

What, Why, and How

The Phenomenon

Dear Reader,

You are holding an opportunity in your hands, one that has the potential to transform your health. As a result, with an excellent sense of well-being, you will live a life that is full of hope and happiness.

Reading it will unfold that opportunity, and when it does, it will set you out on a journey during which you will discover the secrets of Mother Nature that keep us healthy. In this journey, I will handhold and travel with you to explain the science behind those secrets and how to apply them correctly. Because when applied correctly, ‘the changes’ these secrets entail will prevent diseases and help you come out of them if, unfortunately, you are already in the grip of one or more of them.

You may read ‘One at a Time’ in three different ways:

- After reading this section, ‘The Phenomenon’, you may read ‘The Objective’, which is the next section in the book. Thereafter, you may continue reading in sequence.
- If, however, you might want to rush right at the beginning, you may jump to ‘Sharpen Your Axe Before You Begin’, an important chapter that begins on page no. 7. Thereafter, you may continue reading further from there.
- And the third option is that you can start reading it from anywhere by picking from the table of contents a particular ‘change’ that you want to make in your life. Thereafter, you can read it in either direction, depending on the next ‘change’ that you want to make.

My friend, this book has been written in a way that makes it possible for people—those who love to read and also for those who read minimally—to read it in the way they like.

READER: It is ok, and I get it—‘One at a Time’ is an effortless read, and I can read it in three different ways! But what makes it special?

ME: As you read ‘One at a Time’, it will prepare your mind for ‘change’ and help you make it. In the process, it will update your existing set of *beliefs and habits* with a modern, evidence-based version. Consequently, as you follow the new set of *beliefs and habits*, it will help you live a disease-free, long life.

READER: But isn’t making ‘change’ difficult?

ME: No, it's not. All you need to do is lose the rigidity experienced in the beginning and be persistent while making the 'change'. Thereafter, as the desired effects of the 'change' start appearing, they themselves will motivate you to keep going.

READER: But why should I 'change'?

ME: We should 'change' because it is a universal constant—an ever-prevailing phenomenon of nature—and because of its impact on life, which clearly establishes that without embracing 'change', we cannot evolve. To emphasize this reasoning, Bhagwan Sri Krishna in 'The Bhagavad Gita' has said, "'Change' is the fundamental rule of the universe."



The Objective

Every time I visit a bookstore, I see a large number of books, which makes me ponder:

- Why do people write books?
- Why do we read them?
- And should I also write one?

Fortunately, one day, I got the answer, and when I did, I was surprised that it took me so long to figure it out.

The short answer is: a book *enables*.

It enables us to connect with countless people and share our thoughts without needing to meet them physically. And when looked at from a reader's point of view, a book makes it possible to receive new thoughts and ideas from a complete stranger like me.

On a fateful day in March of 2019, I experienced a sense of euphoria shortly after I had finished consulting a patient. It was so overwhelming that it made me ponder the reason for having such a feeling.

As the lady luck smiled, the reason dawned on me: It was the expression on the face of that patient—a smile that reflected that she felt reassured—and as a result, what she had said just before leaving the consultation room, "Half of my troubles vanish merely by listening to your life-changing advice, Dr. Tibrewal."

Later, as I recalled, on multiple occasions earlier too, patients had complimented me with similar remarks for the life-changing advice that I gave them. But what happened that day kindled in me the desire to write 'One at a Time'. Subsequently, when I foresaw that, through a book, I could share those life-changing concepts with society and, in the

3 One at a Time

process, be able to help a large number of people, that desire turned into a resolve. With that goal at heart, as I began to write regularly, my thoughts started to take the shape of a book.

