

***THE LAST FOUR DOCTORS YOU'LL EVER NEED***  
*How to Get Healthy Now!*

**By Paul Chek**

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## FORWARD

HELLO!

I'd like to thank you for your interest in this short, but essential e-book about how to cultivate physical, emotional, mental and spiritual happiness and wellbeing. There's an awful lot of information out there on health and wellbeing today, but we know that there's an even larger number of unhealthy people in the world. Why is that? I believe it is in part because most people, experts and laypersons alike, don't know what it means to be healthy! My definition of health - and one that has worked very effectively with my clients all over the world, quite simply, *is taking responsibility for your self*. The healthy person today *is healthy because* they honor their body with adequate rest, nutrition, movement and recreation. Healthy people typically accept responsibility for themselves because they value their body as a gift of experience, through which their Soul expresses itself.

Sadly, *healthy people are getting very hard to find and emulate!* That probably sounds counterintuitive given that we have all sorts of new medical technology. But the fact is, if you do some research, you'll find that we're suffering from more illness and disease than our ancestors. If you read Weston A. Price's book, *Nutrition and Physical Degeneration* you'll see that he offers proof that before technology and consumerism reached native tribes and races all over the world, there was *far less disease and stress among them*. For example, Price writes that,

*The cook on the government boat was an aboriginal Australian from Northern Australia. He had been trained on a military craft as a dietitian. Nearly all his teeth were lost. It is of interest that while the native Aborigines had relatively perfect teeth, this man, who was a trained dietitian for the whites, had lost nearly all his teeth from tooth decay and pyorrhea (Nutrition and Physical Degeneration, p. 181).*

Later in his book, Price sites the fact that many native tribal societies (in the late 30's and early 40's), *they didn't even have a word for cancer, yet in 2004 the National Center for Health Statistics reported that 1500 people died every day from cancer in the United States alone!* It was

the discoveries of Dr. Price and others like him that led me further and further away from the standard western approaches to medicine, exercise and nutrition in my career.

During my 24 years as a Holistic Health Practitioner and trainer of elite athletes, my work has taken me around the globe as a therapist, consultant and lecturer too many times to count. I have given no less than a 1,000 lectures in my career, circling the globe at least twice a year for many years to educate and inform my audiences about health and wellbeing. My holistic approach has attracted the attention of medical schools, physical therapy schools, chiropractic and osteopathic schools, massage schools, strength training, personal training and corporate health conferences. I have served as an educator in all these arenas as well as owning my own multidisciplinary postgraduate institute for teaching holistic health. My Institute stays on the cutting edge of the healthcare industry and is well tuned to the causes of ill health, depression, diminishing cognitive performance and spiritual unrest in the world.

While I still maintain a clinical practice and oversee some 8,000 students in active clinical practice around the world, I travel about 8 months of the year lecturing. I have never been sick a day in my life. Over and over again, I am *astounded* to find that the health of exercise and health professionals of all types (many of whom are my patients) shows little if any improvement over the health of their own patients and clients. Our doctors are sick. Our nutritionists and dietitians are obese. Our physical therapists, chiropractors and osteopaths struggle from constant musculoskeletal ills that mirror their very patients. Our exercise professionals are often *fit sick people, whose appearance masks their illnesses*.

We are the sickest, fattest, most fatigued, depressed people that ever lived on this planet. Yet, we have amazing computers, space shuttles, microwave ovens, CNN, iPods and now iPhones. How can we have learned so much and still be so unhealthy?

It is that very question that drove me to write this e-book. In it, I will share profound, simple truths that *are the very foundation of health and wellbeing*. Just as an internal combustion engine *will not* run in the absence of ignition, fuel and compression, *the human being needs the essential requirements of health and wellbeing to live fully. Most importantly we must meet these requirements actively, through conscious decisions about our lifestyle. Genuine health and wellbeing does not, cannot and will never come in a pill!*

*The Last 4 Doctors You'll Ever Need - How To Get Healthy Now!* is a synthesis and expansion of an ancient Greek philosophy, popularized by Hippocrates. Hippocrates essentially approached each patient with the notion that there were three main physicians already within each person:

