

# Understanding the Foundations of Health

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## STORY AT-A-GLANCE

- › In my interview with Dr. Patrick Gentempo, we discussed how true health care involves developing self-trust and personal judgment rather than blindly following medical authorities. Understanding your body's natural healing abilities helps make informed decisions about treatments and interventions
- › While emergency medical care is vital for acute conditions, the current health care system often emphasizes crisis management and quick fixes rather than promoting everyday wellness and prevention
- › Fear disrupts self-trust and decision-making in health care choices. Developing a personal health philosophy helps you evaluate treatments based on evidence and individual experience rather than external pressure
- › Your body's cellular energy production, particularly through mitochondrial health, plays a key role in overall wellness. Avoiding toxins and making lifestyle changes significantly improves natural healing capacity
- › Making health decisions should combine logical analysis of scientific evidence with intuitive understanding of your body. Small, consistent changes in daily habits often lead to significant health improvements

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In my interview with Dr. Patrick Gentempo, a longtime friend and respected chiropractor, we discussed the importance of knowing your own health philosophy. We explored topics such as self-trust, fear, and the role of curiosity in guiding you toward good

decisions. Our conversation highlighted how easy it is to get swept up in a system that emphasizes quick fixes instead of true healing.

You might think a prescribed drug or an invasive procedure is the only answer because that is the message coming from some powerful voices. Yet, genuine "health care" is not just a set of steps or pills. It involves your choices, your beliefs, and your willingness to understand what your body truly needs. Gentempo described his early days in chiropractic care, where he frequently encountered patients who assumed that a doctor always knew best.

Those same individuals often had no real sense of their own ability to heal. In many cases, they simply replaced their inner wisdom with a blind trust in practitioners wearing white coats. Gentempo's point is one I have voiced time and again — each of you should take a more active role in your own health. Part of that means understanding that most so-called "health care" is actually designed to handle crises and emergencies, rather than promote day-to-day well-being.

There is certainly a place for emergency interventions. If you experience a broken bone or life-threatening infection, going to a hospital is clearly the right move. But as you will see, making wise decisions in everyday life often prevents these problems or at least lessens their severity.

Throughout my professional journey, I have found that the best outcomes happen when you trust your own judgment enough to consider alternative approaches. Gentempo agrees. He shared a story of being nearly pushed into knee surgery, only to pause and remember his core belief that the body is self-healing and self-regulating. This pause gave him room to explore a natural path — one that ultimately led to a full recovery without surgery.

## **Embracing Self-Trust and Personal Choice**

During our conversation, we also focused on how fear disrupts your ability to trust yourself. I have often seen people become so caught up in what they are told by experts that they lose sight of their own experiences and gut feelings. Gentempo explained that, without a personal philosophy, you naturally adopt someone else's. That point deserves your attention. It means your choices come not from a place of conviction but from pressure or habit.

When you decide to live by your own philosophy, you begin to ask questions. You might wonder: Does a proposed treatment align with how you view health, or does it only address a symptom? Have you looked for credible data and then checked how it resonates with your experiences?

This shift might involve saying "no" to a recommendation or stepping away from a risky drug. It often feels unusual, especially if you are used to following directions without challenging them. Yet, in the long run, this approach could save you from unneeded therapies and help you find better solutions.

During our discussion, Gentempo recalled times in his practice when he saw the direct power of self-healing. He watched patients who tried conservative, noninvasive options before resorting to surgery. Many of them improved. This reminded me of a key study in the New England Journal of Medicine showing that certain [knee surgeries](#) were no better than sham procedures.<sup>1</sup>

It underscores how assumptions about standard care don't always hold up. You deserve to know such information to avoid getting swept into fear-based decisions. The moment you break free from that cycle of dread, you become much better equipped to evaluate the merits of any treatment. You move from being told what to do to deciding what to do. That is the essence of real self-trust.

## **Questioning the 'Health Care' Label**

A large part of my conversation with Gentempo centered on the way our society approaches health. We both find it troubling that so much money and energy goes into a system better described as "sick care." Despite massive health care spending, many people remain unwell or become sicker as they age.

You look around and see countless advertisements for drugs, along with stories from neighbors and friends who juggle multiple prescriptions. That seems perfectly normal in our current age, but it does not reflect what true health looks like. In a genuine health care system, the priority would be to help you stay healthy in the first place. Rather than constantly placing you in a reactive stance, it would center on prevention and healthy lifestyle habits.

