

# Patient Compliance

“One way to support your patients' understanding is to write out nutritional suggestions in a way that they can understand and articulate to others.”

How many times have you made recommendations and found out your patients didn't follow your treatment plan? One of the big keys to getting people well is to help them help themselves. If they don't understand why they are following your treatment plan, chances are pretty good they won't follow it for long, especially if they are paying out of pocket for the therapy you're suggesting. For me, anything that solidifies your patient's understanding of your treatment plan is worthwhile. One way to support your patients' understanding is to write out nutritional suggestions in a way that they can understand and articulate to others. When a patient is in your office, and you are telling them why you want them to take supplements, they may shake their head like they hear you, but in reality, they are wondering, “How long is this going to take and how much is this going to cost?”

I hope you understand that many of them are not really listening to the reasons you are articulating regarding why the nutrients will support their body's recovery time. And if



they have a mate that doesn't believe in natural therapies, chances are they won't follow your recommendations very long. But if you can find a way to help them defend what they want to do, they can defend their position and follow your recommendations.

I want to share a form that I developed to emphasize why my patients should follow my nutritional recommendations. You can click to the right to download a copy. Feel free to put your practice information at the top to personalize it.

First start with the goals.

Let say your goals are:

1. Immune Support
2. Thyroid

3. Reduce diarrhea
4. Reduce burping, bloating
5. More energy

List them in order of importance. Now, as you explain why they are taking the supplements, put the number of the goal in front of the supplement. The benefits could be direct or indirect. For example, Bio-Immunozyyme Forte is clearly for immune support. However, it has nutrients that support thyroid function as well as gut health, and the B-Vitamins will support the Krebs cycle and assist with energy production.

Look at how I filled this out.

Bio-Immunozyyme, 2 tid, supports goals 1,2,3,5.

Reinforce the plan by verbally

connecting the goal with each supplement. For instance:

1. Immune Support

2. Thyroid, etc.

- Bio-DK Mulsion, 5 drops, support goals 1,3,5
- GTA, 2 bid, supports goals 1,2,5
- Adult ENT-Pro, one upon arising one at bed, supports goals 1,3,4,5
- Hydro-Zyme, 2 with each meal, take in the middle of the meal, supports goals 1,2,3,4,5
- Berberine HCL, 2 twice a day, supports goals 1,3,4,5.

Under additional recommendations, lay out a possible plan for 30 days. i.e. if you don't see significant improvement in 30 days, we will do bloodwork or food sensitivity testing to look for deeper causes.

Take a few minutes to read through the dietary guidelines.

- Eat foods that will rot or spoil, but eat them before they do. Foods that will rot or spoil do so because they support the life of the bacteria, yeast etc. If foods won't support their life, those foods won't support yours either.
- Eat foods with as much color as possible. They contain more antioxidants.
- Chew food well (20-30 times per bite).

- Do not overeat. It overloads digestion. Smaller and more frequent meals are best.
- Try to eat 10 servings of fruits and vegetables each day.
- Never combine sugars with proteins. Desserts, fruits, etc. should not be eaten within 60 minutes of a complex meal. The best between meal snacks are raw fruits, vegetables, nuts, and seeds.
- Eat animal source foods in moderation.
- Drink at least 6-10 tall glasses of pure water daily. Most overeating occurs as the result of dehydration.
- Avoid hydrogenated fats, preservatives of artificial colors, and foods that cause reactions, like wheat and dairy.

Now, ask if they have any questions. I know this might seem like a basic introductory concept, but taking a few minutes to solidify your recommendations will ensure that these recommendations are followed. People don't get chronically ill overnight, and healing takes time as well. If they don't follow your suggestions, the chances of achieving the wellness lifestyle they want are reduced.

Thanks for taking time to be with me today. I look forward to being with you again next Tuesday.