

The Best Medicine

Julia F. Christensen,Dong-Seon Chang

The Best Medicine Christine Hamill,2021

Life Is Your Best Medicine Tieraona Low Dog, M.D.,2012-09-04 The division between conventional and traditional medicine is as artificial as the division between science and nature. They can be woven together in a fashion that meets our physical, emotional, and spiritual needs. This is the foundation upon which integrative medicine is built. -- Tieraona Low Dog, M.D. In *Life Is Your Best Medicine*, Dr. Low Dog weaves together the wisdom of traditional medicine and the knowledge of modern-day medicine into an elegant message of health and self-affirmation for women of every age. This is a book that can be read cover to cover but also dipped into for inspiration or insight about a particular physical or mental health issue or remedy. We learn that, despite the widespread availability of pharmaceutical medications, advanced surgical care, and state-of-the-art medical technology, chronic illness now affects more than 50% of the American population. The evidence is overwhelmingly clear that much of the chronic disease we are confronting in the United States has its roots in the way we live our lives. Research shows that if Americans embraced a healthier lifestyle, which includes a balance between rest and exercise; wholesome nutrition; healthy weight; positive social interactions; stress management; not smoking; limited alcohol use; and no or limited exposure to toxic chemicals; then 93% of diabetes, 81% of heart attacks, 50% of strokes, and 36% of all cancers could be prevented! This means that each one of us has the power to shift the odds of being healthy in our favor. And if you do get sick, being fit gives you a much better chance for getting well. Your health has a great deal more to do with your lifestyle and a lot less to do with taking prescription drugs than most people realize. Part I. The Medicine of My Life is a personal and passionate introduction to the book Part II. Honoring the Body includes Food, Supplements, Illness, Wholeness Part III. Awakening the Senses includes Nature, Garden, Music Part IV. Listening to Spirit includes Humor, Relationships, Play, Meditation, Animals Epilogue. Contentment

The Best Medicine ,1992

A Woman's Best Medicine Nancy Lonsdorf,1995-02-07 In *A Woman's Best Medicine*, two physicians and a research psychologist trained in Maharishi Ayur-Veda medicine apply this ancient wisdom to women's health concerns. Among other topics they discuss are: the benefits of the menstrual cycle; practical ways to enjoy a comfortable pregnancy, childbirth, and menopause; the important contribution of nurturing relationships to wellness; and an introduction to daily and seasonal eating, sleep, and exercise routines. Through questionnaires that assess personal temperament, body-mind type, emotions, and habits, *A Woman's Best Medicine* offers an in-depth, preventive, self-care program that fully develops and uses a woman's self-knowledge. The result is a joyous return to a natural state of radiant health, happiness, and long life. "God bless this book. Its grounding in a meditative perspective and its appreciation of the feminine lead us to the river to drink of knowledge of the totality of life—the definition of Ayur-Veda."—Yoga International "This book is a valuable introduction to Ayur-Vedic principles, in clear, down-to-earth language."—Larry Dossey, M. D., author of *Healing Words* "This is the best book on women's health I have ever read. It is the revolutionary health book that every woman deserves to read."—Claudine Schneider, former U.S. congresswoman and co-chair of Women's Health Initiative, Rhode Island

The Best Medicine Bruce L. Gewertz,Dave C. Logan,2014-12-11 This volume provides a theoretical framework for visionary leadership as well as specific management techniques to achieve success. The authors focus on maintaining a consistent set of behavioral characteristics for both the leader and the organization as a whole. The text is written in a conversational style using the authors' personal experiences and case studies to illustrate the principles and practices of successful leaders. When helpful, the large body of observational work on professional group dynamics is referenced. The text also provides ideal supplemental material for the many leadership programs offered by physician organizations and health care systems Developed by an accomplished physician leader from one of the nation's finest hospital systems and an experienced professor of business, *The Best Medicine: A Physician's Guide to Effective Leadership* is of great value to physicians of all levels who are interested in improving their understanding of leadership styles and tactics.

