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CARLO GLOVER

Uncaring Myriad Editions

Has your doctor lied to you? Eat low-fat and high-carb, including plenty of “healthy” whole grains—does that sound familiar? Perhaps this is what you were told at your last doctor’s appointment or visit with a nutritionist, or perhaps it is something you read online when searching for a healthy diet. And perhaps you’ve been misled. Dr. Ken Berry is here to dispel the myths and misinformation that have been perpetuated by the medical and food industries for decades. This updated and expanded edition of Dr. Berry’s bestseller *Lies My Doctor Told Me* exposes the truth behind all kinds of “lies” told by well-meaning but misinformed medical practitioners. Nutritional therapy is often overlooked in medical school, and the information provided to physicians is often outdated. However, the negative consequences on your health remain the same. Advice to avoid healthy fats and stay out of the sun has been proven to be detrimental to longevity and wreak havoc on your system. In this book, Dr. Berry will enlighten you about nutrition and life choices, their role in our health, and how to begin an educated conversation with your doctor about finding the right path for you. This book will teach you:

- How doctors are taught to think about nutrition and other preventative health measures—and how they should be thinking
- How the Food Pyramid and MyPlate came into existence and why they should change
- The facts about fat intake and heart health the truth about the effects of

whole wheat on the human body • The role of dairy in your diet the truth about salt—friend or foe? • The dangers and benefits of hormone therapy • New information about inflammation and how it should be viewed by doctors Come out of the darkness and let Ken Berry be your guide to optimal health and harmony!

The Patient Will See You Now HarperCollins

This book presents the discourse in Jewish law and rabbinic literature on bioethical issues, highlighting practical problems in their socio-historical contexts. Yechiel Michael Barilan discusses end-of-life care, abortion, infertility treatments, the brain death debate, and the organ market. Barilan also presents the theology and spirituality of Jewish medical law, the communal responsibility for healthcare, and the charitable sick-care societies that flourished in the Jewish communities until the beginning of the twentieth century.

The Checklist Manifesto NewSouth Publishing

Dr D is the pseudonym for an experienced physician and health advocate who has just completed a quite short non-fiction book about health. The title of the book is *Doctors Are Dangerous: How To Stay Healthy*, and it represents the distillation of knowledge, opinion and advice accumulated over thirty years as a medical doctor and psychiatrist. As the baby boomers age and pay more attention to their health there is the growing awareness that medicine, as it's practiced in America, is not meeting their needs. Services are difficult to obtain, the system has become even more impersonal, clearly driven by money, and most telling - the care and treatments given just don't work. People are looking for, and finding alternatives. Various

threads run through this book. The first is that doctors, and Organized Medicine present a real danger to your health. Doctors do more harm than good. Medical science is not science. Rather, it is pseudo science foisted on the public by what has been described as a pharmaceutical- medical-industrial complex. Drugs are incredibly dangerous, surgery is expensive, arbitrary and frequently maiming, chemotherapy and radiation therapy are useless and will hasten your death, medical students and professors are brainwashed to believe only research that is financed and supported by drug companies, the FDA acts with complicity as the enforcement arm of Organized Medicine to suppress and destroy alternative safer, cheaper and more effective modalities, legislation is crafted through massive drug company lobbying to create laws that favor pharmaceutical companies and "legally" wipe out opposition...The system is fueled by arrogance and greed and power. If this sounds a bit like a paranoid fantasy, it should be noted that this view of a no-holds barred campaign of suppression of Alternative Medicine by Organized Medicine is well documented in my work as well as in the various sources that are listed as references. This strong indictment of medicine is necessary. Organized Medicine is not only pseudo science, it is a religion, with hospitals serving as temples and doctors the self serving priests. To walk away from such a system, to embrace another, is something that's upsetting, confusing and frightening and must stem from extreme dissatisfaction with one's present situation. Only when the degree of destruction and mayhem that goes on in the name of medicine on a daily basis is appreciated - and on some deep level most of us know this is true - can people find the courage to make the break. But to go where? The second thread that runs through the book, now that the first concept Doctors are Dangerous has been introduced, is How to Stay Healthy. In general, this means moving towards and experimenting with alternative treatments. Alternative or Holistic Medicine is a broad term that encompasses various modalities; techniques such as massage, fasting, herbal and dietary intervention, homeopathy, chelation, acupuncture, meditation, etc. This is a huge and rapidly expanding industry (\$30 billion last year), even more impressive since most of this money is paid out of pocket, insurance companies not generally covering these services. Treatment techniques though seemingly disparate, do have in common certain fundamental principles that distinguish Eastern (Alternative) approaches from Western (Organized) Medicine approaches. First and foremost is the belief in the existence of a universal life force, that permeates the world and animates all things. In Eastern, or Chinese medicine, this energy is known as Chi (Ki in Japan), in the ancient Indian tradition of Ayurveda, this energy is known as prana, in ancient Greece as pneuma, in 19th century Europe as elan vital...It is this energy that animates and runs through all living things. It is the blockage or accumulation or dispersion or loss of this energy that creates di

