



QUANTITATIVE MEDICINE

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

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AN INTERVIEW

This is a partial transcript of an unscripted podcast from August 2015 introducing Quantitative Medicine. The entire podcast can be heard here: <http://quantitativemedicine.net/audio/>

Introduction to Quantitative Medicine

Dr. Mike

This is Dr. Mike and Dr. Charlie. We're here to talk about the origins of Quantitative Medicine. Charlie's going to ask me some questions, and I want to do my best to answer them in a reasonable length of time.

Dr. Charlie

OK, you started Quantitative Medicine 20 years ago. What was that all about? What was the matter with medicine then, or what motivated you?

Dr. Mike

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.

Dr. Charlie

But what sort of diseases?

Dr. Mike

Diabetes. Coronary artery disease. Strokes. Heart attacks. Amputations in diabetics, blindness in diabetics. High blood pressure. The list is long, and there was just simply no effective therapy for any of these diseases. There were just little nibbles at the edges of these diseases, but there was no true cure.

Dr. Charlie

Wait, there's all sorts of things: there's heart bypasses, there's statins...

Dr. Mike

You've got a perfect example. In the acute setting—that's back where I said medicine was effective—if you're having a heart attack here, arteries clogged, or you're not getting enough blood to your heart, a bypass is a wonderful thing, just short of miraculous. You just restored the blood flow to a heart; you now have a functioning heart. It's got what it needs. That's very different than "Oh, gee, you might have a heart attack someday and you might have some blockage someday, and heck, you should take this drug because it might help prevent that." That first [heart bypass] is neat. It's wonderful, it's effective, but it's late in the disease process, which is another thing I don't like about it. But it works. Statins functionally don't work.

Dr. Charlie

So, this is how you're going to prevent these diseases somehow? That's what Quantitative Medicine does?

Dr. Mike

Quantitative Medicine discovers the early roots of disease, which are knowable and measurable, and formulates a very specific, to each individual, pathway to correct and reverse the diseases.

Dr. Charlie

Is this some special branch of medicine?

Dr. Mike

It should be, in my opinion. There ought to be a residency that you go to instead of internal medicine, where you learn to use all the drugs that are ineffective, or family practice, where you get to console parents about their kids' viral illnesses. There ought to be a quantified, reproducible, teachable model of how to help all patients become healthy and stay healthy, and we do not have a residency in that, and there is a known way to do that. I've got that in quite ...

Dr. Charlie

But you're doing it. So you started this 20 years ago. You would have people come to you and you'd say, "Well, OK, I think this person's going to get heart disease." And you're going to do something with them that's going to prevent that. I mean, basically, he was coming to you saying, "Practice an unknown medical field on me ..."

Dr. Mike

[laughs] To some extent, that's exactly what happened. You know, where I live, a lot of my patients are engineers, and they bring in their spreadsheets which show their blood pressure when they woke up in the morning and their blood pressure when they went to bed at night. I had one guy that even had a spreadsheet showing me what it was when he was tired, when he was happy, and one showing me blood pressure during sexual activity. These great engineers brought all this data to me showing that they were measuring the things that doctors purported to care about, and they all recounted to me how they had taken it to their doc, and no doc cared or wanted to see that data. And, man, I was hungry for that data, because it meant it was measurable and therefore modifiable, because you can't modify what you can't measure, and that was one of the things that really got me going.

Dr. Charlie

I hear a lot of people say cancer will get you or heart disease. Do most people die of these diseases? So what's the deal?

Dr. Mike

***Memento mori.* Remember death. I'm not proposing some form of immortality. What I'm proposing is prolonging a healthy, active life. And eventually dying, obviously, as there's no exemption to that. But if you correct these degenerative diseases—and they're degenerative—then you restore vitality, energy, intellect, pleasure, joy in the moment to life for many, many more decades than would otherwise be the case.**

The interview continues for another 17 minutes. The entire podcast is available here:
<http://quantitativemedicine.net/audio>