8 THINKING MISTAKES
EVEN SMART PROFESSIONALS MAKE
THAT CAN LEAD TO CHRONIC DISEASE

PRESENTED BY
ESTELLE BRET TENNY
B.OT; M.OT; MDME
Are you living a fulfilled life... a really fulfilled, happy life? How would you know?
What matters most to you or can you have it all?

What ‘formula’ could be used to determine if you are really living a fulfilled and happy life?
12 LIFEBOOK CATEGORIES (BUTCHER, 2016)

PERSONAL LIFE
1. Health & Fitness
2. Intellectual Life
3. Emotional Life
4. Character
5. Spiritual Life

RELATIONSHIPS
6. My Love Relationship
7. Parenting
8. Social Life

BUSINESS LIFE
9. Financial Life
10. My career

QUALITY OF LIFE
11. Things and Experiences you want, e.g. travelling

LIFE VISION
12. Your vision for your future
How are you?

broken, sad, lonley, hurt, upset, alone, depressed, suicidal, angry, hateful, breaking down, screaming, dead, empty, nothing, crying, shouting, giving up, hiding, wearing a mask, cutting, horrible, down, hollow, worthless, misunderstood, incapable, hurt, grief, distressed, lost, pathetic, ashamed, bitter, forced, uneasy, tense, dominated, pessimistic, distrustful, tearful, crushed, offended, aching, wronged, shaky, timid, wary, victimised, tortured, pained, lifeless, cold, dull, nervous, scared, suspicious, alienated, numb, stressed, bruised

I'm fine

Sometimes, when I say I am okay.. I want someone to look at me in the eyes, hug me tight and say “I know you are not”

One of these days, I’m going to answer, “No. Actually, I’m not okay.”
& no one is going to know what to do.

How many times have you said this when you were actually not fine?
My Story

Hypothyroidism

I was not fine. Cancer is ‘a divine tap on the shoulder’ and my body was attacking my thyroid.
Are you listening to your body?

BEFORE

AFTER

Are you listening to your body?

Everyone Has a Story to Tell

When you stand and share your story in an empowering way, your story will heal you and your story will heal somebody else.

Iyanla Vanzant
They all have a story...

- Josh Axe
- Chris Wark
- John Robbins
- Alan Christianson
- Veronique Desaulniers
- Kelly Brogan
- JJ Virgin
- Etc.
JEFFREY BLAND
Father of Functional Medicine
Cape Town, 2016
WHAT IS CHRONIC DISEASE?
Conversation with Jeffrey Bland (Lipman, 2014)

Dr. L: What does the title of your book—The Disease Delusion—mean? Are you trying to say diseases do not exist?

Dr. Bland: Not exactly. What we call a “disease” is a result of imbalance in one or more of seven core physiological processes.

Let’s go back and look at our healthcare system, which is really tremendously successful in treating disease as we know it. In fact, the advances made in pharmaceuticals, and in surgery, and in immunity are major breakthroughs that have allowed for the treatment of many infectious diseases.

Now we have a new class of disorders that we call chronic illness that are the dominant problem. These are heart disease, diabetes, obesity, arthritis, and dementia. These conditions require a personalized approach to their management.

Dr. L: Are these diseases that can’t be cured?

Dr. Bland: What I would say is that these are disorders that are not really diseases (hence, The Disease Delusion). They are conditions that a person has that can rob a person of his or her health, and therefore we need a system that is focused on health, not just on the treatment of disease.
CHRONIC DISEASE (NON-COMMUNICABLE DISEASE - NCD)
“Chronic disease is this century’s greatest challenge” (Hyman in Maskell, 2016)
“The World Health Organization Summit of 2011 estimated that the cost of chronic disease would hit 47 trillion dollar by 2030” (Bland, 2014)
“Chronic illness will require long-term management – actually self-management by the patients themselves.