1. Dr. Quiet
2. Dr. Diet
3. Dr. Happiness

He rationalized that whatever ailed his patients had its roots in one or more of these three chief aspects of human life. Using this simple principle and as little as 40 herbs and a pig's bladder filled with sand to offer medical exercise, he achieved a level of success that made him a famous physician. This is true even today, some 2377 years after his death! Yet as successful as he was, were Hippocrates a modern physician, he would certainly have had to make an addition to his theory. As he would have found quickly, today's patients also often suffer from a sedentary lifestyle and this prompted me to add Dr. Movement to Hippocrates' original three experts.

My 24-year career has repeatedly taken me back to the very foundation of wellbeing, which Hippocrates identified so long ago. The approach I share here is simple. That doesn't always equate to *easy* for people, though. The writings of Lau Tzu are simple too. In 81 verses of poetry, he gives what can be described as profound truth and wisdom for successful living, yet so few people can understand Lau Tzu's simplicity because of its profound depth. However, if you are ready for simple, permanent self-healing, this book will show you how to interpret the teachings and wisdom of those masters and, to achieve it efficiently and effectively.

Together, we can heal humanity and the world one person, one farmer, one child, one doctor, one therapist, one businessman, one housewife, one athlete, one lover, and even one prisoner at a time!

Love and Chi,  
~Paul Chek

# INTRODUCTION

## THE PERILS OF MODERN LIVING

In my 24 years as a Holistic Health Practitioner, I've worked with thousands clients from all over the world and all walks of life that were suffering from a wide range of symptoms. Over the years, I've tracked a number of these illnesses, aches and pains that occur with alarming frequency and consistency. The short list includes:

- *Chronic Neck/Shoulder/Back pains*
- *Digestion problems such as gas or indigestion*
- *General Fatigue*
- *Depression and mood swings*
- *Weight Gain*
- *Frequent bouts with the flu or colds*
- *Decreased sex drive*
- *Constipation*

These symptoms may not appear related at first glance. They become even more puzzling when you run into the various combinations people experience - say, chronic neck pains, constipation and decreased sex drive. What could cause *that* combination?!

Modern western medicine has really *thrown in the towel* when it comes to dealing with the causes of these symptoms, let alone finding a connection amongst them. It's much easier for a doctor to prescribe an anti-inflammatory, a laxative and *Viagra*. The problem, of course, is that while these drugs may take care of the symptoms, the person taking them is *forever chained to their medicine*. Until we learn to *address the causes*, we're simply *masking* our symptoms.

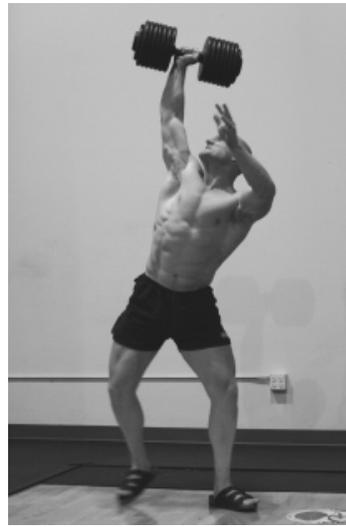
## FINDING THE CAUSE

In fact, most of my clients who faced the challenges I've listed above were really under the thumb of one root cause - **Stress**. Stress is a powerful buzzword in our culture. We've all heard about stress and how harmful it is. As our awareness of the potential dangers of stress grows, we are also discovering the many different kinds and sources of stress that we experience every day.

After all, we take on many different roles in our daily lives and each one of them presents us with their own set of challenges.

## Watch

The key to genuine, long-lasting health is *learning how to manage those stresses*. For example, in addition to being an International Holistic Health Professional, lecturer, speaker, author, and consultant, I'm also an athlete. When I go to the gym, I've got a distinct idea of how much I want to lift with each exercise, and how many times I'm going to lift those weights. If I can't achieve that mark, I have to make a choice. I can quit, take a rest and try again, or lighten the load and continue incrementally toward my objective. The trick is learning how to handle the stress of the weights in a way that isn't harmful to my body, but still stimulates it to produce muscle tissue.



