



Clearing the Path:

Musings by Dr. Foresman on the changes at MPM

By: Gary E. Foresman, MD

July 17, 2017

I am not retiring.

Well, now that's cleared up!

The movement in spirit-mind-body medicine, of which I am a part, continues to evolve. My practice also reflects this movement. What little I can do to help usher awareness, healing, and love into this world at times feels constrained by having a medical practice, I admit this openly. Yet everyone who comes through the space occupied by Middle Path Medicine gives me such perspective on the underpinnings of wellness and disease that we bless each other with our sharing. That I may continue to help on your healing path while I gain the wisdom inherent in witnessing your life challenges makes for a mutually beneficial exchange.

MPM will continue to provide integrative medical care to all those who wish to see me or our Physician Assistant Jessica Joslyn. Anyone who desires to continue to see me, can; *anyone*.

Effective October 3rd, new patient visits with me are 90 minutes, and follow-ups are scheduled for 60 minutes. Oncology patients will require 120-minute new patient visits, and 60 minutes for follow-ups. Anyone who wishes for longer appointments will be accommodated. This change allows for a more relaxed interrelationship. The only negative for you will be the added expense and the potential for longer wait times. Jessica Joslyn PA-C can provide shorter and therefore less expensive office encounters for those who intend to continue to stay with the practice. She, as well, would appreciate and is available for longer visits with those patients who often run over their allotted times.

I love medicine, always have; nothing has changed whilst everything has changed. Medicine environmentally, intellectually, economically, and societally represents a complex web of factors which support wellness, or disease. Pharmaceuticals and surgery play a miniscule role in healing and are relatively easily understood. These tools usually represent the last resort of a healer, and in the outpatient setting, when utilized, must be tempered with other healing strategies otherwise imbalance always develops. That is my challenge on an individual level.

Our environment, whether you mean climate change or the toxicants we expose ourselves to, makes life unsustainable. Therefore, I must place my attention here. The

powerful, intoxicating, and mind-numbing disinformation of the regressive political “right” intends to destroy freedom, equality, America, humanity; I must place my attention here. No individual can have personal health if these forces go unchecked. Most importantly, the spiritual crisis we face must allow for giving this coming generation hope. My writing and speaking in the future, whether for MPM or Throwing Sparks Alchemy, will focus on the changes one can make individually or societally to engender hope, caring and wisdom so lacking in Western Medicine. That is my challenge globally.

How do we usher in a medicine that cultivates thriving wellness and unconditional happiness? I don’t know, yet as Albert Einstein once said “The most beautiful experience we can have is the mysterious. It is the fundamental emotion that stands at the cradle of true art and true science.” Become comfortable with the unknown, the mysterious. It’s where the fun’s at!

In conclusion, I am not retiring and anyone who want to see me can. The visits are longer to provide a better experience for both of us. The world we live in needs our collective attention, as I believe it was Spock who said, “The needs of the many outweigh the needs of the few”!

Your Journey to Health and Healing,
Gary E. Foresman MD

Website: www.middlepathmedicine.com
E-mail: info@middlepathmedicine.com