Today’s health-care infrastructure, geared to the acute care of infectious illness or health emergency, just isn’t set up for that” (Bland, 2014)
“The leading sources of morbidity, premature mortality, and high cost of care in developed countries around the world – the so-called chronic, non-communicable diseases – persist and progress despite the best conventional treatments, but are eminently preventable, and at times reversible, with lifestyle as medicine”

(Katz, in Maskell 2016)
“For many, health may not be the most important thing in life, but without it, nothing else matters. And when you have good health, pretty much anything is possible”
(Perlmutter, 2013)
SMART PROFESSIONALS

WORK-RELATED STRESS AND BURNOUT
“It is time to put on some new glasses and start to study your body. Start to think critically about what you buy, the medical advice you take, and what the media tells you to worry about. Let light shine on every dark corner of your beliefs about health. This critical thinking will liberate you to realize your full potential as a parent, spouse or friend, and within your own existence” (Brogan, 2016)
SMART PROFESSIONALS...

- Do you have knowledge of a framework for critical thinking?
- Do you use a framework for critical thinking daily to promote health and well-being?
- What thinking mistakes do you make that can lead to chronic disease (in yourself or others)?
- Do you have a role to play with learners, friends, family, etc.?
THINKING MISTAKES
based on the Elements of Thought & Intellectual Standards of the
PAUL-ELDER FRAMEWORK FOR CRITICAL THINKING (2005, 2014)
<table>
<thead>
<tr>
<th>ELEMENTS OF THOUGHT</th>
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</thead>
<tbody>
<tr>
<td>PURPOSE</td>
<td>All reasoning has a purpose</td>
</tr>
<tr>
<td>QUESTION OR PROBLEM</td>
<td>All reasoning attempts to figure something out or to solve a problem</td>
</tr>
<tr>
<td>ASSUMPTIONS</td>
<td>All reasoning is based on assumptions</td>
</tr>
<tr>
<td>POINT OF VIEW</td>
<td>All reasoning is done from a point of view</td>
</tr>
<tr>
<td>DATA, INFORMATION &amp; EVIDENCE</td>
<td>All reasoning is based on data, information and evidence</td>
</tr>
<tr>
<td>CONCEPTS &amp; IDEAS</td>
<td>All reasoning is expressed through concepts and ideas</td>
</tr>
<tr>
<td>INFERENCES &amp; INTERPRETATIONS</td>
<td>All reasoning contains inferences or interpretations by which we draw conclusions</td>
</tr>
<tr>
<td>IMPLICATIONS &amp; CONSEQUENCES</td>
<td>All reasoning leads somewhere or has implications and consequences</td>
</tr>
</tbody>
</table>

Paul & Elder (2005, 2014)
Power of questioning

QUESTION EVERYTHING

The Code of the Extraordinary Mind
ALL REASONING HAS A PURPOSE
#1: “PURPOSE” MISTAKE

<table>
<thead>
<tr>
<th>Question</th>
<th>Answer</th>
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<tbody>
<tr>
<td>Do I have a crystal clear life vision and a purpose driven life (a higher calling)?</td>
<td></td>
</tr>
<tr>
<td>Do I have a clear and well formulated purpose/vision for my health and well-being (and for every other life category)?</td>
<td></td>
</tr>
<tr>
<td>Is my purpose/vision re my own health and well-being clear, significant, consistent and justifiable?</td>
<td></td>
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</table>

Your daily choices are influenced by your life vision. Your choices make you. You are 100% in control of our own life.
Do I question the messages my body is giving?

Do I question why my body is creating symptoms?

Do I question my diet, my lifestyle, my level of fitness, my toxic load, my stress level, etc.?

Do I question what doctors tell me or what I read? Do I question if it is God’s will for me to be sick or to be well?

Do I have clear, precise, significant, answerable and relevant questions about my health?

‘Whispers’ becomes ‘yells’
<table>
<thead>
<tr>
<th>Question</th>
<th>Answer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Do I make <strong>assumptions</strong> about my health and well-being?</td>
<td></td>
</tr>
<tr>
<td>Do I <strong>assume</strong> that I am eating healthy, getting enough exercise, managing my stress, living a healthy lifestyle and reducing toxic exposure?</td>
<td></td>
</tr>
<tr>
<td>Are my <strong>assumptions</strong> influencing my point of view about health and well-being?</td>
<td></td>
</tr>
<tr>
<td>Are my assumptions clear, justifiable and consistent?</td>
<td></td>
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</table>

