



# QUANTITATIVE MEDICINE

## A Definitive Guide to Getting Well, Staying Well, Avoiding Disease, and Slowing Aging

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### WHY ANOTHER HEALTH SELF-HELP BOOK?

Many health books promise broad and wondrous benefits. This one is no exception—the subtitle runs the gamut. However, most such books promote special lifestyles: go vegan, take supplements, etc. Others advise the opposite: eat the vegans, go gluten free. They can't all work, at least not for everybody.

*Quantitative Medicine* is different. It has no advice, it works for everybody, and there is 20 years' worth of data proving it.

There is a key point all other such books miss: if a person's biological markers (glucose, triglycerides, etc.) are in certain ideal zones, that person will not get sick. Heart disease, cancer, adult onset diabetes, and osteoporosis can be largely avoided.

But why not take this a step further? If someone's markers aren't in the desired zones, can they be driven there? And if they are, will that person enjoy a long disease-free life?

The answer is yes, and *Quantitative Medicine* is the guidebook. It explains which biological markers to measure, how to interpret them, and most importantly, how to change them. Anyone can undertake and accomplish this.

But what sorts of changes? Almost always, diet modification, different types of exercise, and some sort of mind-relaxing activity. The actual blood numbers will show the way. For some, less starches; for others, none at all; for others, a potato a day. For most it means a tastier and far healthier diet, shorter but more intense exercise, and a five- to ten-minute daily calming activity. It usually doesn't involve supplements or other drugs, but could.

It is known to work. When asked about the origins of this methodology, Dr. Nichols stated, "Outside of true acute illnesses like infection, strep throat, and all that sort of thing, I felt medicine simply had no way to cure most of the diseases that we were seeing." Thus, 20 years ago, Dr. Nichols embarked on a new medical journey: an iterative healing program. Dr. Nichols began measuring, suggesting changes, and repeating the process every three months, tweaking as necessary. Back then, it was not known that people who had the ideal numbers avoided chronic disease, nor was it known if pushing those numbers into the "green" zone would block and reverse disease. Thus the seeds of *Quantitative Medicine* were sown.

Dr. Nichols expected improvement, but the results went well beyond his wildest dreams. Every single person who underwent the program got better, and most markedly so. Everybody, it turned out, had the built-in capability to prevent these diseases. It was simply a matter of enabling it, and *Quantitative Medicine* is the key to that.

*Quantitative Medicine* encapsulates this medical practice in three parts. The first explains why most of us get chronic disease and why others don't. This is followed by a step-by-step guide to measurement, mostly blood tests, interpretation guidelines, and lifestyle modifications. Each person is different, and so, each person designs their own unique strategy. For the terminally curious, the third part explains the underlying science in a clear, easy-to-understand manner. It's a good read.