Doctors are stupid! - Looking for the Right Doctors Transcript

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Opening rant about doctors and health

They don't know anything. They dont know what it is, they don' know why it, is they dont' who it. If it doesn't have Pfizer, AstraZeneca, Merck and a free bee lunch and Mercedes attached to it as a bonus, They Don't Give a Damn.

So you need to wakey-uppy and stop going to a mechanic to do your taxes. Stop going people who know nothing about how to be healthy, who don't know anything about functionality, Oh, title.

Doctors are so dumb. I mean, can I get a hallelujah? They're starting to tell the people that I'm here. Hi, Julie Page, Holly, Molly, Michael, hi, blah blah, Philly, Mac Star, is that Philippa?

Is that you? Sometimes with these names, recovered basket case. What's up, girl? Land the table, what up? Oh man, you guys see my title? How dumb are doctors now?

Wow. I mean. The level of stride, Dan, here we go. I don't even know, I'm loopy because I just came from the gym. You know something that, you know like actual doctors do, huh?

Because I've jacked, right? Not a big fat ass eating Doritos and Takis and Diet Coke with my little script pad in a hospital, aren't they? They're geniuses.

So let's see what's happened. We've had stupid Fauci say he was retiring. Oh, and then people are like happy as if it matters. Some other skank is going to come take his position.

His, you know, another Tales from the Crypt kind of guy, whoo, is gonna come in and do the same thing. I mean, let't not get it twisted, but I have gotten outrageous amount of messages lately from people who are, like, Doc, I need help with my labs.

Doc! I can't get, probably have 10 in there right now that I've been replying to, like, what? I cant get my doctor to run my thyroid labs, i don't understand this, he won't run this.

I think I might have Hashimoto's. Im freaking out about my cholesterol. Blah blah blah. Okay? My doctor won' run lab, my doctors won run labs this is the one thing I want to say.

Why patients should order their own labs

Stop waiting for your doctor to not be a dumbass. You can go get all of your own labs, people. you actually can do that. Now I know you're like, what do I do if I get them?

I don't know, you go like this. Look dumb ass, can you read my labs actually? Probably have Hashimoto's. Are you stupid or something? Yeah, and you could say, guess what?

I took my labs to my dumbass crack chiropractor. Oh, I'm one of those. And she knew what this was. How come you don't? How can you not seem to know what an antibody is?

Don't know. I don' know know to tell you people, except get a new doctor. If I hear one more time, my doctor won't run the lab. Why are you there? You know you can leave.

Cause if I keep going to a mechanic and he can't change a damn flat tire, he cant fix my engine, and I kept going back, what does that make me? That makes me probably the dumb one in this situation, right?

I mean he doesn't seem to know how to fix it. Why do you keep taking your car there? So why do keep takin' your

body back to the people who don't know what they're doing?

They don't know what they're doing. You don' like them. I can't get them to do anything. Why do you go back? I don''t understand. At this point, I'm confused as to why you keep going.

And I''m confused why keep trying to go to a mechanic and ask him to pay your taxes. I don't ask my accountant to fix my computer. I Don't Ask My Housekeeper To Fix My Roof.

You see what I'm saying? My landscaper cuts my grass. My housekeeper cleans my house. And my account does my taxes. my mechanic fixes my car. and my trainer works on my body.

The dumb script pushing Rockefeller Pharma drug rep supposed white jacket doctor, why are you asking them to get you healthy? That's what I'm confused.

Do you not understand this? I don't know why you ask them what you're supposed to eat, what kind of supplement. Da, can I take this with this? They don' know what about what it is.

They dont know anything. they don''t know WHAT it IS, they dont' why it, who it. If it doesn't have Pfizer, AstraZeneca, Merck, and a free bee lunch and Mercedes attached to it as a bonus, THEY DON'T GIVE A DAMN.

So you need to wakey-uppy and stop going to a mechanic to do your taxes. Stop going people who know nothing about how to be healthy, who don't know anything about functionality, Who know NOTHING about root cause.

And try to ask them to fix a cause! They're not doctors of cause. They are doctors that write a prescription based on some symptoms after pushing a computer.