**E.G. ASSUMPTIONS ABOUT GLUTEN**
#4: “POINT OF VIEW” MISTAKE

<table>
<thead>
<tr>
<th>Question</th>
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</thead>
<tbody>
<tr>
<td>Do I have a <strong>point of view</strong> about my health and wellness?</td>
<td></td>
</tr>
<tr>
<td>Do I know what/who is influencing my <strong>point of view</strong> about my health and wellness?</td>
<td></td>
</tr>
<tr>
<td>Do I seek other <strong>points of view</strong> and identify their strengths and weaknesses?</td>
<td></td>
</tr>
<tr>
<td>Are my points of view flexible, fair, clear, broad and relevant?</td>
<td></td>
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</tbody>
</table>

Our beliefs are influenced by our parents, teachers, our peers, the media, our own insecurities, etc. and are not always correct!

To me, good health is more than just exercise and diet. Its really a point of view and a mental attitude you have about yourself.

— Albert Schweitzer —

Good health is the most important thing. More than success. More than money. More than power.

— Lee Strasberg —
<table>
<thead>
<tr>
<th>ELEMENTS OF THINKING</th>
<th>SCENARIO: DIAGNOSIS OF BREAST CANCER AND REASONING OF STELLA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Purpose</td>
<td>Stella’s purpose is to get information from the breast cancer surgeon and the oncologist about her diagnosis, possible causes for the cancer and treatment.</td>
</tr>
<tr>
<td>Question or problem</td>
<td>What is the best treatment protocol to follow?</td>
</tr>
</tbody>
</table>
| Assumptions          | Before meeting: Stella assumes that she might need a mastectomy.  
After meeting: Stella assumes that it is the best to stop the hormone replacement therapy that she has been using for two years (due to hormone sensitive cancer). She assumes that it is the best to have the suggested lumpectomy (removal of tumour) followed by the radiation and to make a decision later about the hormone suppressant that she is supposed to take post-surgery for five years. |
<p>| Point of view        | Stella’s has the viewpoint of a professional that must be available for her clients, that must demonstrate strength and good thinking; and the viewpoint of a potential cancer survivor for her family. |
| Data, information &amp; evidence | Despite being aware of alternative protocols Stella does not prioritize it to research the treatment protocols due to time constraints and workload. She mainly obtains information about the costs, medical aid authorizations, relevant pre-surgery procedures, dates, etc. |</p>
<table>
<thead>
<tr>
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<th>SCENARIO: DIAGNOSIS OF BREAST CANCER AND REASONING OF STELLA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Concepts &amp; ideas</td>
<td>Survival, deadlines and conflict.</td>
</tr>
<tr>
<td>Inferences &amp; interpretations</td>
<td>Stella’s inferences are that the quicker she has the surgery, the quicker she can get back to work, complete the radiation and get back to her normal life.</td>
</tr>
</tbody>
</table>
Assessment of Critical Thinking and Reasoning

Stella does not apply many intellectual standards effectively in her reasoning in this scenario. She has a significant purpose and question about the treatment of cancer but demonstrates contradictory assumptions and viewpoints, fails to obtain enough relevant information and other viewpoints, and does not seek to figure out the assumptions that lead to her inferences. Stella realizes that poor thinking might be life threatening, she experiences conflict and faces self-deception by believing that her thinking (to get back to normal life as fast as possible) is not bad. Stella functions as a “Challenged Thinker” (Stage 2) in this scenario, she shows signs of unskilled reasoning and she does not engage in enough critical reflection and research about her diagnosis of cancer, possible causes and treatment protocols.

What do you do when you go to a doctor and get a diagnosis?
THINKING DEVELOPMENT: A STAGE THEORY
(Paul & Elder, 2005 & 2014)

- Unreflective Thinker
- Challenged Thinker
- Beginning Thinker
- Practicing Thinker
- Advanced Thinker
- Accomplished Thinker
<table>
<thead>
<tr>
<th>Question</th>
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<tbody>
<tr>
<td>Do I make an effort to obtain <strong>data, information and evidence</strong> about health and well-being?</td>
<td></td>
</tr>
<tr>
<td>Do I search for <strong>data/information</strong> that opposes my thinking about health and well-being as well as information that supports it?</td>
<td></td>
</tr>
<tr>
<td>Do I spend at least one hour per week/day to research <strong>information</strong> about health, the causes of disease or Functional/Integrative Medicine?</td>
<td></td>
</tr>
<tr>
<td>Do I collect clear, relevant, fairly reported, accurate and adequate data, information and evidence?</td>
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**Personal research from Oct 2015**

