

GET A DOCTOR WHO GETS IT: DR. OVADIA'S PHYSICIAN VETTING GUIDE

Ask these questions to see if they “get it.” Does this doctor or healthcare provider believe the **Twelve Myths of Metabolic Health**? If your doctor gets annoyed that you’re asking all these questions, that is a bad sign. Here are questions to find out.

- What is the relationship between obesity and chronic disease?
- What do you think about the food pyramid? Is it the best way to eat?
- How much influence do you think the food and pharmaceutical industries have over healthcare?
- What’s your opinion about low-carb diets?
- What do you think is the primary cause of heart disease?
- How often do you recommend non-pharmaceutical treatments or interventions for conditions like high blood pressure?
- What do you think is the best way to lose weight?
- What is the role of exercise in weight loss?
- Do you expect patients to be on multiple medications as they age?
- What do you think the best metrics of health are?
- How often do you monitor fasting insulin levels?
- Do you think continuous glucose monitors can be useful for non-diabetic patients?

TWELVE MYTHS OF METABOLIC HEALTH

- 1 “Only obese people are metabolically unhealthy.”
- 2 “The food pyramid is good for you.”
- 3 “The food pyramid is based on good science.”
- 4 “The people who produce our food want us to be healthy.”
- 5 “Low-carb diets are bad for your heart.”
- 6 “High cholesterol causes heart disease.”
- 7 “Medications are the best treatment for medical issues.”
- 8 “Diets work if you follow them.”
- 9 “Trying to lose weight by restricting calories always works.”
- 10 “The best way to burn calories is exercise.”
- 11 “You can’t improve metabolic health conditions without medication.”
- 12 “Health problems come with age.”