The Bad Doctor Judy Irwig

"Modern eloquence in twelve volumes : the outstanding after-dinner speeches, lectures and addresses of modern times by the most eminent speakers of America and Europe" ... "Introductory essays by eminent authorities giving a practical course of instruction on the important phases of public speaking."

Overtreated Victory Belt Publishing

For many health care professionals and social service providers, the hardest part of the job is breaking bad news. The news may be about a condition that is life-threatening (such as cancer or AIDS), disabling (such as multiple sclerosis or rheumatoid arthritis), or embarrassing (such as genital herpes). To date medical education has done little to train practitioners in coping with such situations. With this guide Robert Buckman and Yvonne Kason provide help. Using plain, intelligible language they outline the basic principles of breaking bad news and present a technique, or protocol, that can be easily learned. It draws on listening and interviewing skills that consider such factors as how much the patient knows and/or wants to know; how to identify the patient's agenda and understanding, and how to respond to his or her feelings about the information. They also discuss reactions of family and friends and of other members of the health care team. Based on Buckman's award-winning training videos and Kason's courses on interviewing skills for medical students, this volume is an indispensable aid for doctors, nurses, psychotherapists, social workers, and all those in related fields.

Smart Health Choices Princeton University Press

Experts estimate that as many as 98,000 people die in any given year from medical errors that occur in hospitals. That's more than die from motor vehicle accidents, breast cancer, or AIDS—three causes that receive far more public attention. Indeed, more people die annually from medication errors than from workplace injuries. Add the financial cost to the human tragedy, and medical error easily rises to the top ranks of urgent, widespread public problems. To Err Is Human breaks the silence that has surrounded medical errors and their consequences—but not by pointing fingers at caring health care professionals who make honest mistakes. After all, to err is human. Instead, this book sets forth a national agenda—with state and local implications—for reducing medical errors and improving patient safety through the design of a safer health system. This volume reveals the often startling statistics of medical error and the disparity between the incidence of error and public perception of it, given many patients' expectations that the medical profession always performs perfectly. A careful examination is made of how the surrounding forces of legislation, regulation, and market activity influence the quality of care provided by health care organizations and then looks at their handling of medical mistakes. Using a detailed case study, the book reviews the current understanding of why these mistakes happen. A key theme is that legitimate liability concerns discourage reporting of errors—which begs the question, "How can we learn from our mistakes?" Balancing regulatory versus market-based initiatives and public versus private efforts, the Institute of Medicine presents wide-ranging recommendations for improving patient safety, in the areas of leadership, improved data collection and analysis, and development of effective systems at the level of direct patient care. To Err Is Human asserts that the problem is not bad people in health care—it is that good people are working in bad systems that need to be made safer. Comprehensive and straightforward, this book offers a clear prescription for raising the level of patient safety in American health care. It also explains how patients themselves can influence the quality of care that they receive once they check into the hospital. This book will be vitally important to federal, state, and local health policy makers and regulators, health professional licensing officials, hospital administrators, medical educators and students, health caregivers, health journalists, patient advocates—as well as patients themselves. First in a series of publications from the Quality of Health Care in America, a project initiated by the Institute of Medicine