- 280+ presentations
- ±6 Functional Medicine Conferences
- 30+ On-line Summits
- 15+ A5 Books
- 300+ Hours
ONLINE SUMMITS, WEBINARS & DOCUMENTARIES

- Truth about Cancer (October 2015)
- State of your Health (December 2015)
- Fat Summit (February 2016)
- Metabolism Summit (February 2016)
- Tapping Summit (February 2016)
- Microbiome Medicine Summit (February/March 2016)
- Diabetes Summit (April 2016)
- Autism Hope Summit (April 2016)
- Naturally Fit as a Fiddle (April 2016)
- Food Revolution Summit (May 2016)
- Natural Cancer Prevention Summit (May 2016)
- Healing Hashimoto’s Summit (June 2016)
- Fibromyalgia Summit (June 2016)
- Soul of Healing Summit (July 2016)
- Alzheimer’s and Dementia Summit (Aug/Sept 2016)
- Breast Cancer Prevention Summit (August 2016)
- Medical Supplements Summit (Sept 2016)
- Thriving Child Summit (October 2016)
- Betrayal Documentary (September 2016)
- Truth about Cancer (October 2016)
- Thyroid Summit (October 2016)
- Fat Summit 2 (November 2016)
- Adrenal Reset Summit (November 2016)
- Beauty/Skin/Gut Summit (November 2016)
- Better Belly Summit (December 2016)
- Evolution of Medicine (December 2016)
- Thyroid Secret Documentary (January 2017)
- Lifebook Challenge (January 2017), Etc.
Critical thinking are demonstrated clearly in these summits but there are no explicit teaching of thinking in these summits.

The disciplines of Critical Thinking and Functional Medicine complement each other.

“Your body tries to protect you – why do thinking people not know this?”

“Functional Medicine connects the dots. If you look at the story of someone’s life, you can see what caused the problems.”
FUNCTIONAL MEDICINE

- Functional Medicine addresses the underlying causes of disease, using a systems-oriented approach and engaging both patient and practitioner in a therapeutic partnership.
- It is an evolution in the practice of medicine that better addresses the healthcare needs of the 21st century.
- By shifting the traditional disease-centered focus of medical practice to a more patient-centered approach, Functional Medicine addresses the whole person, not just an isolated set of symptoms.
- Functional Medicine practitioners spend time with their patients, listening to their histories and looking at the interactions among genetic, environmental, and lifestyle factors that can influence long-term health and complex, chronic disease.
- In this way, Functional Medicine supports the unique expression of health and vitality for each individual.

https://www.functionalmedicine.org/What_is_Functional_Medicine/AboutFM/
ALL REASONING IS EXPRESSED THROUGH CONCEPTS AND IDEAS

#6: “CONCEPT/IDEA” MISTAKE

Do I make an effort to identify key concepts related to health and chronic disease?

Do I have a clear, accurate and in depth understanding of relevant concepts related to the causes and prevention of chronic disease?

E.g. Chronic inflammation
Leaky Gut
ALL REASONING CONTAINS INFERENCEs BY WHICH WE DRAW CONCLUSIONS

#7: “INFErRence” MISTAKE

<table>
<thead>
<tr>
<th>Do I know what inferences to make from the evidence about my state of health?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Are my inferences clear, logical, justifiable, profound, reasonable and consistent?</td>
</tr>
</tbody>
</table>

E.g. If your antibodies are elevated – your immune system is attacking your thyroid and you have autoimmune thyroid disease, or you are on the autoimmune spectrum (Myers, 2016).

