

# How Medicine Lost Its Soul – And How I Woke Up

A physician's reckoning with the system he trusted – and the truth he uncovered

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I practiced medicine for over four decades.

Never once did I have a malpractice case. Never once did I lose faith in what I was doing.

I loved my work. I helped patients. I followed the science.

Or at least, I thought I did.

Like many physicians, I placed my trust in the system:

In the professors, the guidelines, the institutions, the medical boards, the CME courses, the drug reps, the consensus panels.

I took what they told me, and I applied it — with care, with sincerity, and with confidence that I was doing right by my patients.

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I even took a statin myself — despite no risk factors.

Because we were told: “This is the penicillin of atherosclerosis.”

The miracle drug. The one you give just in case.

And we believed.

But something changed.

After I retired, I finally had time to read. To really read.

Not journals sponsored by pharmaceutical companies.

Not guideline summaries at a conference.

I read books like *The Big Fat Surprise* by Nina Teicholz, *Metabolical* by Dr. Robert Lustig, and *The Great Cholesterol Con*.

And what I found shocked me.

Not just one problem. But a pattern.

Not just one drug. But entire categories — built on shaky science, spun statistics, and marketing masquerading as evidence.

It made me angry.

It made me sad.

And it made me question everything I thought I knew.

I began to dig — into statins, into bone drugs like Prolia, into the guidelines that demonized fat, ignored insulin resistance, pushed hormone fear, and reduced human beings to numbers and markers.

And the more I saw, the more I realized:

**Medicine hasn't just lost its way. Medicine has lost its soul.**

It no longer listens.

It no longer questions.

It no longer heals — it manages, suppresses, calculates, and prescribes.

It treats lab values, not people.

It silences dissent and rewards obedience.

And it's no wonder:

- That we spend more than any nation on earth, yet rank among the sickest
- That despite trillions spent, chronic disease has become normal
- That patients feel lost, unheard, and alone
- That even good doctors feel exhausted, confused, and trapped

So I came back.

Not to the clinic — but to the calling.

To seek the truth. To question what I once accepted.

To teach what I wish I had known sooner.

This series — *How Medicine Lost Its Soul* — is my way of speaking the truth I once ignored.

It is for doctors who sense something is wrong.

For patients who feel dismissed.

For students who still have open minds.

And for anyone who believes medicine should mean more than maintenance and metrics.

I don't claim to have all the answers.

But I do know this: **we can't heal what we don't face.**

And it starts with telling the truth.

— Dr. Bharat Desai

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