WOULD YOU BUY A CAR WITHOUT CHECKING IT OUT?

CHECK OUT THE DOCTOR YOU TRUST WITH YOUR LIFE.

You research a TV or a car before you buy it. Take a few minutes to check out the doctor you trust with your life.

BEFORE YOU CHOOSE

- [ ] Ask friends and family what they like about their doctors. [1]
- [ ] Check board certification at CertificationMatters.org. [2]
- [ ] Check the doctor's license and any discipline at DocInfo.org. [3]
- [ ] Look for a doctor who takes nutrition, exercise and prevention seriously.
- [ ] If you are not comfortable with a doctor, it is OK to try another one. [1]

WHAT SHOULD YOU ASK YOUR DOCTOR?

1. **Do you ever help patients improve with diet and exercise?**
2. **If I change how I eat, will you check my numbers and adjust my medication?**
3. **Can I bring in a study for you to look at?**
4. **Is it OK if I get a second opinion?** [4]

! **Work with your doctor, not around them. Never stop a medication on your own.**

BOTTOM LINE It is OK to shop for a doctor who takes food and exercise seriously.

WE TAKE ZERO PRESCRIPTIONS.

That's our choice, not a rule for you. Some prescriptions save lives, like antibiotics for an infection. If you are not changing your diet, stay on the medications your doctor prescribes. If you go plant-based, keep up with your blood work. That way your doctor can safely reduce your medications or take you off them altogether.

I'm not anti-medicine. I'm pro-health.

Don't take my word for any of this. Check it with your favorite AI, read the original studies, then bring them to your doctor.

NOTES FROM MY APPOINTMENT

DATE AND DOCTOR

WHAT WE AGREED TO TRY

WHEN WE WILL RECHECK

SOURCES

[1] National Institute on Aging. How To Choose a Doctor You Can Talk To. https://www.nia.nih.gov/health/medical-care-and-appointments/how-choose-doctor-you-can-talk

[2] American Board of Medical Specialties. Certification Matters. https://www.certificationmatters.org/

[3] Federation of State Medical Boards. DocInfo. https://www.docinfo.org/

[4] Agency for Healthcare Research and Quality. Step 3: Talk With Your Doctor. https://www.ahrq.gov/questions/resources/diagnosis/step3.html

Lex Frasure is not a medical professional. This guide is not medical advice. More free guides: HealthyAgingWithLex.com/questions-for-your-doctor