



# QUANTITATIVE MEDICINE

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

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### MEET THE AUTHORS: MIKE NICHOLS, M.D.

Almost from the inception of my practice, I could see that medicine was failing for many people. Surely this wasn't what it meant to be a doctor, to be a healer. There were so many people with heart disease, cancer, and diabetes. Modern medicine was not curing these diseases or even attempting to prevent them. At best it was only prolonging them, and sometimes not even that. Surely this could not be what it was all about. Modern medicine didn't seem to have a rational or coherent approach to these chronic diseases.

This conviction led me to a multi-year quest. What was wrong with medicine? Not the practitioners: they meant well. Modern medicine itself was flawed, failing to address the many problems inflicted by modern civilization. Perception had been replaced by prescription. Patient-doctor interaction and understanding had been replaced by "standard practice."

I dove again into the fundamental science and clinical literature, trying to understand how to apply my vision of medicine to the clinical practice of a day-to-day doc. Basic ideas began to form. Overlooked details became important. For instance, I learned from a rehab specialist that certain sorts of exercise movements were far more effective. When I recommended these exercises to my patients, they got much better results. Decades later, the medical literature is confirming this, though it is still not widely known.

My quest culminated in a seemingly simple point of view with far-reaching implications: The body wants to heal, and will if it can. Somehow it was being prevented from doing so. The next steps were obvious: First, could this be measured? Second, could this be modified?

Then another piece fell into place: my practice attracted a lot of Silicon Valley types. They would come in with spreadsheets of their workouts, their meal plans, and their blood pressure at different times of the day. Bingo! I had done analysis on medical data as an undergraduate. This confluence of medical quest and available data caused me to start The Tempus Clinic, which gave me a rigorous means to refine these new concepts.

The synthesis of patient data and my quest for something beyond "standard practice" led straight to Quantitative Medicine. From that point onward, I practiced medicine with this point of view, and the results vastly exceeded my expectations: everyone began getting well! Heart disease and adult onset diabetes were reversed, even cured. Almost the entire medical profession insisted that this was impossible, yet it was happening right before my eyes.

My practice continues today, and I have treated over 2,000 people with Quantitative Medicine. Every single one of them improved, most markedly. What each person needs to do is different. Sometimes it is diet modification, sometimes exercise, sometimes dealing with stress and mindfulness, and sometimes even pills. Appropriate measurement determines everyone's personal formula. Anyone can achieve it. *Quantitative Medicine* is intended to show how. Measure it. Change it.

I received my education from the University of Chicago, Loyola University of Chicago, and Stanford. While I have an M.D. from Loyola and my residency was done at Stanford, I have to credit my pre-med training at the University of Chicago for the courage and doggedness to pursue a different way of thinking about problems. I deeply hope and pray my work is useful to you.

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