

The Ancestral Health Symposium (AHS) and Its Clinical Implications: If you build a tradition you might just fuel a revolution

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It was just a dream. We were listening to a coalescing conversation that was bubbling up on the periphery; to a self-organizing movement that was fueled by bottom-up thinking. There was harmony, some cacophony, but we all felt interlinked, ultimately.

Now, it's a tradition taking shape rapidly; a fringe movement transitioning to the mainstream expediently. And the implications are great; they're promising. On August 13th, 2011, as I traveled to Baltimore, Maryland to commence my medical training at one of the most innovative and well-respected institutions in the history of humanity, The Johns Hopkins University, the implications of and logical conclusions for the 1st Annual Ancestral Health Symposium (#AHS11) set in concretely during a collegial phone call with Dr. Jack Kruse, MD, an out-of-the-box neurosurgeon who is passionate about bridging the gaps between the Ancestral Health movement and our healthcare delivery systems. To be sure, Jack gets it; his emotions get him going at times, but that's good: he's an Ancestral Health advocate that can help us change modern medicine from the inside out. And he's already implementing these things in his local practice each and every day, as are other similarly-minded MDs who are out there practicing in isolation, unfortunately. There's a pattern to this madness, to this (r)evolution. Throughout human history, revolutions have reached a critical crossover stage where idea-sharing has transitioned to institution-building.

Right now, it feels as if the Ancestral Health movement has reached that stage: we need institutions. And institutions do not mean brick buildings only; in the Information Age that we inhabit currently, the human ecological niche possesses ample space for hybridized institutions that link the e-health technology space with the bricks-and-mortar real-world human interaction place. We need to connect, which means that we need to link up as many healthcare professionals, research scientists, and layperson patients as possible, as quickly as possible, in order to take the movement to that next stage: in order to save populations of people from the preventable diseases that continue to decimate us at exponentially-increasing rates. It's frightening, undoubtedly; but, the following is encouraging: at #AHS11, Dr. Jack Kruse spoke up, and by doing so, created an accessible avenue for other physicians to "come out of the closet" and express their frustrations with how they must practice medicine currently. These genuine emotions, these frustrations, can be transformed into something powerful; that is, they can be harnessed to change how we structure clinical medicine if, and only if, we create the requisite institutions that allow these medical professionals to "plug into" and treat patients in an ancestrally-friendly manner. It's evolutionary medicine in clinical practice, and it's absolutely necessary to drive widespread change. That is: if you build a tradition, you might just fuel a @evolution.