As fate would have it, my friend, Vijay Patil, an avid book reader, gifted me the book—‘What I talk about when I talk about running’—written by Haruki Murakami. As the title suggests, this book is a memoir about Murakami’s running life. Upon reading it, I was impressed by his writing, i.e., honesty in thoughts and simplicity in language. As one can guess, I have adopted the principal cues—honesty and simplicity—from his writing and have followed them in mine. The result: In the pursuit of sharing years of research and the experiences I had as a doctor and the experiences that I gained while living for 55 years with all the ups and downs, you are now reading a book that is—to the point—easy to comprehend—and downright honest.

After saying why ‘One at a Time’, now let me deliberate on what it is about. I am sure that after reading it, you will not put it down until you find what you are looking for.

Every person, at one time or another, comes across the following questions:

- Who am I?
- What am I? Am I just my name, my *beliefs and habits*, and, as a result, my behavior?
- Was I born with these traits, or did I learn them after birth as a result of the conditioning of my mind?

Let us walk through the answers to these questions because the answers will pave the way for us to go further in our journey.

I am a 55-year-old practicing medical doctor, but I am more than that. I am also more than my name, my *beliefs, and my habits*, and as a result of all these things, my behavior. I think so are you, more than the sum total of the attributes—mentioned above—by which you identify yourself.

My life has been a journey filled with all sorts of highs and lows, along with times when I had to travel on a few extremely difficult curved roads—situations in life that were so devastating that they brought me down to my knees. Even though these situations were extremely painful, they enriched me with wisdom that only comes from such experiences. For this reason, I am eternally grateful to Bhagwan Sri Krishna and my family and friends.

I am saying with complete honesty and humility that some of these experiences have set me out on a quest. The result: I discovered a few secrets of Mother Nature that, when applied as a ‘change’, to update our existing *beliefs and habits*, make us healthy. I have applied those ‘changes’ to myself, and as a result, I have become healthy and strong. The primary objective of writing this book is to share those ‘changes’ with you.

We are born with a mind like a clean slate. However, as we live through the years, the environment around us writes the software on our brain using our eyes, ears, nose, tongue, and skin which manifests as our *beliefs and habits*. This is like writing a software program on a computer and the process is known as ‘conditioning of the mind’.

If we pause here for a moment and think, it will become clear that our *beliefs and habits* are similar to a computer’s software, hence, like software, we can reprogram our *beliefs and habits* too.

Through ‘One at Time’, I will help you do so by using a process that has been named ‘Transference’ by Dr. M. Scott Peck, an American psychiatrist and the author of ‘The Road Less Traveled’—a best-seller book. In his book, he advocates the need to update our *beliefs and habits* regularly, just like we update the software on our computers and mobile phones.

My Dear Friend, in the past twenty-five years of my practice as a doctor, I have had the opportunity to speak to a large number of people from all walks of life. Reflecting on those conversations, I have found that most people have the need to update their *beliefs and habits* but they do not know how to do so. I presume you may be experiencing the same need. A need that arises from anxiety about our health and from the confusion created by the divergent views that are prevalent in health guidelines. The discussions on social media, which serve as the cherry on top, further fuel this need. Amidst these conundrums, the need for an update has never been felt so acutely.

Going by this logic, we can safely say that we have established the need to update. Now, let us reflect on the following questions to further the process:

- How can changes in my *beliefs and habits* transform my health?
- How can mindful walking increase oxygen delivery to the tissues, thereby making them efficient in using fat as fuel?
- Why is eating less and eating less often more important than what we eat?
- How is taking care of the gut microbiome a potential game changer?
- Why is exposure to evening sunlight as important as exposure to morning sunlight?

But before we reflect on these questions, let me add a few related ones.

- Is merely taking medications to control blood pressure enough? Can we do more?
- Can type II diabetes mellitus be reversed? Can its onset be delayed?
- Can the impact of hypertension and diabetes on tissues be reduced as we age?
- Can aging be slowed down?

Ever since I developed hypertension, I have been relentlessly searching for the answers to these questions. I became happy when I found the answers hidden in the secrets of Mother Nature. The answer is yes. I believe we can!