Life stresses, whether they're physical, emotional, mental or spiritual, regardless of the origin, work much the same way. We simply need to learn how to manage them properly, *and when we do*, they provide us with opportunities to become more healthy human beings.

The main stumbling block to genuine health and happiness that most of us face in our lives is that we have no one to help us understand how to manage the different sources and kinds of stress that we increasingly experience. In fact, that's why I've written this book - to share one of my most important truths, in a resource that anyone can use to meet the challenges that life throws their way. To introduce you to *The Last Four Doctors You will Ever Need!*



Figure 1 - Click on the image above to view full diagram.

Every one of us has these experts inside of us. *We just need to learn how to listen to the advice that they're continuously offering us.* This book is designed to teach you how to hear and interpret what your own panel of doctors - **Dr. Quiet, Dr. Diet, Dr. Happiness, and Dr. Movement** - are telling you about the challenges to your wellbeing that you're facing *and* how to use that information to guide you to a happier, healthier life.

Whenever I run into stresses in my physical life, my emotional life, my mental life or my spiritual life, I consult with my 4 doctors to overcome whatever challenges I'm facing with great success.

### WHEN STRESS BECOMES *DISTRESSING*

Before I introduce you to your Four Doctors, I want to talk more specifically about the different sources of stress in our lives. In essence, we are all really just *spiritual beings* that are having a human experience as *physical beings* here on planet earth. As such, our makeup is not simply that of our physical body, just like the earth is not simply a big dead rock flying through space. We are also *emotional beings*, sensitive to the wants and needs of others and ourselves. And beyond that,

we are *mental beings*. We think. We process information in very complex ways, and this allows us to experience the richness of life in tremendous depth and complexity.

***Because every one of us experiences these different dimensions of our lives, we are subject to stress on those levels as well. There are physical stressors, emotional stressors, mental stressors and spiritual stressors. They are an unavoidable reality in our experience of life, and successfully managing them is how we grow. We need them.***

For example, when astronauts go into outer space, there isn't enough gravitational stress on their bones and muscles. Without the proper exercises, they begin to lose muscle and bone mass, which is damaging to their bodies. In other words, sometimes we can be damaged by a *lack* of necessary stress. In this case, the required stress is gravity, a stress we are actually built to experience!

In the same way, the emotional, mental and spiritual challenges we face are necessary to our health and growth as human beings. If there were never any stress in our relationships, would we ever learn to communicate with each other effectively? Would we ever learn to understand what we feel, or manage those emotions? If we had never faced mental challenges that forced our minds to grow and mature, would we have computers, cars, the Internet, or the means to travel into space? If there were no such thing as spiritual stress, would we ever learn what it means to love others or ourselves? Would we have any grasp on the value of life? The answer to each of these questions is a resounding, "NO"!

***Stress is important to our growth. It's when we become physically, emotionally, mentally or spiritually stressed beyond what we can handle that we become unhealthy, and less able to enjoy life's experiences. When the stress overload persists, we become increasingly sick, pick up diseases and, in the worst case, eventually die prematurely.***

## Watch

The following diagram (Figure 2) shows some of the typical reactions to *excessive* physical, emotional, mental and spiritual stress.

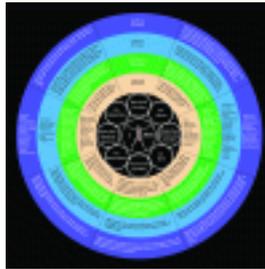


Figure 2 - Click on the image above to view the full diagram.

As you look at the chart, you will see that different kinds of excessive stress often produce similar reactions.

***Our body has no way of differentiating a physical stress from an emotional, mental or a spiritual stress. To the nervous system and hormonal system, it doesn't matter whether you've just had a car accident, are going through a divorce, are under the pressure of too many deadlines at work, or even just won \$100,000,000 in the lottery! Your hormonal and nervous systems react the same way – it's just stress.***

This means that both physical stresses and emotional stresses can, for example, result in lower back pains, weight gains and constipation.

