



Grow your Life

Live longer happier healthier

Title: Be like water. How to flow with a smile through wasteland, woe and wonder.

Name: Dr. Satinder Sanghera

MBBCh DRCOG, BSLM LMCA, UKIHCA registered coach, Lifestyle menopause practitioner, NLP practitioner

NHS GP rural practice 30 years. Lifestyle Medicine doctor and Transformational health coach, Further training in menopause, NLP, acupuncture, sleep disordered breathing, Nature connectedness and chronic pain. NHS clinical commissioning leadership roles. Medical awards and Pride of Teesdale award Inspirational person 2018. Founder of local charity, Trustee of a national charity. Founder of Grow Your Life.

Mother, grandmother, smallholder, sailor, lover of life affirming crazy adventurers.

INTRODUCTION \ BACKGROUND:

Your energy is never broken, simply tired, from years of driving your systems ragged, often through fear and valour. No matter the assault(s), whether to mind, body or spirit, you can recover beautifully by adapting like water. Your energy is simply waiting for the right conditions to be more than your diagnosis or life trauma and live the life you want. After decades of supporting hundreds of thousands of patients, Dr Satinder demonstrates her whole health approach to aging, through many lenses: Biomedical, Lifestyle, Psychology of behaviour and Lived experience.

AIM / OBJECTIVE:

Promising a warm, funny rollercoaster ride through many critical life challenges Dr Satinder weaves her: positive approach to life through 40 years of complex lived experience-including near death and disability; with her extensive medical career including leadership. Her message of how to age well goes beyond the biomedical model, inviting you to consider a whole health approach to the beautiful complex interconnected systems beneath your skin.

MATERIALS AND METHODS BY APPROACH:

For this key note I will storytell through prepared slides of mostly photos and engage the thought process of the audience with a few questions.

RESULTS / DISCUSSION:

Dr Satinder invites you to reframe attitudes towards disability, chronic disease, oppression and pain. She invites you to consider how successful outliers on the Gaussian distribution curve of life, clearly demonstrate how you can live well despite traditional medical advice. Attendees are encouraged to revisit their understanding of health and consider that "It is more important to know what sort of person has a disease than to know what sort of disease a person has."- Hippocrates. Ninety percent of life expectancy is influenced by how we live our lives and despite global health advancements chronic disease incidence is exploding worldwide. We owe it to ourselves and future generations to identify the underlying biopsychosocial processes that determine our wellbeing. Dr Satinder's passion is to reverse the exponential growth of unhappy people living with dis-ease and to realise our innate potential to adapt and grow against all odds.

CONCLUSION / SUMMARY:

Reframe attitudes towards outliers. Benefits of living beyond the traditional biomedical model. Pain left unattended has physical consequences. Take risks in order to rewrite your limits. Nature is our greatest healer. Beautiful fish can't thrive in a polluted pond. Embrace your subconscious parts but contain your ego. Adapt and flow with purpose and meaning. Your values keep you valiant and authentic.

BIOGRAPHY:



Dr. Satinder Sanghera is an NHS Family Doctor (GP) with over 30 years experience working in rural north east England. She's also a qualified Lifestyle Medicine Doctor, Lifestyle Menopause Practitioner, UKIHCA accredited coach & NLP Practitioner. She has appeared on TV, in national papers and podcasts and is learning to say no, so that she can finally finish writing her book 'Water'

Dr Satinder knows how hard it can be to walk through change having navigated personal traumas as well as both life-threatening and serious health conditions. Against all odds she became a mother, wife, sailor, sea swimmer, smallholder and hardcore gardener, with a passion for the outdoors. She has completed demanding 3 day solo treks, parachute jumps, white water rafting, worked in rural Malawi whilst living in a tent and much more. A successful NHS GP and clinical leader, she is living proof that even with significant brain loss and 2 years of non cancer chemotherapy through menopause, you can thrive.

After further serious illness at age 50 she temporarily retired yet through adversity found purpose as a shepherd, landscaper, trustee of Different Strokes and by founding local registered charity serenitysth.org. She then returned to family medicine during the pandemic.

Dr Satinder understands that ageing is not lost youth but a new stage of opportunity and growth. After further serious illness at age 60 she set up growyourlife.health. All this with over 40 years of disability, a coercive first marriage, caring for parents at end of life, medical illness and even recent surgical procedures..

Dr Satinder continues to confound medical opinion whilst seeking to support others by combining:

- positive psychology through 40 years of extensive lived experience;
- 38 years supporting over 200 000 patients ;
- further training in lifestyle medicine, lifestyle menopause and transformational health coaching.

She provides a unique understanding of the human body which extends far beyond the traditional biomedical model. Her passion is to support your journey towards a happier, healthier, longer life

For more information please refer:

<http://www.growyourlife.health>

<https://www.facebook.com/growthdrsatinder>

<https://www.instagram.com/growthdrsatinder>

www.linkedin.com/in/dr-satinder-sanghera-239994347