Lies My Doctor Told Me Second Edition Beacon Press

A primary care doctor is skeptical of his patient's concerns. A hospital nurse or intern is unaware of a drug's potential side effects. A physician makes

the most "common" diagnosis while overlooking the signs of a rarer and more serious illness, and the patient doesn't see the necessary specialist until it's too late. A pharmacist dispenses the wrong drug and a patient dies as a result. Sadly, these kinds of mistakes happen all the time. Each year, 6.1 million Americans are harmed by diagnostic mistakes, drug disasters, and medical treatments. A decade ago, the Institute of Medicine estimated that up to 98,000 people died in hospitals each year from preventable medical errors. And new research from the University of Utah, HealthGrades of Denver, and elsewhere suggests the toll is much higher. Patient advocates and bestselling authors Joe and Teresa Graedon came face-to-face with the tragic consequences of doctors' screwups when Joe's mother died in Duke Hospital—one of the best in the world—due to a disastrous series of entirely preventable errors. In *Top Screwups Doctors Make and How to Avoid Them*, the Graedons expose the most common medical mistakes, from doctor's offices and hospitals to the pharmacy counters and nursing homes. Patients across the country shared their riveting horror stories, and doctors recounted the disastrous—and sometimes deadly—consequences of their colleagues' oversights and errors. While many patients feel vulnerable and dependent on their health care providers, this book is a startling wake-up call to how wrong doctors can be. The good news is that we can protect ourselves, and our loved ones, by being educated and vigilant medical consumers. The Graedons give patients the specific, practical steps they need to take to ensure their safety: the questions to ask a specialist before getting a final diagnosis, tips for promoting good communication with your doctor, presurgery checklists, how to avoid deadly drug interactions, and much more. Whether you're sick or healthy, young or old, a parent of a young child, or caring for an elderly loved one, *Top Screwups Doctors Make and How to Avoid Them* is an eye-opening look at the medical mistakes that can truly affect any of us—and an empowering guide that explains what we can do about it.

Big Med Metropolitan Books

There is little debate that health care in the United States is in need of reform. But where should those improvements begin? With insurers? Drug makers? The doctors themselves? In *Big Med*, David Dranove and Lawton Robert Burns argue that we're overlooking the most ubiquitous cause of our costly and underperforming system: megaproviders, the expansive health care organizations that have become the face of American medicine. Your local hospital is likely part of one. Your doctors, too. And the megaproviders are bad news for your health and your wallet. Drawing on decades of combined expertise in health care consolidation, Dranove and Burns trace *Big Med's* emergence in the 1990s, followed by its swift rise amid false promises of scale economies and organizational collaboration. In the decades since, megaproviders have gobbled up market share and turned independent physicians into salaried employees of big bureaucracies, while delivering on none of their early promises. For patients this means higher costs and lesser care. Meanwhile, physicians report increasingly low morale, making it all but impossible for most systems to implement meaningful reforms. In *Big Med*, Dranove and Burns combine their respective skills in economics and management to provide a nuanced explanation of how the provision of health care has been corrupted and submerged under consolidation. They offer practical recommendations for improving competition policies that would reform megaproviders to actually achieve the efficiencies and quality improvements they have long promised. This is an essential read for understanding the current state of the health care system in America—and the steps urgently needed to create an environment of better care for all of us.

The DMSO Handbook for Doctors Oxford University Press

Most people would consider a knife wound to the stomach a serious health risk, but a similar scalpel wound in an operating room is often shrugged off. In *Doctors Are More Harmful Than Germs*, Dr. Harvey Bigelsen explains how today's medical doctors overprescribe surgery and ignore its long-term health implications. Any invasive medical procedure, he argues—including colonoscopies and root canals—creates inflammation in the body, leading to serious and long-lasting health problems. Inflammation, according to Dr. Bigelsen, is the real cause of all chronic disease (persistent or long-lasting illness). Noting that Western medicine has yet to "cure" a single chronic disease, Bigelsen points to a new paradigm: one that treats each patient as an individual (rather than as a set of symptoms), avoids further damage to the body through surgery, and looks for the root cause of chronic disease in past damage done to the patient's body—whether caused by a bad fall or a scalpel. Provocatively written and radical in its approach, *Doctors Are More Harmful Than Germs* challenges readers to rethink everything they believe about illness and how to treat it.

Bad Pharma Bloomsbury Publishing USA

The New York Times bestselling author of *Being Mortal* and *Complications* reveals the surprising power of the ordinary checklist We live in a world of great and increasing complexity, where even the most expert professionals struggle to master the tasks they face. Longer training, ever more advanced technologies—neither seems to prevent grievous errors. But in a hopeful turn, acclaimed surgeon and writer Atul Gawande finds a remedy in the humblest and simplest of techniques: the checklist. First introduced decades ago by the U.S. Air Force, checklists have enabled pilots to fly aircraft of mind-boggling sophistication. Now innovative checklists are being adopted in hospitals around the world, helping doctors and nurses respond to everything from flu epidemics to avalanches. Even in the immensely complex world of surgery, a simple ninety-second variant has cut the rate of fatalities by more than a third. In riveting stories, Gawande takes us from Austria, where an emergency checklist saved a drowning victim who had spent half an hour underwater, to Michigan, where a cleanliness checklist in intensive care units virtually eliminated a type of deadly hospital infection. He explains how checklists actually work to prompt striking and immediate improvements. And he follows the checklist revolution into fields well beyond medicine, from disaster response to investment banking, skyscraper construction, and businesses of all kinds. An intellectual adventure in which lives are lost and saved and one simple idea makes a tremendous difference, *The Checklist Manifesto* is essential reading for anyone working to get things right.

