



Healthy Mentors

Healthy Mentors - Launch 1 Jan 2007

For over 8 years Paul Barton, has been trusted by thousands of people seeking to improve their health. **Healthy Mentors** is just the organising of what has been happening informally over the last few years.

There is a gap, some would say a yawning chasm, between the expectations of people with health issues (or seeking to protect and maintain health) and what the 'established healthcare providers' can deliver. It is this 'gap' that has resulted in the concept of **Healthy Mentors**.

Paul Barton was forcibly retired (on health grounds) from the Royal navy in 1996 after 24 years service. He had developed multiple conditions which although not unheard of were certainly not normal for a 38 year old. The family doctor, as had the navy medical teams, suggested stronger and stronger drugs and more and more restrictive diets. Still the problem persisted and despite numerous surgical examinations there was no answer. In 1998, a chance meeting with a Dr Bill Greenman, altered the course of his life. After making some simple changes and principally an addition to his diet he was symptom free and drug free after just 6 weeks.

So profound, and yet simple, was the awakening that Paul began to share what he'd learnt with a few people who listened. In those early days success rates were poor and many would have given up but he stayed the course and battled with the English social culture 'of free healthcare by the NHS'. Eventually after a few years' success rates improved and today he boldly makes the claim that 'If you stay the course you will succeed'.

He now has an almost unrivalled reputation of helping people that he is increasingly sought after by people with critical and chronic health challenges. That's where the problem really begins. With a defined amount of hours per day and week it gradually became apparent that there were not enough hours in the day to help those that needed help. The solution was to train up others who could help many more people and so Healthy Mentors was born as a concept.



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Today we have about 20 **Healthy Mentors** in various stages of training but what makes this service unique is that the mentors work in areas where they have personal or direct experience. If you have a child with ADHD you want to talk to a parent who has some understanding of what it is like to have a child with ADHD - you don't want to talk with a Doctor who has 2 perfectly normal children and may even doubt that ADHD exists.

If you have breast cancer to talk with a woman who has breast cancer is priceless. Imagine that you have prostate problems, being able to talk to a man who has practical experience – it's enormously reassuring. Where **Healthy Mentors** happen to be healthcare professionals (Doctors, Nurses, Nutritionists etc) we will not advertise that fact as it runs counter to the spirit of what we seek to achieve. If someone gets paired with a **Healthy Mentor** who happens to be a Doctor that is by chance and not by design and we suggest that healthcare professionals do not disclose the fact as they are working well outside their professional bounds.

Your **Healthy Mentor** is never more than a phone call or e mail away from a more experienced person and the experience within the network is almost limitless.

If you want to know more either visit the website www.healthymentors.com or give us a call at +44 208 133 3380