

Peer Review File

Article information: <https://dx.doi.org/10.21037/jphe-23-71>

Reviewer A

Comment 1: This paper summarizes the concept of personalized medicine and how this could impact healthcare and patient outcomes. I suggest that the authors provide some real-world examples to support their views.

Reply 1: We greatly appreciate your valuable feedback. We note your suggestion to include real-world examples in our commentary to clarify the concept of personalized medicine and its potential impact on healthcare and patient outcomes.

However, it is important to emphasize that our manuscript serves primarily as a commentary intended to stimulate debate and discussion and to provide a comprehensive overview of the topic. Because it is an introduction to personalized medicine, it will not deal in detail with specific real-world cases.

However, in response to your feedback, we have enriched the manuscript with additional text and a new reference. This allows us to highlight the extensive experience of Dr. Herbert Benson, which clearly demonstrates the intricate and scientifically supported relationship between positive beliefs and our physical well-being. Therefore, we have included his book as a reference to provide interested readers with even deeper insights into this topic.

We are confident that these improvements address your concerns, and we are open and receptive to any further suggestions and feedback you may have. Your suggestions are immensely valuable to us as we strive to improve our manuscript and contribute to meaningful discussions in this area.

Changes in the text (line 114-119): added the following text “Dr. Benson's extensive body of work elegantly underscores the intricate and scientifically proven link between positive beliefs, particularly belief in a higher power, and our physical well-being. His deep expertise underscores the importance of a holistic approach to health that takes into account the interplay of beliefs, the powerful placebo effect, and therapeutic medications. This comprehensive approach not only improves health outcomes, but also enhances the overall well-being of patients”

Reviewer B

Comment 1: Line 40's: This discussion could be expanded by discussing the principles of Lee Hood's P4 medicine.

Reply 1: We have added a new text

Changes in the text (line 39-45): “Personalized medicine, closely related to P4 medicine (predictive, preventive, personalized, and participatory), recognizes that an individual's health is influenced by a complex interplay of genetic, personal, and environmental factors. Predictive medicine focuses on early intervention based on genetic and environmental risks. Preventive medicine aims to strengthen the immune system and align treatments with individual lifestyles. Personalized medicine tailors treatments to each patient's unique needs, while the participatory

aspect engages patients actively in their healthcare. This approach enhances outcomes and promotes overall well-being.”.

New reference is added (No. 5): “Tian Q, Price ND, Hood L. Systems cancer medicine: towards realization of predictive, preventive, personalized and participatory (P4) medicine. *J Intern Med*. 2012;271(2):111-21. doi: 10.1111/j.1365-2796.2011.02498.x. PMID: 22142401; PMCID: PMC3978383”.

Comment 2: Line 110's: Missing the importance of the practitioner trusting the treatment and building positive regard for client - see *Timeless Healing* by Herbert Benson

Reply 2: We have added a new text.

Changes in the text (line 114-119): “Dr. Benson's extensive body of work elegantly underscores the intricate and scientifically proven link between positive beliefs, particularly belief in a higher power, and our physical well-being. His deep expertise underscores the importance of a holistic approach to health that takes into account the interplay of beliefs, the powerful placebo effect, and therapeutic medications. This comprehensive approach not only improves health outcomes, but also enhances the overall well-being of patients”.

New reference is added (No. 13): “Benson H. *Timeless Healing: The Power and Biology of Belief*, New York: Simon & Schuster. 1996”

Comment 3: Line 134 - what does this line mean? **This sentence was removed**

Comment 4: Line 143-144: Needs reference

Reply 4: We have added two references (24-25)

- “Qin SX, Wise M, Cobbold SP, Leong L, Kong YC, Parnes JR, Waldmann H. Induction of tolerance in peripheral T cells with monoclonal antibodies. *Eur J Immunol*. 1990;20(12):2737-45. doi: 10.1002/eji.1830201231. PMID: 1702726”.
- “Preston R, Harvey P, Herfert O, Dykstra G, Jukema J, Sun F, Gillen D. A randomized, placebo-controlled trial to evaluate the efficacy, safety, and pharmacodynamic interaction of coadministered amlodipine and atorvastatin in 1660 patients with concomitant hypertension and dyslipidemia: the respond trial. *J Clin Pharmacol* 2007;47:1555–69. <https://doi.org/10.1177/0091270007307879>”

Comment 5: Lines 150's - Need a deeper discussion Of Halalopathy - what is derivation of name and also a statement that this is a theoretical structure as opposed to an evidence based system unless he presents further support here as opposed to self references.

Reply 5: **To avoid confusion we replaced “halalopathy” with “lifestylopathy” and we added a new text with new reference**

Changes in the text: **In the face of healthcare challenges, healthcare professionals increasingly recognize the need for a more holistic and integrated approach to healthcare that incorporates both rational and logical thinking. Rationality provides a structured, evidence-based framework for understanding and treating disease and offers health professionals a solid foundation for formulating treatment strategies. However, it also has its limitations, particularly with respect to our ability to accurately observe and interpret complex health problems, which can sometimes lead to misdiagnosis and ineffective treatments.**

In contrast, logical thinking brings a creative and adaptable dimension to problem-solving, which proves invaluable in dealing with intricate and multifaceted health challenges. This approach encourages healthcare professionals to think innovatively, explore alternative solutions, and tailor treatment plans to the unique needs of individual patients. By blending the rational and logical perspectives, healthcare providers can enhance their comprehension of a patient's condition, ultimately leading to more favorable treatment outcomes.

The concept of Lifestylopathy has emerged as a response to the challenges and constraints of modern medicine. Lifestylopathy integrates principles from physics, chemistry, and medicine to delve into the human body at the molecular and quantum levels. It places a strong emphasis on the enhancement of overall health and disease prevention by fostering a harmonious equilibrium between lifestyle factors, potential energy, and entropy. Central to Lifestylopathy is the enrichment of homeostasis and the delicate balance between anabolic and catabolic processes. Additionally, the immune system plays a pivotal role in both preventive and curative aspects of Lifestylopathy.

Another critical aspect of Lifestylopathy involves the development of one's personality and the interconnection between the mind, behavior, and health. This holistic approach is especially significant in the context of cancer treatment, as it strives to maximize both physical and personal potential. By addressing these challenges and limitations inherent in modern medicine, Lifestylopathy offers a promising avenue for improving human health and well-being, with the ultimate goal of achieving better outcomes for patients and communities alike.

New reference is added (29): “Alzeer J. Lifestylopathy: Unlocking potential by embracing duality and homeostasis for improved healthcare. *Int J Regenr Med.* 2023;6(2):1-6 <http://dx.doi.org/10.31487/j.RGM.2023.02.02>”

Comment 6: Line 164: enables the labelling of medicines according to patients' -what does this mean?

Reply 6: We have added a new text

Changes in the text (line 191-193):

“Labeling medications according to a patient's lifestyle ensures that the drug's quality, ingredients, and formulation align with the patient's specific needs. This promotes the development of a compatible system that activates the patient's potential for better health outcomes”.