To Err Is Human Basic Books

Two world-leading doctors reveal the true state of modern medicine and how doctors are letting their patients down. In *Hippocracy*, rheumatologist and epidemiologist Rachele Buchbinder and orthopaedic surgeon Ian Harris argue that the benefits of medical treatments are often wildly overstated and the harms understated. That overtreatment and overdiagnosis are rife. And the medical system is not fit for purpose: designed to deliver health care not health. This powerful exposé reveals the tests, drugs and treatments that provide little or no benefit for patients and the inherent problem of a medical system based on treating rather than preventing illness. The book also provides tips to empower patients - do I really need this treatment? What are the risks? Are there simpler, safer options? What happens if I do nothing? Plus solutions to help restructure how medicine is delivered to

help doctors live up to their Hippocratic Oath. 'One of the hardest things for a doctor to do ... is nothing. This superb book explains how in medicine and surgery less is often not just more, it's closer to the oath we're all supposed to practise by.' — Norman Swan, award-winning producer and broadcaster of the Health Report and Coronacast 'This eye-opening and enthralling book on the medical and moral hazards which beset the health profession is a must-read for patients and practitioners alike. From 'tooth-fairy science' to medical disasters to the inflated business world of medicine, Hippocracy is a profoundly thought-provoking and compelling work that challenges our perception of the practice of modern medicine.' — Kate McClymont AM, award-winning investigative journalist for the Sydney Morning Herald/The Age 'Doctors are educated to do good. Yet, as the commercial imperatives of the medical industrial complex tighten their grip, doctors are becoming more and more worried that they are inflicting harm rather than creating benefit. This book is for them and, perhaps even more importantly, for their patients. The road to hell is paved with good intentions: read Hippocracy and turn back.' — Iona Heath CBE, former President, The Royal College of General Practitioners 'This brilliant book offers clear and compelling evidence that we're all at risk from too much medicine. Using the best of science, these two respected doctors blow the whistle on harmful healthcare. Buchbinder and Harris reveal how overdiagnosis, overtreatment and the medicalisation of normal life are major threats to human health. But this brilliant book also brings hope that we can wind back the harm and waste of unnecessary tests and treatments, and focus more on the great benefits medicine has to offer.' — Ray Moynihan, author of Too Much Medicine? and Selling Sickness, Assistant Professor, Bond University 'About half of us in advantaged countries are now patients or 'providers', or both, and a third of clinical interventions are futile at best. Seeking health is daunting and we could benefit from a guide. Rachele Buchbinder and Ian Harris have provided such with this volume.' — Nortin M Hadler, author of The Last Well Person, The Citizen Patient and Worried Sick, Emeritus Professor of Medicine and Microbiology/Immunology, University of North Carolina 'Throughout medical history, doctors have routinely ignored the fundamental Hippocratic injunction: 'First, do no harm'. Most of their treatments produced lots of harms, with little or no benefit. This wonderful book punctures the hyped claims of modern medicine, showing that it is not nearly as scientific, safe, effective, and honest as it should be. Reading Hippocracy is essential for doctors (to help make them become more cautious); but even more essential for patients (to help them become more self-protective).' — Allen Frances, author of Saving Normal, Professor and Chairman Emeritus of the Department of Psychiatry and Behavioral Sciences, Duke University School of Medicine 'A timely book from two leading doctors. They present evidence that despite medicine's lip-service to evidence-based medicine, many unnecessary, wasteful and harmful investigations and treatments abound. Increasingly, the healthy are re-defined as having 'pre-disease' and drawn into questionable investigations and monitoring programmes. The book's core message is that medicine's hubris and a creeping scientism has come to overshadow the doctor's commitment to care for and comfort their patients and, above all, do no harm. It is time to step back from the brink and revisit the founding principles and core values of our profession.' — Trish Greenhalgh OBE, Professor of Primary Care Research, University of Oxford