Gentempo pointed out that medication-based care does not automatically become "bad." If you encounter an acute crisis, pharmaceutical or surgical interventions are often lifesaving. The issue arises when prescriptions and procedures are used for mild or chronic conditions without considering simpler, safer solutions. This over-reliance on medicine leads to a cycle where people keep adding more drugs to handle side effects, and no one ever addresses the root cause.

I have spent many years showing readers how to handle [common health concerns](#) through smart, natural methods. Whether it is taking steps to [optimize your vitamin D levels](#) or learning how to [manage stress](#) before it spirals, you have options beyond the standard sick-care path. I urge you to remain curious and look for ways to maintain vitality. Do not wait for permission to try something as basic as healthy eating, proper sleep, or a thoughtful supplement routine.

## **Crafting a Health Philosophy That Fits You**

As Gentempo explains, forming a personal health philosophy means taking the time to decide what you believe about the nature of your body and how it heals. Some of you likely feel quite certain that the human body, given proper support, is incredibly resilient. You believe your energy and overall function improves with simple steps like removing toxins, eating real foods, and staying active.

Others still cling to the assumption that a doctor's prescription or a scalpel is always required to correct any health issue. Gentempo and I suggest you consider how your current beliefs were formed. Did you develop them through your own experience and valid research, or have you absorbed them from the environment around you? If you learn to "audit" your beliefs, you keep the good ones and discard those that do not serve you anymore.

In our interview, we also discussed how people feel lost when they have no guiding philosophy at all. That leaves you vulnerable to picking up any passing idea or commercial message that seems official.

When you have a clear sense of what health means to you – when you know how you think your body should be cared for – other people's claims become easier to evaluate. You may say, "That lines up with my philosophy," or "This goes against how I understand health," and proceed from there.

Deciding on your own philosophy does not mean you go it alone and never accept outside help. Rather, you become the ultimate judge. You gather insights from various sources, verify the evidence, then see if it resonates with your view of reality. If it does, you might adopt it. If not, you discard it without feeling guilty. A personal philosophy is not a set of unchanging rules; it shifts as new knowledge emerges.

## **Old Assumptions and New Insights**

We talked about how easy it is to repeat old assumptions without checking if they are still correct. Maybe you have believed something like "**saturated fats** are harmful" or "any government-approved drug must be 100% safe." As Gentempo and I noted, you then look back and find that many modern ideas turned out to be mistaken. Studies challenging long-held beliefs pop up regularly, yet people keep following the same paths out of habit or fear.

An example is the use of seed oils, which contain [linoleic acid](#). You've likely seen repeated claims that these are "heart-healthy" alternatives, when in reality they're mitochondrial poisons. You might have grown up with the notion that vegetable oils in processed foods were better for you, only to learn now that butter, ghee, and coconut oil are healthier options.

In my conversation with Gentempo, I pointed out that changing your perspective does not make you weak or indecisive. It means you are growing and staying open to the idea that new information should replace outdated ideas. Science itself evolves, and so do you. The important thing is to stay active in the process, so you are not letting others make choices for you while you remain on the sidelines.

## **Mitochondria and the Role of Energy**

One of the standout parts of our interview was discussing how health is tied to energy production within your cells. I have written extensively about mitochondria, the tiny power plants that convert nutrients into usable fuel, including in my book "Your Guide to Cellular Health: Unlocking the Science of Longevity and Joy." As Gentempo and I both noted, many everyday toxins weaken this energy process, leaving you feeling drained or vulnerable to illness.

We also discussed the importance of removing known mitochondrial toxins. It is not enough to merely add good things, such as better foods and more movement, if you are still bombarding your cells with harmful substances.

That is like trying to sail a boat with an anchor dragging along the ocean floor. By freeing yourself from that anchor — say, by cutting out seed oils and reducing your exposure to [endocrine-disrupting chemicals](#) — you allow your body to generate energy more efficiently.

Gentempo's philosophy rests on the idea that your body has an innate capacity for self-healing. I share that view. Through the years, many of the successes I have witnessed happened when patients embraced their responsibility to nurture their body's innate

wisdom. That meant exercising, eating foods free of damaging additives, and learning how to lower stress. It also meant staying curious instead of simply following the loudest or most "official" voice.

