Physicians and Personal Trainers
The Reciprocating Possibility
by Dr. Spencer Nadolsky

About Me
- I wrestled heavy weight for University of North Carolina - Chapel Hill.
- I am now an Osteopathic Physician getting board certified in Family and Obesity Medicine.

Disclosures/Disclaimers
- I own a supplement company - Leaner Living
- I write for Precision Nutrition and more
- Any client medical issues MUST be brought up with the client's physician.
- Everything in this presentation is for education purposes
Logic
If Exercise (and diet) can treat most of today's chronic diseases better than any pharmaceutical, then........

Healthcare vs. Sick Care

I have a secret to tell
- I'm jealous of you
- Advisor Story
Difference between Physicians / PTs

- 4 years of school to learn a lot of pathology
- Prescription pharmacology

- AND........

AND.....

Having Said that

- Two Thirds (65%) of patients would exercise more if told by their doc.
- Only FOUR of out TEN physicians (41%) talk about exercise... but even then don't prescribe.
Solution

Start your Physician - Trainer Networking!

Methods

1. Start with your OWN doctor

2. Branch out with your current client's doctors

3. Build a reputation
Branch Out to Client's Docs

Build a Reputation

Dr. Nad's 3 "secret" Fat Loss Tips For Personal Trainers... and Docs!
Case #1
42 Year Old Male - Tyrone

- On my weight loss program
- Struggling with progress
- Very tired
- Neck 20 inches
- Sounds like a Harley

Sleep Apnea

Case #1 cont.

Prescription
- Sleep Study - > CPAP

Conclusion:
More energy. Lost 40 pounds
Case #2

32 Year Old Female - Jennifer

• Sent to me for weight loss help
• Taking Celexa for depression
• Struggling with weight loss

Meds

Case #2 Cont.

Prescription
• Switched to Wellbutrin (Bupropion)
• Exercise/diet program with CBT

Conclusion:
Depression gone.
Lost 30 pounds in 2 months
Case #3
55 Year Old Male - John
• Losing weight slowly
• Not a lot of motivation to workout
• Feels weaker as of late
• Doesn't want to have sex
• Flying at half mast

LOW T

Case #3 Cont.
Prescription
• Checked AM total testosterone -> LOW
• Looked for causes
• Primary Hypogonadism
• Replaced testosterone

Conclusion:
Got leaner and meaner
Felt great. More sex
Who has more T?

Other Considerations
- Insulin Resistance (MetSyn/pcos/etc)
- Thyroid
- Hypothalamic Amenorrhea
- Adrenal Fatigue (...)

Insulin Resistance
- Dunlap's disease
- Go lower carb
- Utilize aerobic and resistance
Questions?
Feel free to contact me:

• Like my page - Dr. Spencer Nadolsky
• Email me - Spencer@LeanerLiving.com