## FIGHT OR FLIGHT

These common symptoms are the result of our body's general reaction to stress. To the degree that your body-mind as a whole interprets that it's under stress, your body triggers its *fight or flight reaction*. In the short term, this reaction is healthy - necessary even. But when *chronically triggered*, the fight or flight reaction can be extremely harmful to your health. Let's look at the effects of the fight/flight reaction.

In any part of our lives, whether it be personal or professional, every situation perceived as *stressful* activates the *fight or flight* branch of the nervous system (also called the *sympathetic nervous system*). The purpose of the system is to provide the body with a boost to protect itself during short periods of time.

Think of your ancestor, the caveman, fleeing from a bear whose path he innocently wandered across. The bear probably isn't going to stalk him for days, so he doesn't need to have the fight or flight system running constantly - just long enough to escape the immediate danger and return to his natural, relaxed state. In order to help us out in these brief times of emergency, our fight or flight system enacts the following biological changes:

- **Increased consumption of bodily resources.** This includes neurotransmitters, stress hormones, and energy stores, particularly stored glycogen from the liver.
- **Shifting blood away from the internal organs to the skin and muscles of the body.** *This stops all digestive processes*, and allows a readily available supply of blood, oxygen and blood sugar to provide energy to the muscles.
- **Release of stress hormones.** When a stressful event occurs, a sequence of hormones is released in the body, ending with a class of chemicals called *glucocorticoids*. These chemicals:
  - ◆ **Elevate the heart rate and blood pressure** to meet any immediate demands, allowing maximum opportunity to fight vigorously or to run as fast as possible for as long as needed to survive
  - ◆ **Increase immune system performance** for brief periods of time

- **Increased sweat.** Chronic stress results in sweaty hands, and armpits. Because sweating is the human version of a radiator, this helps the body to stay cool and work more efficiently while running from that bear.

All of these features are really helpful for brief periods of time. But the stresses that we face in the environment of our modern world aren't temporary like the startled bear that our ancestors faced. They persist for long periods of time and thus our fight or flight systems stay active for durations that weren't originally intended in their design. In fact, in the face of chronic stress, our fight or flight symptom can have the following negative effects:

- **Radical swings in energy levels during the day as blood sugar levels change**
- **Progressively reduced energy levels over the long term**
- **Weight gain**, including in particular the accumulation of fat around the middle in response to blood sugar fluctuations and hormonal stress
- **Low Self-esteem** caused by weight gain/body issues
- **Self-identity issues**
- **Digestive troubles** including gas and acid reflux
- **Chronic constipation**, common to approximately 90% of people worldwide today
- **Strong, smelly body odor**
- The persistence of glucocorticoids and other stress hormones in the body which trigger:
  - ◆ **Chronic elevation of blood pressure and heart disease**, not to mention elevated triglycerides (fats)
  - ◆ **Weakened immune system** - the more stressed out the body is, the more susceptible it is to the cold or flu that's going around

If the stress persists in your body-mind long enough, the over-production of stress hormones is also likely to lead to Adrenal fatigue. The adrenal glands are small organs that sit atop each kidney and manufacture your stress hormones and most of your sex hormones. As the adrenal glands fatigue, the body starts to suffer from:

- Low energy
- Poor recovery from physical exercise
- Diminished sex drive
- Accelerated aging
- Difficulty concentrating

Now that you've read this laundry list of symptoms, it probably comes as no surprise that *fatigue is the most common reason for visiting physicians worldwide!*

## MEET THE LAST 4 DOCTORS YOU WILL EVER NEED!

So how do we cope with and overcome excessive stress? With the help of the last Four Doctors you will ever need. I first learned of the concept called *the three doctors* while studying ancient Greek medicine and herbology. The ancient Greek physicians based their medical opinions on the framework of the three doctors: Dr. Happiness, Dr. Diet and Dr. Quiet. These physicians knew that if a patient wasn't happy, if they weren't eating right or they weren't getting enough rest, the patient was likely to get sick. Today, because so many of my own patients and athletes are either sedentary or over-training, I added a fourth doctor - Dr. Movement.

Now that you know their names, let's meet your Four Doctors.

