

Letter from the Senior Managing Editor

Family medicine is challenging in many aspects. We are the workhorses of primary care with patients ranging from newborns to the elderly confined to nursing homes. We are fortunate to have the opportunity to care for multiple generations in the same family. However, we are faced with challenges including an increased workload due to more patients and a shortage of primary care doctors, increasing time constraints attributed to inefficient electronic medical records, rising complexity of medicine in general, a population of patients who have ready access to the internet that is full of misinformation, and patients who have come to believe that it is normal to take prescription medications. It is no surprise that physicians are facing burn out and becoming disillusioned with medicine. I was heading down the same path until a patient encounter, almost 7 years ago, changed not only my career but my personal path. This is when I discovered that a whole foods, plant-based diet was more powerful than my prescription pad in many cases of chronic disease.

I was first elated at the power of a whole foods, plant-based diet but then dismayed when I realized just how ill equipped I was at discussing basic nutrition with my patients. How could I have graduated medical school without being exposed to even an ounce of the science I was now compelled to read at every opportunity? Unfortunately, this is the case for the vast majority of physicians trained in the United States. I did not know where to turn to find the science or the training that I needed to effectively communicate this life saving message. I spent the next year through trial and error, hours of research, and reaching out to other physicians, such as Dr. Caldwell Esselstyn and Dr. John McDougall, for guidance before I began to feel comfortable with delivering this message.

As grateful as I am for the journey I have traveled, it should have been easier. Now I am committed to making sure that those who follow will have the information they need to not only answer their own questions of the validity of the whole foods, plant-based diet but the ability to share it with their patients with concise information made just for them.

The opportunity to be a part of building the foundation of the *International Journal of Disease Reversal and Prevention* and the *Disease Reversal and Prevention Digest* has been a blessing and an honor beyond what words can express. Working with the incredible team of Dr. Scott Stoll, Dr. Kim Williams, and Dan Purjes has been a privilege and a joy. The time has arrived that the truth and power of food as medicine is at the forefront of scientific inquiry and on the lips of every physician when they speak to their patients.

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Imagine if every physician trained around the world was aware of this information, was taught the science, and given the skills to translate that message to their patients! What would be the result? We will never know unless we stand up and create the catalyst that encourages every physician to use food as medicine. This will only happen if you help spread the word of this incredible work, and join us on this journey!

Thank you for your support.

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