Demanding Medical Excellence Harmony

On average, a physician will interrupt a patient describing her symptoms within eighteen seconds. In that short time, many doctors decide on the likely diagnosis and best treatment. Often, decisions made this way are correct, but at crucial moments they can also be wrong—with catastrophic consequences. In this myth-shattering book, Jerome Groopman pinpoints the forces and thought processes behind the decisions doctors make. Groopman explores why doctors err and shows when and how they can—with our help—avoid snap judgments, embrace uncertainty, communicate effectively, and deploy other skills that can profoundly impact our health. This book is the first to describe in detail the warning signs of erroneous medical thinking and reveal how new technologies may actually hinder accurate diagnoses. How Doctors Think offers direct, intelligent questions patients can ask their doctors to help them get back on track. Groopman draws on a wealth of research, extensive interviews with some of the country's best doctors, and his own experiences as a doctor and as a patient. He has learned many of the lessons in this book the hard way, from his own mistakes and from errors his doctors made in treating his own debilitating medical problems. How Doctors Think reveals a profound new view of twenty-first-century medical practice, giving doctors and patients the vital information they need to make better judgments together.

[Annual Report of the Corporation of the Chamber of Commerce of the State of New York](#) North Atlantic Books

A three-time Pulitzer Prize nominee as a health-care reporter for the "Chicago Tribune" illustrates serious flaws in contemporary medical practice and shows ways to improve care and save tens of thousands of lives.

When Doctors Don't Listen University of Chicago Press

Can refocusing conversations between doctors and their patients lead to better health? Despite modern medicine's infatuation with high-tech gadgetry, the single most powerful diagnostic tool is the doctor-patient conversation, which can uncover the lion's share of illnesses. However, what patients say and what doctors hear are often two vastly different things. Patients, anxious to convey their symptoms, feel an urgency to "make their case" to their doctors. Doctors, under pressure to be efficient, multitask while patients speak and often miss the key elements. Add in stereotypes, unconscious bias, conflicting agendas, and fear of lawsuits and the risk of misdiagnosis and medical errors multiplies dangerously. Though the gulf between what patients say and what doctors hear is often wide, Dr. Danielle Ofri proves that it doesn't have to be. Through the powerfully resonant human stories that Dr. Ofri's writing is renowned for, she explores the high-stakes world of doctor-patient communication that we all must navigate. Reporting on the latest research studies and interviewing scholars, doctors, and patients, Dr. Ofri reveals how better communication can lead to better health for all of us.

What Doctors Feel National Academies Press

New York Times bestseller Business Book of the Year--Association of Business Journalists From the New York Times bestselling author comes an eye-opening, urgent look at America's broken health care system--and the people who are saving it--now with a new Afterword by the author. "A must-

read for every American." --Steve Forbes, editor-in-chief, FORBES One in five Americans now has medical debt in collections and rising health care costs today threaten every small business in America. Dr. Makary, one of the nation's leading health care experts, travels across America and details why health care has become a bubble. Drawing from on-the-ground stories, his research, and his own experience, *The Price We Pay* paints a vivid picture of the business of medicine and its elusive money games in need of a serious shake-up. Dr. Makary shows how so much of health care spending goes to things that have nothing to do with health and what you can do about it. Dr. Makary challenges the medical establishment to remember medicine's noble heritage of caring for people when they are vulnerable. *The Price We Pay* offers a road map for everyday Americans and business leaders to get a better deal on their health care, and profiles the disruptors who are innovating medical care. The movement to restore medicine to its mission, Makary argues, is alive and well--a mission that can rebuild the public trust and save our country from the crushing cost of health care.

How To Break Bad News HarperCollins

Discusses how to avoid harmful medical mistakes, offering advice on such topics as working with a busy doctor, communicating the full story of an illness, evaluating test risks, and obtaining a working diagnosis.

[Modern Eloquence](#) McGraw Hill Professional

Doctors are taught how to cure people. But they don't always know how to care for them. Hardly anyone is happy with American healthcare these days. Patients are getting sicker and going bankrupt from medical bills. Doctors are burning out and making dangerous mistakes. Both parties blame our nation's outdated and dysfunctional healthcare system. But that's only part of the problem. In this important and timely book, Dr. Robert Pearl shines a light on the unseen and often toxic culture of medicine. Today's physicians have a surprising disdain for technology, an unhealthy obsession with status, and an increasingly complicated relationship with their patients. All of this can be traced back to their earliest experiences in medical school, where doctors inherit a set of norms, beliefs, and expectations that shape almost every decision they make, with profound consequences for the rest of us. Uncaring draws an original and revealing portrait of what it's actually like to be a doctor. It illuminates the complex and intimidating world of medicine for readers, and in the end offers a clear plan to save American healthcare.

