

The Nutrition Heretic



11 Ways to Avoid CHARLATANS, QUACKS & BUTCHERS

the Nutrition Heretic



11 Ways to Avoid **CHARLATANS, QUACKS & BUTCHERS**

Not all doctors are created equal. Some are very nice people, but didn't exactly graduate at the top of their class. Some are great at diagnosis, but fall short in the healing department. And still others rely on whatever's "going around" as the diagnosis for every patient who shows up with a cough.

This is why you must establish the right relationship with your doctor from day one. You aren't a sheep that needs to be led around by the nose. You're your doctor's employer. From now on I suggest you step into this position of power to get what you want out of your employee.

If you're in the market for a new doctor or practitioner, either because the current one sucks or you've changed your locale, use these tips to avoid wasting time and money reaching your health goals.

1 Don't limit yourself to MDs



Osteopaths (ODs) have more extensive training and often take a holistic view of the body. Endocrinologists, acupuncturists, Certified Nutritionists, and chiropractors are amongst a growing number of practitioners who can help you develop a customized health-boosting protocol.

2 Get recommendations



Friends, colleagues, dentists, fitness trainers, the health food store health and beauty section, family members and others who have overcome health challenges or work in complementary fields may be able to make a few recommendations.

3 Bulletin boards, forums, and social media groups



Are good places to find postings by doctors and others. Libraries, fitness centers, supermarkets, cafés, places of worship and health food stores are good places to find bulletin boards for business cards and flyers.

4 Try before you buy



Professionals frequently advertise free (and paid) lectures, demonstrations or challenges to get you familiar with the kind of services you can expect.



For more truths about health, visit **the Nutrition Heretic** 
You can also join the conversation about choosing a suitable doctor over in our new Discord group.  

5 Ask for a résumé



Typically, good doctors and practitioners willingly share theirs.

6 Check out references



Follow up with references on their résumé. Ask direct questions about what the practitioner did to help their condition as well as traits such as indicators of character, bedside manner and whether or not s/he solves everything by removing organs. At this stage, you may decide you don't want to move forward with the next step.

7 Take note of hobbies, community service and accolades



These may offer some insight into character, commitment and even just for building rapport, should you hire this person.

8 Check for spelling



The key here is that it should read somewhat coherently -- a display of effort to do a good job. Professionals can't be experts in everything, but at the very least, medical terminology should be accurately spelled.



11 Ways to Avoid

**CHARLATANS,
QUACKS & BUTCHERS**

For more truths about health, visit **the Nutrition Heretic** 
You can also join the conversation about choosing a suitable
doctor over in our new Discord group.  

9 Conduct a short interview



Ask open-ended questions regarding your condition that force the practitioner (or assistant) to give thoughtful answers. For example, with a skin condition, ask, "How do you treat?", not "Do you use X therapy?" Give bonus points to someone who gives you more than one choice of treatment that does not put you on a continuity program of prescription medications or surgeries.

10 Ignore your insurance



Think quality of care over quantity of cash paid. You want a doctor or health professional, who will spend time with you. Insurance constrains not only that time, but also limits what procedures, tests and prescriptions can be administered. Many offices feature a variety of memberships to keep your costs reasonable while ensuring they make enough money to keep providing their services.

11 Go with your gut



Is there something that doesn't add up? Does the weight loss coach weigh 300 lbs.? Does this person speak in condescending or patronizing tones? Are there cues that you'll be guided to invest in equipment or join an MLM before doing any testing or in-depth intake? Sometimes you simply need to trust your own judgment and have the confidence to keep looking for the right doctor.

A close-up photograph of a hand holding a black fountain pen, writing on a piece of lined paper.

For more truths about health, visit [The Nutrition Heretic](#) 

You can also join the conversation about choosing a suitable doctor over in our new Discord group.  