

The Conscious Culture Magazine

ORIGIN.

YOGA

Art +
Endangered
Species

Inspiring
Visionaries

Mind. Body. Eco.

Thich Nhat Hanh. Oprah + *Super Soul Sunday*.

YOKO ONO. RICHARD BRANSON. AL GORE. ROBERT REDFORD. MOBY.

TOP VEGAN ATHLETES.

34 of the Most Beautiful Women.
Strength. Passion. Vision.

Breast Cancer Thrivers. Amazing Moms.

Dr. Frank Lipman: A Changemaker of His Time

Dr. Frank Lipman is a pioneer and internationally recognized expert in the fields of integrative and functional medicine. He is the founder and director of Eleven-Eleven Wellness Center in New York City, where his personal brand of healing has helped thousands of people reclaim their vitality and recover their zest for life.



Robert Piper: What inspires you?

Dr. Frank Lipman: Watching people fight the odds and triumph, like so many of my patients and the many children we work with at the Ubuntu Education Fund in South Africa, an amazing nonprofit. Nelson Mandela, Bishop Desmond Tutu, and the Dalai Lama are constant inspirations.

RP: What makes you happy?

FL: Hanging out with my wife, daughter, and people I love. Helping patients take charge of their health, seeing them flourish. Listening to great music.

RP: You're a true pioneer and changemaker in your field. Can you talk about overcoming the status quo?

FL: When you know in your heart that something is wrong and there is a better way, you fight to change it. Soon after I finished medical school and saw the shortcomings of Western medicine, there was never any doubt in my mind that if I wanted to practice good medicine, I would need to explore alternatives and not be limited to drugs and surgery.

RP: You once said, "If we could bottle the benefits of meditation it would be a multimillion dollar drug."

FL: It has the exact opposite effect on the body that stress has and most people are stressed out, so it's the perfect antidote to what is ailing so many people.

RP: You grew up in South Africa. Can you explain how this influenced your life?

FL: I grew up during apartheid in South Africa. From an early age, I knew that the system was obviously unfair, unethical, and needed radical changes. My feelings toward the medical system was no different—fighting against something I feel is misguided is an extension of my feelings about apartheid. I ran away from apartheid because I felt powerless and could not live under that system, but I am not going to run away from the medical system.

RP: How do you stay balanced?

FL: Meditate, do yoga, try to vacation frequently, and only take on projects and work that I love doing and feel passionate about.

RP: What's the difference between Eastern and Western medicine?

FL: Western medicine is great for acute medical and surgical emergencies, trauma, infections, hormone deficiencies, some cancers, and replacing organs and joints. It truly saves lives, but after a crisis is over, we just hand out drugs to suppress symptoms. Western medicine has few to no tools to create health. It's not particularly effective with the epidemics of chronic diseases we are seeing today, including heart disease, autoimmune diseases, and stress-related problems.

Chinese medicine is not appropriate for crisis care, trauma, and emergency medicine, but it does a great job at getting people healthy and keeping them that way. In the late '80s, I discovered functional medicine, which combines the biochemistry and physiology of Western medicine with the holistic view

of Chinese medicine and its understanding of how to restore function, combined with the latest scientific research on nutrition and on how our genes, environment, and lifestyle interact with each other to affect our health. Functional medicine deals effectively with these chronic conditions that are so epidemic—it is the future of medicine.

When you know in your heart that something is wrong and there is a better way, you fight to change it.