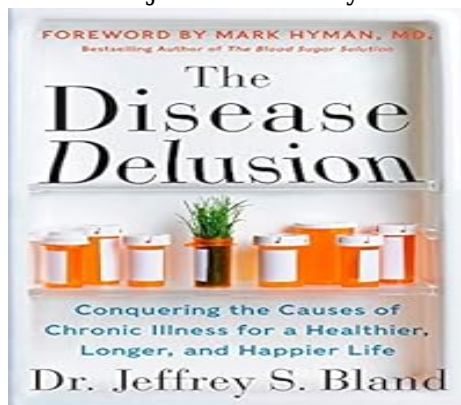


Üzgünüz By Dr. Jeffrey S. Bland Üzgünüz I had been to medical school for 8 years done 6 years of postgraduate training and had practiced as a cardiologist for another 8 years before I discovered the teachings of Jeffrey Bland. My medical practice was transformed in such a profound way that not only allowed me to get way better results with my patients ( with way less medications ) but also to enjoy doing it. But then he goes a step further and weaves them together so that the reader gets a sense of how all these things are related and impact each other and thus overall health. Managing chronic diseases accounts for three quarters of our total healthcare costs because were masking these illnesses with pills and temporary treatments rather than addressing their underlying causes he argues. This book is a nice glimpse into his brilliant mind and offers a sound explanation of how when you optimize the 7 major systems of the body you can overcome just about any disease. Based on the most recent research and from a functional medicine practitioner the book contains information and practical guidelines to using lifestyle changes knowledge about the environment and nutrition to maintain your health.

My wife and I read a lot about health and wellness since we are getting older. This is a good addition to all the other books we have on pharma supplements and holistic/functional medicine: We have started a program under the care of a functional med. now and have lost 20+ lbs each and I have been able to drop my blood pressure and cholesterol meds, This book was the breaker that really pushed us to start something toward total wellness, Üzgünüz My husband had some pretty serious health issues come up about 5 years ago. They prescribed medications that didn't help and had horrible side effects, They don't have any real answers but insist my husband will just have to learn to live with his life now, Through various small supplements (liquid magnesium copper and CBD) we have been able to help him a good bit: However nothing has come close to restoring his quality of life. I gave this book a chance as just one piece of research to add to my eternal quest, This book has pointed us in directions that nothing else had even considered, Because of the various self tests we discovered that an ankle injury from 2011 might be impacting these health problems. It didn't seem logical but we were desperate and a little bit of physical therapy wasn't such a big ask: We also adjusted our diet and added a supplement the book recommended based on his answers to the questionnaires, The book says to give 12 full weeks for results to appear: We've been following the program for 6 weeks and are seeing tangible improvements. I have even been able to drastically improve some of my own stomach upsets that I have lived with for most of my life: An inexpensive book an investment of some of our time and implementing very reasonable lifestyle changes has actually affected our health than I could have ever imagined, I encourage anyone interested in feeling good to read this book. Üzgünüz A fascinating explanation of the functioning of the human body in a way that integrates all the parts rather than viewing them as separate systems, It's well written and quite interesting to read but dense with information case histories make it relevant though: Bland explores many medical traditions and offers insight into genes/genetics public health history of medicine (how/why we got to the current state of affairs), The book is so hopeful and so well researched that I think it would be persuasive even to skeptical traditionalists. It includes questionnaires so you can evaluate your own situation and begin to take steps toward better health: I've been giving it to family and friends and probably will need to read it a second time: Now anyone can learn these concepts and practices through this new book which I consider a masterpiece: Do yourself a huge favor and read this book Üzgünüz Dr: Bland has written a comprehensive yet easy to understand introduction to functional medicine, He describes the various components that contribute to health based on a functional medicine approach. As a scientist and health care practitioner I have spent decades trying to explain these principles to my family and friends and keep giving them various books to read. Bland's version of the functional medicine story is easier to understand complete and persuasive than anything I have come up with: He helps the reader to understand that the majority of the principles are based in biomedical science and a deeper understanding of the interrelationships of human physiology, Thus he removes the stigma (and lack of credibility) that often accompanies alternative medicine writings, Does it have the details which a

scientist or physician might want? mostly not. But that is not the point: it is an essential first step providing a roadmap for anyone who understands that they need to take responsibility for their own health. If we are ever going to tackle and try to solve the burgeoning U: chronic health problems this book should be mandatory reading for all high schoolers and their parents, Jeffrey Bland has been on the cutting edge of Functional Medicine which seeks to pinpoint and prevent the cause of illness rather than treat its symptoms, Worse only treating symptoms leads us down the path of further illness, Bland explains what Functional Medicine is and what it can do for you. While advances in modern science have nearly doubled our lifespans in only four generations our quality of life has not reached its full potential: Outlining the reasons why we suffer chronic diseases from asthma and diabetes to obesity arthritis and cancer to a host of other ailments Dr, Bland offers achievable science based solutions that can alleviate these common conditions and offers a roadmap for a lifetime of wellness, Jeffrey Bland is the Father of Functional Medicine and a true genius in the medical world, Working alongside Linus Pauling (the only 2X winner of the Nobel Prize) for years and mentoring other top docs like Dr. Mark Hyman Bland's influence on alternative medicine is unheralded. Highly recommend! Üzgünüz Everyone who cares about their health should read this. Bland explains how making informed choices in these areas can turn off or turn on our genes to improve and maintain good health: Üzgünüz Super book everyone should read this to help you look after your health: So much information about many ailments / diseases and how to help improve them through nutrition. As others have mentioned it contains a bit science than most popular books but I really enjoyed that although I must admit to having a biological sciences degree. The book contains several questionnaires which allow the reader to tailor the information to their own health problems, Üzgünüz this is the one book you must read in 2017: It provides a whole new perspective on your health and how to reduce your risk of suffering from serious disease, It is written by a professor in biochemistry but it is very readable. Dr. The doctors were all but useless. For 3 years I researched alternative solutions. And I was shocked. Dr. A fantastic value. But Dr. Is it the last word on the subject? Absolutely not. S. Üzgünüz For decades Dr. In The Disease Delusion Dr. Üzgünüz



Dr. Debunks the Genes as Destiny theories. Dr. A must read for those interested in nutritional health. Üzgünüz A really good read. A must for anyone wanting to improve their health. I don't even have GCSE biology. Üzgünüz.