Improving Diagnosis in Health Care Bloomsbury Publishing USA

Getting the right diagnosis is a key aspect of health care - it provides an explanation of a patient's health problem and informs subsequent health care decisions. The diagnostic process is a complex, collaborative activity that involves clinical reasoning and information gathering to determine a patient's health problem. According to *Improving Diagnosis in Health Care*, diagnostic errors-inaccurate or delayed diagnoses-persist throughout all settings of care and continue to harm an unacceptable number of patients. It is likely that most people will experience at least one diagnostic error in their lifetime, sometimes with devastating consequences. Diagnostic errors may cause harm to patients by preventing or delaying appropriate treatment, providing unnecessary or harmful treatment, or resulting in psychological or financial repercussions. The committee concluded that improving the diagnostic process is not only possible, but also represents a moral, professional, and public health imperative. *Improving Diagnosis in Health Care*, a continuation of the landmark Institute of Medicine reports *To Err Is Human* (2000) and *Crossing the Quality Chasm* (2001), finds that diagnosis-and, in particular, the occurrence of diagnostic errors"has been largely unappreciated in efforts to improve the quality and safety of health care. Without a dedicated focus on improving diagnosis, diagnostic errors will likely worsen as the delivery of health care and the diagnostic process continue to increase in complexity. Just as the diagnostic process is a collaborative activity, improving diagnosis will require collaboration and a widespread commitment to change among health care professionals, health care organizations, patients and their families, researchers, and policy makers. The recommendations of *Improving Diagnosis in Health Care* contribute to the growing momentum for change in this crucial area of health care quality and safety.

Lies My Doctor Told Me Second Edition Xlibris

"Trust me; I'm a doctor" no longer has the credibility it once did. Nutritional therapy is often overlooked in medical school, and the information provided to physicians is often outdated. Advice to avoid healthy fats and stay out of the sun has been proven to be detrimental to longevity and wreak havoc on your system, and yet many doctors still regularly espouse this "wisdom." What kind of advice is your doctor giving you? Is it possible you're being misled? Dr. Ken Berry is here to dispel the myths and misinformation that have been perpetuated by the medical and food industries for decades. This updated and expanded edition of Dr. Berry's bestseller *Lies My Doctor Told Me* exposes the truth behind all kinds of "lies" told by well-meaning but misinformed medical practitioners. In this book, Dr. Berry will enlighten you about nutrition and life choices, their role in your health, and how to begin an educated conversation with your doctor about finding the right path for you. This book is a survival kit on your journey through the confusing, and often misleading, world of conventional medicine and includes such topics as • How doctors are taught to think about nutrition and other preventative health measures—and how they should be thinking • How the Food Pyramid and MyPlate came into existence and why they should change • The facts about fat intake and heart health • The truth about the effects of whole wheat on the human body • The role of dairy in your diet • The truth about salt—friend or foe? • The dangers and benefits of hormone therapy • New information about inflammation and how it should be viewed by doctors Come out of the darkness and let Ken Berry be your guide to optimal health and harmony!

Unhealthy Politics St. Martin's Press

Every day we make decisions about our health - some big and some small. What we eat, how we live and even where we live can affect our health. But how can we be sure that the advice we are given about these important matters is right for us? This book will provide you with the right tools for assessing health advice.

Best Sellers - Books :

- [The Summer Of Broken Rules](#)
- [Stop Overthinking: 23 Techniques To Relieve Stress, Stop Negative Spirals, Declutter Your Mind, And Focus On The Present \(the](#)
- [It Starts With Us: A Novel \(2\) \(it Ends With Us\) By Colleen Hoover](#)

- [The Democrat Party Hates America](#)
- [Reminders Of Him: A Novel By Colleen Hoover](#)
- [Little Blue Truck's Springtime: An Easter And Springtime Book For Kids By Alice Schertle](#)
- [My Butt Is So Christmassy! By Dawn Mcmillan](#)
- [The Collector: A Novel](#)
- [The Nightingale: A Novel By Kristin Hannah](#)
- [Hunting Adeline \(cat And Mouse Duet\)](#)