

VIDEO_ Physicians for Ancestral Health

Dr. Henriksen: It started about five or six years ago. We, a few doctors got together and we realized there was a space for a group of physicians to really network communicate with each other and try to reach out to more physicians and more health professionals that are really thinking about entering this kind of ancestral health world of paleo, primal, however they're calling it at the time, low-carb because if we can bring, we have more physicians and hopefully a snowball effect and then we can help our patients be ever healthier.

Dr. Sayess: We have a few objectives in mind. So one is basically a network and a mutual support in delivering the ancestral message to our patients, but also being able to adopt those principles ourselves. The other objective is to educate medical student residents. In the future hopefully we'll be able to participate in policy making.

We have a working website, we post our videos from the retreats of the presentations, now a website that's available for general public to view. We have a Facebook group where general public can also participate and then we offer additional networking fraternities for the members which are medical student residents and physicians who are interested in this lifestyle.

Dr. Henriksen: And I think one of the biggest benefit that we see with our group is that, you know, we've all been in a place where like, "Am I the only one that thinks about low-carb? Am I the only one that really thinks we should be getting rid of the processed food?" And you're kind of on this isolated island, you feel surrounded by other practicing physicians that don't really feel or think the way you do and then you're able to come to this conference.

It's that really bonding experience where you have other people that are in line with your views on how we should take care of our patients. And it's really motivating, it's a really empowering type of experience.

Dr. Sayess: Physicians for Ancestral Health is not a low-carb organization, even though many of our physicians are low-carb, but basically all of us are agreeing that there are few basic principles that are important to maintain good health. And that basically developed over generations the evolution and we want to adopt that wisdom of the generation in our lifestyle to prevent and treat diseases.

So that would be incorporation of real food, maintaining an adequate amount of sleep, have exposure to sunshine, have functional movement, natural movement, have positive, meaningful interactions in life, have a purpose in life. So all of those characteristics are important for longevity.