

# No Substitute for Therapy

## How to use this card:

*Pass this card around. Each person please state your name and read a small section of the content on Suppers Meetings Are No Substitute for Therapy or Treatment:*

## Boundary 11: Suppers meetings are no substitute for therapy or treatment.

Suppers is about support for diet and lifestyle change. Members take responsibility for getting professional help as needed.

## Margaret's Story: Numbers Don't Lie

A discussion of the 11th boundary helped us all make distinctions about what we could reasonably expect from a support group and what we needed to do with medical practitioners. Sometimes it's difficult for me to distinguish which issues I should be addressing with my doctor and which ones I should address on my own. I have thyroid problems and had just crossed over into type 2 diabetes at the time I started Suppers. I am conscientious about my appointments and have good relationships with the doctors who care for me. I'm also a do-it-yourselfer, and my inclination is to do everything I possibly can myself.

I did not care at all for those high fasting blood sugars. For that problem I decided to do as much as I possibly could on my own before seeking out pharmaceutical solutions.

At my Suppers meeting, nobody would tell me what changes would improve my numbers, but they did suggest experiments. To make a long story short, my self-observations revealed that if I traded most of the fruit I was eating for lentils or a small portion of meat, my numbers got better. For years I'd been eating lots of fruit because I thought it was healthy. But giving it up, I lost 10 pounds, all of it in the mid-section. My endocrinologist actually asked me what I was doing because my blood sugar normalized, my thyroid readings improved somewhat, and my triglycerides went down.

This didn't make sense to me. Fruit is health food and I love it. But numbers don't lie, and neither does my belt. After conducting several months of experiments, the conclusion I've come to is that I will deal with as many of the issues of advancing age as possible by staying curious, running experiments, and seeking solutions in my lifestyle. And when healthy change is not enough – dealing with my thyroid problem, for example – I can rely on medical practitioners and be grateful to live in a time when pharmaceutical solutions are available.

## Continue around the table by briefly sharing how you relate to the Suppers boundary that Suppers Meetings Are No Substitute for Therapy or Treatment.

## Consider your health concerns: What can be managed with right living; what will require professional help? And what's in the gray area?

## Discussion Prompts (Each person select a prompt that works for you.)

- Describe the decisions you need to make to get and/or stay healthy.
- Describe what information you need to make an informed decision about treatment choices.
- What can you do with lifestyle change to improve your results, including increasing good results from treatment or therapy?

- Share with the group a course of action you took that you would repeat.
- Share with the group a course of action you took that you would not repeat.

### **Ideas for Next Steps:**

#### ***Experiments and Observations:***

- Do a thought experiment: Imagine you are in your practitioner's office talking about what you can do to get and stay healthy. Observe how you feel during your imaginary conversation.
- Do the experiment: Next time you are with your practitioner, have questions prepared about actions you can take to get and stay healthy. Observe how it goes.

#### ***Between Meetings:***

- Read how other Suppers members have dealt with decisions about what to work on with lifestyle and what to work on with treatment and therapy.
  - Read [Pam's story](#) about her vegan lifestyle for RA, page 193 in the 2<sup>nd</sup> edition of *Logical Miracles* or on the Suppers website.
  - Read [Lindsey's story](#) about mental health and better living through chemistry, page 13 in the 2<sup>nd</sup> edition of *Logical Miracles* or on the Suppers website.
  - Read [Oliver's story](#) about his journey with Celiac disease, page 189 in the 2<sup>nd</sup> edition of *Logical Miracles* or on the Suppers website.
  - Read [Audelle's story](#) about diabetes that required both lifestyle changes and medical intervention, page 257 in the 2<sup>nd</sup> edition of *Logical Miracles* or on the Suppers website.