We recognize that tension often arises when you decide to break from the crowd. For example, during COVID-19 mandates, many people were torn between what made sense to them and what was required by policy. It was not our role in that discussion to dictate what is right for you. Rather, we suggest making decisions that are consistent with your core beliefs and the data you have gathered. That way, you avoid letting outside pressures force you into unwise or harmful choices.

## **Carrying the Lessons Forward**

For me, interviewing Gentempo served as a reminder that the pursuit of health is not just about strict rules or scientific papers. It is about learning how to align what you know logically with what you feel intuitively. Studies and data hold great value, and I often cite them to support various points. Yet, you are the only one living in your body, experiencing your daily routine and coping with your unique challenges.

Gentempo explained that your mindset, emotions, and choices build your energetic field. And that, in turn, influences your physical reality. I support this view, especially after working with tens of thousands of individuals over the years who drastically improved their health by shifting daily habits – often starting with small, seemingly simple changes. They began by choosing to think differently about what health really means.

Our conversation finished on a hopeful note. Both of us see a massive need for a more authentic view of health, one driven by self-trust and curiosity rather than fear. This is your opportunity to make decisions that line up with what works for your body and your circumstances. As you do, you might spark curiosity in friends, family, or even strangers who see you living with more freedom and vitality.

## **Expanding Your Creative, Joyful Self**

At the heart of everything we discussed is the idea that your life is meant to be creative, joyful, and free from unnecessary fear. I shared how your energy levels affect not only your physical strength but also your spirit. When you connect to that source of energy — whether you call it your spirit, soul, or simply your vital spark — you find that making the right health choices becomes easier.

Gentempo and I agree that real joy comes from living in alignment with your deepest truths. If you ever doubt whether your life can improve, I encourage you to consider the rapid transformations I have seen. Some people overcame serious health problems simply by questioning old assumptions and trusting themselves enough to try a different path. They created a ripple effect — changing not just their own health story, but also influencing others who noticed their results.

My hope is that you recognize how important it is to keep learning and growing. Stay curious about new findings in health, but always run them through your personal filter. Rely on your philosophy of wellness, continue refining your choices and remain open to future discoveries. Let that process fill you with the energy and clarity needed to embrace a life of true health and joy.

## **Moving Forward with Confidence and Vitality**

As we wrapped up our interview, Gentempo shared the importance of embracing your own judgment and not being afraid to refine it as you learn. You are not stuck with a single belief system forever; you are free to change it when new evidence or personal experiences point you toward a better route.

You have a chance, right now, to take your health into your own hands by reflecting on the discussion I had with Gentempo. We covered everything from the power of your personal philosophy to the practical considerations of living in a system that often treats medicine as a universal cure-all. The message is not that you should reject every medical intervention, but that you need to see yourself as the central figure in your health journey.

I am thankful for the time I got to spend with Gentempo, as it reinforced the core principles I have championed for decades: Focus on prevention, respect your body's natural intelligence, and do not let fear drive you. Instead, examine studies, seek expert opinions and, if you come to a different conclusion than the mainstream, realize that might be the best choice you ever make.

## **Elevating Your Health with Purpose**

As my conversation with Gentempo explains, your health is best served by your own wisdom, guided by solid facts and a willingness to adapt. Neither of us suggests living in a bubble or ignoring doctors. Instead, we want to encourage you to become a partner in your own care — one who weighs information carefully and doesn't forget the power you hold over your daily habits.

Through this collaboration between your knowledge and your intuition, you tap into a higher level of healing and growth. Recognize that "health care" should not be limited to an endless series of prescriptions. Rather, it is a dynamic, ongoing practice of fueling your body well, giving it enough rest, and choosing safe, evidence-based interventions when necessary.

I invite you to read more about the ideas we touched on. Explore Gentempo's website, [gentempo.com](http://gentempo.com).<sup>2</sup> Look up peer-reviewed studies on subjects that interest you. Pay attention to experts you trust, but always match their advice to your own situation. If something feels off or leads to negative outcomes for people you care about, dig deeper. Ask questions. Adjust your approach. That is how true learning happens.

I hope you use these insights to push past fear or confusion and step boldly into a life driven by your own inner compass. Like Gentempo, I believe you will find that once you tune in to your body's capabilities — you unlock not just a healthier version of yourself but also a more joyful and meaningful life overall.

## **Sources and References**

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- <sup>1</sup> N Engl J Med 2002; 347:81-88
- <sup>2</sup> Gentempo.com