

PREVIEW_ Ken Berry - Presentation (LCC 2018) 2

Dr. Ken Berry: So everybody knows some of these. A big lie. If you tell a big lie it's actually easier to believe than a little lie for many, many people. And especially if you're an authority figure you need to tell the biggest lie you can come up with.

And you don't even have to-- so when I say lies sounds like they're being consciously deceptive. It doesn't have to be conscious to still be a lie, okay?

If your hairdresser tells you, "You should eat more whole grains and you should jog every day. That'll protect you from heart disease." She's just your hairdresser, she has no fiduciary duty to you at all. If you're stupid enough to believe her, that's on you.

But when I'm a board certified licensed doctor or nutritionist or dietitian and I give you that same stupid advice, that's a lie. Or where I was raised... that's a big fat lie. Because I should have known better and if I didn't know I should've found out. That's my job...

Just like the mechanics, "Oh, you need a new transmission." Well, do I? Really? Second opinion, right? And if you guys are not getting second opinions about any big medical decision, please always do that even if you love your doctor and trust your doctor with your life which you do, get a second opinion.

Because you would with your transmission, why wouldn't you with your body, right? because if the doctors bought in to what the guy with the long white coat said and it's standard of care, even though there is no scientific basis for it whatsoever...

There's zero logic behind it... you are the one who is going to suffer, you're the one who just got a prescription, you're the one who is going to have a side effect. You get that?