weight, agreements, stress levels, exercise, relationships and just about any other topic you want to address

that is listed in the document ***Support for All of Dr. Gant's Past or Present Clinical Contacts***.

I will spend a little time answering typical doctor-patient questions about your health issues like a physician is expected to do, so this is a free chance to have some contact with me. I may spend a few minutes outlining the list of recommendations and/or spend a little time going into more depth for a few of them. I may also restate a few ground rules, such as reiterating the confidentiality rules and using only first names (**Confidentiality Agreement Form** which you signed), but after that, I will change hats and let you (plural) decide what is best for you.

You set the rules for you, make your own goals in these areas, and see if you can stick to them. This webinar is about you. If you are not successful, that's perfectly OK, and you can set up some new goals for the next week and try that on for size. No blame games here, because we are all fallible<sup>3</sup> human beings brazenly<sup>4</sup> striving for improvement despite being incapable of perfection.

I expect all of my patients to challenge themselves even if it results in just minor lifestyle changes, which first of all means showing up on a regular basis. Otherwise I will assume that you prefer a typical, "Father-Knows-Best/Marcus Welby," parent/child-acting professional, and you want to see me more often for costly appointments. This webinar is free, because like unconditional love, the greatest things in life don't cost money. You already know that you could commit to eating a little less of that ice cream, or exercise a little more, or whatever, because you have been contemplating these issues for a long time. All you ever needed was a little loving, support to make it happen.

Come use this forum to find out how powerful and intelligent you are and always have been, but may not have given it permission to surface, because one-upon-a-time, those big people who forced healing on you in childhood forgot to mention how it is "***our light***,

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<sup>3</sup> See quotes above: All human beings are fallible! We are all 100% incapable of perfection, in devising an on-going program of health and wellness, or in any other dimension of our lives. But this should not prevent us from trying!

<sup>4</sup> Definition of ***brazen*** - marked by contemptuous boldness - a disregard for the rules.

***not our darkness, that frightens us.***” Make the changes you have been contemplating for a long time. I’ll even chip in a few of my own, because after all, doctors are fallible human beings too.