

BioDesign's Top Doc Discusses Healthcare on Tampa Television Show

Our very own Dr. Matt Lewis is taking part in a 30-minute segment about the state of the healthcare industry, airing this coming Sunday morning, March 24, at 9:00 a.m. Eastern Time on WTOG St. Petersburg/Tampa (*CW44 Tampa Bay and channel 504 for HD cable customers*). The first segment—entitled “Healthcare Disasters” – is hosted by Kristen Burton and features our own Dr. Lewis and Dr. Jordan Axe, another Tampa area medical practitioner.



As you'll see when you tune in on Sunday, the two doctors discuss the failures of traditional medicine and how a functional and integrative approach to healthcare can provide long-lasting health benefits to those who have been procrastinating when it comes to their own personal health issues.

Dr. Lewis was asked during the segment why so many people suffer chronic illnesses, and he said many of his patients are elderly, with others suffering at least one chronic condition. (He described a chronic health issue as any ailment that continues for three months or longer and won't go away.) And, he said, traditional medicine cannot successfully address those issues because a solution cannot be arrived at during a seven-minute

doctor's visit.

By the way, Dr. Lewis wasn't joking when he cited the seven-minute doctor's visit. Read [*The Problem with the 7-Minute Doctor Visit*](#) here on the BioDesign Wellness Blog to see what he's referring to.

Another thing you'll learn from watching the segment... Dr. Lewis asks his patients to think of themselves as a bucket. Inside this bucket are all the things making them sick. *What's in the bucket?* He says there are chemicals in that bucket, adding prescription medicines to that toxic list of chemicals. He tells them there's alcohol, nicotine, caffeine, environmental toxins, and pesticides from foods in that bucket.

And he tells them – it's time to empty out the bucket a bit!

What Dr. Lewis sees in our office are often elderly patients who have problems that are not being resolved in a seven-minute visit with their traditional doctor. Maybe they don't feel well or have early cognitive decline. Then their traditional doctor tells them, "Oh, you're just getting older." Same goes for complaints of joint pain or fatigue.

What they need, he said in the show that airs this coming Sunday, is at least an hour's visit with a doctor like the ones here at BioDesign to start with. And then they need to participate in a program that improves the quality of their lives.

Be sure to turn on your TV at 9 a.m. this Sunday to hear Dr. Lewis discuss ways of avoiding "Healthcare Disasters." It'll be well worth your time!