Oh, they have boo boo, boo. What is the algorithm? Tell me they had. It says you have this disease. These are the drugs you're supposed to take. That's medical school.

Now, you can find a good physician here or there. They're probably going to be 60 years or older. I'm going tell you right now. Probably. There are going be a few 50 year olds out there, because I was around a lot of good 50-year-olds recently.

But they're ones, they've been practicing for 10 years, are like, oh, this is stupid. This doesn't work. We're really dumb. And they are the ones that go like this.

Can I ask you what you're doing? I don't understand how you've been reversing diabetes. I understand why you made the MS go away.

Insurance, cash pay, and medical independence

How you got them out of a wheelchair. Wait, can you explain to me what you're doing? How did you get everybody off all this ADHD medication? how are they not psychotic anymore?

Wait. how did get rid of Crohn's ulcerative colitis and irritable bowel in six weeks and I've known this for 10 years and haven't yet to figure it out?

I have yet have a gastroenterologist actually ask me that question even though they've seen it a hundred times from my office. That's the ego for you right there, boo boo.

So, let's go, I digress. But let go back to you. Instead of messaging me, what do I do? How do, go get your own labs. Go to AnyLabTest.com, DHALabs. com, order your own shit.

There's another one, they do it at home. Let'sGetChecked, I think,.com. You can have this stuff sent to your house and pick your little finger like this, pick, and send it off, if you like that.

I don't personally use those kinds for my patients, but you could, Andy might be like, ooh, I don't know what this means, but you might go, can you tell me if you feel like you got to pay that $10 copay and you want to go to them?

Cause let me help you. Let me, help, you, let, me really help. You. Okay. Cause despite what the people on Interwebs might want say, I am a real doctor.

I didn't pick it up on the internet into six week course. K I went to school for eight damn years. However, I have never taken health insurance in my 20 plus years in practice of seeing thousands and thousands of patients.

Why is that? Because I'm not trying to play their game. I'm not gonna have somebody dictate to me what I do for you. What I choose to do to help you get better is based upon you and me and our relationship.

I have no relationship with your insurance company and I don't give a damn what they say. They will not limit or constrict me or you in any way. Therefore, you will pay cash, it's called fee for service.

You wanna bill out and try to get me reimbursed out of network, that's on you." That's fine, I'm happy to give you a super bill, okay? But my staff won't be doing that because if I have to pay my stuff $20 to $40 an hour to bill insurance, that means I gotta jack up all my rates.

We gotta Jack up everything to people, just how it works. And then we gotta like, put a bunch of stuff in an insurance. Basically, they're all committing insurance fraud because we got to jack up the thing.

Cause we know we're not going to get that money. So you got pay this person $40 an hour. You're going pay his company to do that. And they are going deny, deny and deny.

Do it again, denied and I do it, again denied. Okay. so now I build it for $500. I normally get getting 120 and then I got a bill that it's fraud. The whole thing is fraudulent.

It's a game and it stupid. Some not playing it. Right. and yet busy, busy busy. busy weightless, weight, let's wait, okay. Dumbass quack is what I am, right?

I'm a quak. And you don't want to know how many physicians refer to me. They're like, I don' know what she does, but you just need to go to her. She does some weird shit.

she'll get you better. I love a good doctor like that. There's a few of them. Frank Matalone is here in Atlanta. Nick Boulos is in here Atlanta, Kimball Johnson is at Atlanta some therapists, Cynthia Constan, Ernest Eaglin, and I can name all the people who refer me, you can look them up.

You can call them like oh, that's my girl. Naveen Thompson, psychiatrist, they refer They're like, go to her, okay? Now, why is that? Why can any doctor do what they do without insurance, you know why?

Because we are good at what we do. You know who takes insurance? Doctors who suck. Uh-huh, they suck! So they're worth a $10 copay or $15 copays. They're what your little insurance book tells me.

And so we get, you know how to get patients? Cause the insurance company makes people go to them. Because they are not good. It's like going to massage envy and thinking you're going get a real good massage service.

You're not getting anybody good there. Your getting all the new grads who suck and can't run their own business. You might get a good one here and there, I'm not gonna lie, right?

They've been like, they don't wanna have their own business. But for the most part, you're in private practice and you don' even take insurance? And you've doing that for decades?