5 One at a Time

As a medical professional, I have observed that hypertension (high blood pressure) and type II diabetes mellitus (high blood sugar) affect a sizable portion of people in the fifty-plus age group. However, of late, even people in their forties are developing these conditions. I see this as a pattern. Unfortunately, some even suffer from both. The irony, though, is that we accept this as part of growing old and take multiple medications to keep them under control.

Today, as medical science progresses, more and more secrets of Mother Nature are being revealed. One such secret is that age-related changes and degenerative diseases happen due to DNA damage.



To share those secrets, I have written ‘One at a Time’ with the elixir of the following guiding principles:

- The lessons that a common man learned on account of pain and suffering;
- The experience of a medical doctor who has treated thousands of patients for over twenty-five years; and
- The latest updates on the developments in the field of medicine.

Throughout this journey, ‘One at a Time’ will handhold you and guide you on how to make ‘changes’ one at a time to update your *beliefs and habits* so that you can prevent diseases and live a disease-free, long life.

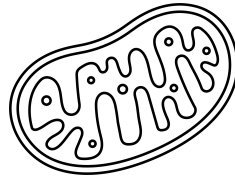
Let us begin by reflecting on how to reinvigorate the fat-burning engine that has helped our pre-human ancestors survive through long periods of starvation.

Reinvigorating the Neglected Fat-Burning Capacity

Like any other machine, our body also needs energy to function. This requirement is met by using carbohydrates and fat as fuel. The carbohydrate-based fueling system is inefficient and produces a lot of waste. On the other hand, fat as a fuel is far more efficient and cleaner. But to burn fat, we need more oxygen.

At birth, due to the abundant amount of brown fat, we have a fully functional hybrid energy system where, to produce energy, we are able to use carbohydrates and fat both as fuel in equal measure. This becomes possible because brown fat is densely packed with mitochondria—an organelle of cells that, beside carbohydrates, employs oxygen to use fat as fuel to produce energy. However, as we age, the amount of brown fat decreases. As a

consequence, a gradual reduction in mitochondrial density down regulates our capacity to use fat as fuel.



My friend, in my book, I have outlined a way to reinvigorate our capacity to use fat as fuel. And, when you reclaim your capacity to efficiently use fat as fuel, it will deliver an abundance of clean energy, which, in addition to fueling your energy needs, will support DNA repair—a process that slows down aging.

As you reinvigorate the fat-using capacity, it amounts to a tectonic metabolic change inside your cells because it improves your chances of preventing the onset of metabolic syndrome (diabetes mellitus (DM), polycystic ovarian disease (PCOD), obesity, hypertension, high cholesterol, etc.) and helps improve the health of those who are already in its grip.

This gradual change shows itself with the following changes:

- In the beginning, you start to lose inches, and then you start to lose weight.
- Following that, the level of sugar and lipids in your blood starts to drop.
- Even then, without eating, you will be able to remain energetic.
- Thereafter, you will notice that your blood pressure starts stabilizing.
- Finally, as a result of these positive changes, you will begin to be happy and peaceful.

Augment DNA Repair—Age Slowly—Prevent Diseases

Because of these changes, your body will become stronger, and you will be able to slow down aging. As a result, you will become healthier, be able to prevent diseases from happening, and live a disease-free, long life.

To drive home my point, I would like to quote James Clear from his book, ‘Atomic Habits’: “Work towards changing the system, and the goal will be achieved.”

I am sure you feel overwhelmed at this point and have more questions. Let me assure you, it is quite natural. As we continue further through the book, your overwhelm will ease out, and one by one, you will get all your answers. For now, remember an age-old maxim: “Any achievement, small or big, has a humble beginning.”

7 One at a Time

In the following section of the book—chapter one—I have outlined ways to get the most out of this book so that you do not miss important points. Aside from that, in this chapter, I have written about certain behavioral tools that, when applied, help you to be persistent in your efforts, especially in the beginning when results are due—not there to motivate you.