*Dr. Diet* provides the foundation for wellbeing. Food and drink dramatically affect our energy levels and our biochemical reality, which in turn influences our *emotional* and our *mental reality*. In my 24 years of clinical practice as an International Holistic Health Practitioner, trainer and coach of athletes, I've seen over and over again that when the diet is deficient, there just isn't enough energy or clarity of mind to initiate and sustain the changes needed for self-healing.

As you'll soon see, surprisingly, Dr. Diet won't necessarily guide everyone to eat the same foods. In fact, the kinds of foods and the proportions of those foods that are right for you may vary quite

radically from your friends and loved ones. Dr. Diet gives you the information you need to make the right nutritional choices for *your* body.

*Dr. Quiet* is the physician in charge of energy management and recovery. When you're overly stressed and your fight or flight system is triggered repeatedly or for long periods of time, one of the first things to suffer is your sleep. Unfortunately, your body's ability to recover and repair itself is tied in very real, biological ways to the sleep that you get. Dr. Quiet's primary duty is to encourage you to get the necessary sleep to recover from the challenges you faced the day before and to wake energized for the day to come. At the same time, Dr. Quiet guides you to get the relaxation and the self-time you need to stay calm, focused and energized during the day. For example, Dr. Quiet can show you how to get *active rest* during your workday that will help you to tackle your projects more efficiently and effectively than ever. In short, following Dr. Quiet's specific guidelines and sleep recommendations, will take you a long way towards permanent health and wellbeing.

*Dr. Happiness* is always there to *lead us toward a life that fulfills our individual needs*. Dr. Happiness advises us that if we lead a life that doesn't fit with our *core values* and doesn't fulfill us, every facet of our life becomes a burden. So, the less your current lifestyle fits with your core values, the more frequently your fight or flight system is active. The important guiding truth that this Doctor offers is that *happiness is an essential feature of genuine lasting health*. Dr. Happiness shows you how to create and undertake the deep introspective study and intention to discover what makes you truly happy.

Listen

*Dr. Movement* is my addition to our panel of inner Doctors. Over the course of history, humans have become more and more sedentary. We no longer have to hunt and gather just to feed ourselves. Our jobs and careers require us to sit most of the day in front of computer screens, and the daily demands of our life often keep us from any kind of beneficial physical movement. Daily movement isn't simply necessary for keeping a trim figure or decreasing the risk of heart disease.

In fact, it's necessary to get nutrients to and through our body, to move waste out of our bodies and to generate emotional stability and mental clarity. Dr. Movement is there to show you the way to acquire more *life-force* and how to move it into action so that you can truly *experience and enjoy* life.

Listen

ARE YOU READY TO CONSULT WITH YOUR 4 DOCTORS?

I can't tell you how many times I've heard people argue that it's just easier to take a pill and forget about it. But, because pills don't address the root causes - which are the constant, excessive stresses that trigger our fight or flight systems - they can never give us the freedom of true health.

***When we truly live, we feel so good we forget that we even have a body. When we truly live, we feel and hear our Four Doctors speaking to us easily through our inner-voice. When we feel, communicate and work beautifully with our body, we are in the flow and life is more rewarding for us.***

When we don't listen, and resort to unnecessary drugs to avoid the actual cause of our problems, we are no longer really living. We're just aging, and fast. *It should come as no surprise that the anti-aging business is the latest and greatest medical boom to come along, with yet another host of drugs, synthetic hormones, injectables and surgical cut-snip-n-tuck procedures - none of which addresses the stresses that caused the problem to begin with!*

With a little bit of training, you can learn to hear the voices of your Four Doctors. Each of these inner doctors will help you to understand the symptoms that you're facing and their causes, and provide you with the tools you need to transform these distressing pressures into opportunities for personal growth and wellbeing.

If you are ready to truly live, to have energy and vitality again, if you are ready to regain your shape, balance your emotions and tune up your mental function, then I'm sure you are ready for the truly beautiful spiritual experience your Four Doctors offer you - a fulfilling, happy life of wellbeing. Let's get started and see what prescriptions **your** Four Doctors are already trying to give **you**. Prepare to create the new you!