

Simple Ways To Improve Patient Compliance

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If there was ever a Tuesday Minute your staff needs to watch, this is it. Let's look at a few simple and practical ways to increase patient compliance. Sometimes patients will voice a physical reaction to a nutrient or experience a problem when taking certain nutrients. Patient reactions may sound like complaining; but really, it is valuable information, information that will help us unlock their condition.

When a patient tells me they have a negative reaction to a food or supplement, my response usually surprises them. I tell them "that's great, that's a big key to your health; let's find out what is causing that reaction and fix it. Once we fix that, other parts of your body will work better."

Here's an example of a common nutrient reaction. "I can't take that oil because I burp it up. And that fish oil, I



taste it all day." This is an easy one for most of you because if someone becomes nauseous or is uncomfortable after ingesting healthy oil, it means they are not emulsifying their fats properly. The oil, even though it may be a healthy fat, is being added to an already "compromised" GI tract. Think about it, if someone can't break down healthy oils, they may not be able to emulsify their fat soluble nutrients like vitamins A, D, E, K or Coenzyme Q10.

The solution: Once you are certain the oil isn't rancid, have the patient take it with food along with a supplement to help healthy bile flow like Beta-TCP from Bi-otics. Beta-TCP contains organic beets, taurine, vitamin C and pancreatic enzymes. To start, use 2 with each meal for a week, 3 with each meal the following week, then 4 with each meal for a month. If the gallbladder has been removed, use a product with bile salts like Beta Plus.

Here's another reaction, a patient getting nauseous

from taking minerals especially manganese or iron. When I hear this, I immediately suspect a low level of stomach acidity. I supplement with a hydrochloric acid supplement like Hydro-Zyme or Betaine Plus HP. I also cut mineral dosage in $\frac{1}{2}$ or even $\frac{1}{4}$ for a week or two before I increase to what I had recommended.

Have you ever given supplements to a patient, changed their diet and they feel worse? I have. This response is generally a food withdrawal reaction or giving too many nutrients too fast. Patients poison themselves with junk food; and when they stop eating the toxic food, they experience withdrawal.

The first thing we do is stop all their supplements for a few days but keep them on the diet suggested, drinking at least 10 glasses of water a day. Have the patient come in and teach them how to use the Modified Coca Pulse Test. You can see the full explanation of the technique below. This provides a great opportunity to teach patients how to assess if food or a nutrient is causing a sensitivity reaction. Once the supplements have been screened for allergic sensitivities, give them one supplement for a few days, monitor their reactions, then add other supplements one at a time, monitoring each.

Another point to consider is that sometimes patients have reactions from the solvents used to make nutrient extracts. Many products in the market place contain binders and fillers which can add grams of foreign material to the GI tract. That's the beauty of working with Biotics Research Corporation. They go beyond good manufacturing

practices; and although it's not federally required, Biotics test for solvents and other adulterants most companies do not look for. In addition, Biotics nutrients are free of gluten, dairy, soy and yeast. As a result your patients will have far less reactions.

Most patients can swallow capsules easily; but for that patient who says "I can't take pills," here's a technique that can help. First, make sure the patient is aware that you are asking them to take concentrated food, not a drug. Because nutrients are not drugs, they don't present any danger. For some patients, a pill may have gotten stuck in their throat at some point in their lives. So I ask them to put the nutrient or nutrients in their mouth, drink some water and then swish long enough until they are completely soaked. Then imagine the nutrient or nutrients going off a waterfall and landing gracefully in the stomach.

Unless individual amino acids are recommended or enzymes are being taken to reduce inflammation, nutrients are preferably taken with food and in the middle of a meal.

When helping patients, recognize that wellness is a journey. Sometimes our patients experience things that may cause temporary discomfort but in reality are the very clues we need to help them get to the next level. We can't take responsibility for their poor life choices that result in their ill health, but we can be there as a coach and a detective to help them take back that lost ground and gain new momentum.

Thanks for reading this week's Tuesday Minute edition. I'll see you next Tuesday.