You're getting everything from referral, which means you get results. Nobody comes to you because they have to, because it's in my network, it in in PPO, in HMO, this is who I was assigned to.

They suck.

Good doctors, referrals, and knowing your lane

And then they get lazy. and you know, I think a lot of them were kind of dumb. I said it. i was just in a conference last week, whole bunch of doctors who were not dumb, i couldn't believe it, it was the happiest clam in the clam bake of butter and lobster and steak you can imagine.

Wow, these are so smart people. in this room. I about cried. It was amazing. Sitting there hanging out in whole pools with Jack Wolfson, we're sitting there talking in the back of the room, he's, and that's a physician who is killing it.

Jack Wilson cardiologist, paleo cardiologists, woo, pow, Mike bombs. You know why? Cause he married a chiropractor. And she was like, oh, you're a dumb ass.

Let me explain to you how dumb you are. He was, like I am dumb. Everything I learned in school is stupid. No, but explain to me what you do. I love Jack.

And yet we need physicians like that who know the drugs, so sometimes we needs some drugs and sometimes you need some surgery. Fine with that, right? That's good.

That good, they should know they're lame. But they shouldn't be telling somebody about something else that they know nothing about. They should say, actually I don't know anything about that.

When you think about neurofeedback, I know everything about it. We think like chiropractors, don' know I think bout it, we think agri-puncture, oh I only know thing about, when you're thinking about your dad, They have strong-ass opinions about stuff they know nothing about, don't they?

Yeah, ain't it real? Real strong, real strong. Somebody asked me about like, I don' know, what wouldn't I know about? Sarcoidosis. I have like three people asking about sarcoidosis recently. I know what it is, but I dont treat it.

And I was like why are they all asking me this? I'm like yeah I I don't do that at all. I'm like, but wow. So you know what my opinion is on the treatment?

Nothing! I have no opinion, I dont know about it! So I shut up. And know my lane. Like I dunno. Wow. Can I help you another way? Maybe I'll find you a referral maybe?

And I learned about this conference. Oh my god, sarcoidosis, so I was like maybe I can talk to Jack. But you should know it, you shouldn't know and shut it up when you don' know.

Some people think they can think about anything. And that would be some of these white coat Rockefeller brainwashed zombie robotons. So there we go. Huh?

What's the best treatment for early dementia? That's a good question. I should do a whole talk on that. There's lot, depends on what we have going on.

One, a lot of fat in the brain. A lot protein, ketogenic, I want a lots of muscle. Lifting weights, dancing. Physical activity is critical. Sleep is also critical I'm gonna go after melatonin, few other peptides.

Solanke, melotonin. Anything that's an increased BDNF. Depends on where we are, might use ketamine. and what we're dealing with. But step one, diet, protein, animal fat, big time, lots of cholesterol, sleep, managed big-time, detoxification, drainage.

I want heavy metals toxins out and I wanna movement. So I'll probably put them in ballroom dancing. There's a lot of other stuff I would do too. Light therapy.

I mean, God, I go on and on with that one. Is there early treatment for Parkinson's? Yeah, a lot of what I just said. There's a lotta different things we can do.

A lot like dopaminergic things, mucanopyrins, some different peptides. Anyway, we're talking about, people say, wish you were closer. But I am 100% virtual, you guys.

And I have people all over the world that see me. Patients in Australia and Hungary and Bolivia and Czechoslovakia. Let me see, where else? Oh, Romania.

Canada, Costa Rica, people see me everywhere. Time zones get a little tricky, I'm not gonna lie. Sometimes I'll be like, what time is it? I don't like to see patients before noon.

A lot of people are like what? Look, it's my life. I am living it the way I want to. However, for special time zone people, they'll do things.

Functional medicine approaches for dementia and Parkinson's

Any of you can see me anywhere. So, we'd be in the zoom. Uh, yeah, so that was my rant. I don't know if I'm going to answer questions. Want to come do a retreat in Dominican Republic?

Yeah, bring it, Dash of Health. Do I want to go to the Dominican? Have you met me? Yes. I mean, am I leading the retreat? Am I taking the treat? I can do some trauma release stuff.