Thanks to the pioneering work of Dr. Alessio Fasano, we now know the mechanics that cause a leaky gut, and that it is one of the primary triggers for all autoimmune disease (Myers, 2015).
35 million South Africans have Autoimmune Diseases. In comparison, cancer affects up to 9 million and heart disease up to 22 million. Today there are close to 100 recognized autoimmune diseases, and an additional 40 disease processes that have an autoimmune component.

http://drgrantfourie.co.za/autoimmune-health/

According to Mark Hyman there are 3 critical factors that lead to chronic disease: Poor diet, lack of exercise and chronic stress.
Our genes are not our destiny...
The new science of epigenetics reveals how the choices you make can change your genes—and those of your kids.
Are you prepared to face the **consequences** of your daily decisions about your diet, your lifestyle, your level of exercise, your stress management, your toxic exposure, etc.?

Do your search for positive and negative **consequences** of your decisions and actions?

Are the consequences of your decisions and actions related to your health significant, logical, clear, precise and complete?

Patients with autoimmune diseases have a tendency to develop additional autoimmune diseases or another chronic disease.
You are a smart professional but...
Optimal gut health has become a prominent focus in 21st century health. Gut health has been linked to numerous problems— including autism, ADHD, obesity, diabetes, allergies, autoimmunity, depression, cancer, heart disease, fibromyalgia, eczema, and asthma. The links between chronic illness and an imbalanced microbiome (or gut bacteria) keep growing every day.

Many scientists have begun to refer to the gut as our second brain. You can begin to understand the importance of gut health when you consider there are 500 species and three pounds of bacteria in your gut. There are trillions of bacteria in your gut, and they collectively contain at least 100 times as many genes as you do. The bacterial DNA in your gut outnumbers your own DNA by 100 times. You have about 20,000 genes, but there are 2,000,000 (or more) bacterial genes.
You make all the choices in your life.
You can decide to be healthy or being unhealthy.
Your daily choices must be consistent with your life vision.
You are the author of your life.
“All Disease Begins in The Gut!”
- Hippocrates

“Food has the power to heal us. It is the most potent tool we have to help prevent and treat many of our chronic diseases.”
- Dr. Mark Hyman

“Let thy food be thy medicine and thy medicine be thy food.”
- Hippocrates
According to the New England Journal of Medicine, “the current generation of children will be the first in history to have a shorter life span than their parents” (Bland, 2014, p. 71)

Do you have a role to play with your family, your friends, your clients, the learners you work with?
Dear Estelle,

The future of OT is in your hands!

James
You have a choice...
Your health is in your hands.
Do you want to live a 12 category smart life?
Do you want to help our children to learn how to live a 12 category smart life?

THE EVOLUTION OF COGNITIVE EDUCATION IS IN OUR HANDS...
<table>
<thead>
<tr>
<th>CRITICAL THINKING &amp; HIGH PERFORMANCE LEARNING</th>
<th>FUNCTIONAL MEDICINE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Plasticity of brain – don’t blame the genes</td>
<td>Epigenetics - choices you make can change your genes</td>
</tr>
<tr>
<td>CT &amp; HPL is like ‘good diet’ – do as much as possible, all the time and everywhere</td>
<td>Critical factors include healthy diet, lifestyle, handling of stress, etc. – all the time</td>
</tr>
<tr>
<td>Diagnose what is wrong in the class – give what is needed</td>
<td>Identify causes of diseases, ‘connect the dots’ with diet, lifestyle, etc.</td>
</tr>
<tr>
<td>Learners must learn to figure things out, e.g. use Elements of Thought</td>
<td>Patients must learn to figure out what is leading to their problems/disease, can use Elements of Thought</td>
</tr>
<tr>
<td>Developing CT &amp; HPL, etc. is a journey – start as early as possible</td>
<td>Developing healthy eating and lifestyle habits is a lifelong journey – start as early as possible</td>
</tr>
<tr>
<td>Reflection, journaling, etc.</td>
<td>Self-awareness, consciousness, ‘Lifebook’</td>
</tr>
<tr>
<td>Strategies and skills – various approaches, etc.</td>
<td>Strategies and skills – FM and integrative medicine protocols</td>
</tr>
<tr>
<td>Why do we need CT or HPL?</td>
<td>Why do we need FM? If the WHY is not big enough you will not persevere...</td>
</tr>
</tbody>
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CONNECTIONS MADE DURING 2017 IACESA CONFERENCE
RESOURCES