We can all kinds of things. Let's talk about it. Email my office desk at drrumpy.com. Now I'm a little short staff girl. I have a bit of change ahead of, we had some changes in the staffing going on.

So I am a short handed and I look and also hire some more health coaches. If anybody of any of you are looking for a job, I need some admin stuff, some social media help.

I don't know, send your resume, deska.com. And if you're into health coaching, you know maybe you could come work for me and you can start seeing some of my clients.

Cause I got too many of y'all that need help and I want to help all of you all, but like there's only so much of me going around. Your voice reminds me of, of the nanny, the Nanny.

Fran Drescher? Wow. Really? I didn't like that. That's actually not making me happy. Maybe in my rant. Okay. I don't know if there was something else.

There was my rant. Stop going to dumbass doctors. You're gonna have to become your own doctor, your old guru, take charge. I'm sorry the healthcare system is the way it is.

I really am. You know, this is one of those moments where I tell people, I'm like always like, why do you feel like you're a slave to your insurance? And I think growing up that I didn't have insurance, but I was on welfare, right?

Grew up on Medicaid. I did have like real insurance. Legit insurance until my mom got married. She married a cop when I in high school. So I had Detroit, he's a Detroit detective.

Special forces, vice, not my son, special, anyway, it doesn't matter. But we had good ass house insurance And so when you have like real health insurance and you can like pull your card out and not be ashamed of it, like it's like kind of when he got a grocery.

In case y'all know if you're poor, people go through a lot of shame to use the food stamp or the debit card or use a Medicaid card. It's not a fun moment and we don't need your glares or your stares or you bullshit.

And for you, the people who post those nasty things on social media, I don' like that. I like at all. You bitch it out.

That's a whole nother rant. I don't know, privileged people, y'all got a lot to learn, okay?

But anyway, I had some real health insurance for a hot minute when she was married. And then I went back to having no insurance, right? So when you have no insurances or you had welfare, you're used to just getting whatever and you used the paying cash.

If you go somewhere, and I got no cash, that's how we do.

Virtual practice, retreats, and staffing updates

We save up money for the glasses because we got to pay for them. I mean, what else are you talking about? That's the way we did it, so I'm used paying.

And, you know, have it, I don't have. If I have, it I can pay for it. Right? So I live under, well, my insurers won't pay. What are you talking about?

What does that have to do with anything? Okay? I'm used to paying for. So, when I go to the doctor, and I pay cash for everything. I just don' So it's very normal for me.

So I feel like people who haven't had that experience really struggle with it now. Like, sorry, you gotta pay to get somebody who's really good. Pro tip number one, if you're not willing to spend a few thousand a year on some labs and a consult, your health is really gonna suffer.

I mean, at the end of the day, as you are aging, people are like, oh, do you want us to magically know things without, I got a message from somebody that said, can you recommend a thyroid supplement?

And I was like… No. I mean, no and nobody should because I don't know what's going on with your thyroid. They could have nodules or graves or I dunno what is happening.

What am I going to suggest? Iodine and put them in a thyroid storm? You can't do that. And you can even start iodine unless you have enough selenium. You cant do this if you don' have that, I'm like what are you talking about?

No, there's no thyroid supplement. Why would you even ask me that? What's going on? So like, you gotta look at things in full context, otherwise why people are out there hurting themselves and stuff?

It's like ooh, I don't know about that. So anyway, that was my rant, prompted by that video of those stupid medical people bringing all their Doritos and tacos and taquitos or, honestly I dunno what that shit is called, Takis.

Final advice: stop relying on bad doctors

and candy and coke that are in any healthcare setting, I find one of the most repugnant, hypocritical things I've ever seen in my life, second none probably to my problem with churches and junk food and the way their youth organizations are making their children obese with the crap that they do.

So I think we have a lot to learn and a lots to move away from, but if we keep putting the white jacket physician as some type of intelligent God, It's making bad choices all the way down throughout the whole system.

And it's time to get smarter. It is time for you to realize if you keep going to the dummy, what does that make you? If I keep to going the mechanic that can't fix my car, and I kept being surprised that they can fix the car.

Eventually it is on me for going back to dumb mechanic who keeps breaking my cars. On that note, Good night, farewell, be well, go to bed.