Food Is Your Best Medicine Henry G. Bieler, M.D.,1987-07-12 Drugs may not be the only cure for disease . . . What do Gloria Swanson and Greta Garbo have in common? They owe their good health to Dr. Henry Bieler's sane, simple, and utterly profound philosophy that food is your best medicine! You are what you eat, and Dr. Bieler contends, based on over fifty years of practice, that proper diet plays a key role in warding off and curing disease. *Food Is Your Best Medicine* features a fascinating interpretation of how the body functions to maintain good health and addresses all kinds of ailments with specific nutritional approaches. Zucchini and other vegetables, simple broths, nourishing whole grains—all so much better for you than drugs, and they really work!

The Best Medicine: How Science and Public Health Gave Children a Future Perri Klass,2020-10-13 The fight against child mortality that transformed parenting, doctoring, and the way we live. Only one hundred years ago, in even the world's wealthiest nations, children died in great numbers—of diarrhea, diphtheria, and measles, of scarlet fever and tuberculosis. Throughout history, culture has been shaped by these deaths; diaries and letters recorded them, and writers such as Louisa May Alcott, W. E. B. Du Bois, and Eugene O'Neill wrote about and mourned them. Not even the powerful and the wealthy could escape: of Abraham and Mary Lincoln's four children, only one survived to adulthood, and the first billionaire in history, John D. Rockefeller, lost his beloved grandson to scarlet fever. For children of the poor, immigrants, enslaved people and their descendants, the chances of dying were far worse. The steady beating back of infant and child mortality is one of our greatest human achievements. Interweaving her own experiences as a medical student and doctor, Perri Klass pays tribute to groundbreaking women doctors like Rebecca Lee Crumpler, Mary Putnam Jacobi, and Josephine Baker, and to the nurses, public health advocates, and scientists who brought new approaches and scientific ideas about sanitation and vaccination to families. These scientists, healers, reformers, and parents rewrote the human experience so that—for the first time in human memory—early death is now the exception rather than the rule, bringing about a fundamental transformation in society, culture, and family life. Previously published in hardcover as *A Good Time to Be Born*.

Dancing Is the Best Medicine Julia F. Christensen,Dong-Seon Chang,2021-10-26 "Lively and enlightening."—Sarah L. Kaufman, *Washington Post* "[A] zippy guide to better health."—*Publisher's Weekly* **STARRED Review** Discover why humans were designed for dancing—and learn how to boogie for better health—with two neuroscientists as your guide. Dancing is one of the best things we can do for our health. In this groundbreaking and fun-to-read book, two neuroscientists (who are also competitive dancers) draw on their cutting-edge research to reveal why humans are hardwired for dance show how to achieve optimal health through dancing Taking readers on an in-depth exploration of movement and music, from early humans up until today, the authors show the proven benefits of dance for our heart, lungs, bones, nervous system, and brain. Readers will come away with a wide range of dances to try and a scientific understanding of how dance benefits almost every aspect of our lives. Dance prevents and manages illness and pain: such as Diabetes, arthritis, back pain, and Parkinson's. Dance can be as effective as high intensity interval training: but without the strain on your joints and heart. Dance boosts immunity and lowers stress: it also helps reduce inflammation. Dance positively impacts the microbiome: and aids in digestion, weight loss, and digestive issues such as IBS. Dance bolsters the mind-body connection: helping us get in tune with our bodies for better overall health. We're lucky that one of the best things we can do for our health is also one of the most fun. And the best part: dance is something anyone can do. Old or young, injured or experiencing chronic pain, dance is for everyone, everywhere. So, let's dance! Types of dance featured in the book: Partner dance (salsa, swing dancing, waltz) Ballet Hip hop Modern Jazz Line dancing Tap dancing And more!

Your Own Perfect Medicine Martha Christy,2019-12-18 It's the most astounding proven natural cure that medical science has ever discovered - yet none of the incredible research findings on this incomparable natural medicine I've ever been revealed to the public! Now, for the first time ever, learn to use this simple method and read about the startling and amazing medical cures that prestigious researchers and doctors themselves have witnessed in clinical use of this inexpensive, incredibly effective, yet virtually unknown natural medicine.

The Perfect Medicine Brodie Ramin,2021-08-10 Ottawa Book Award 2022 — Shortlisted Imagine a medicine that could make you live longer, healthier, happier, and stronger. What if that medicine was already right at your feet? Running is the miracle drug that can do all this and more — it is the perfect medicine. Throughout his career, Dr. Brodie Ramin has seen cases of diabetes, hypertension, and anxiety, which he has traced back to

inactivity. Now more than ever, people are looking for inspiration and motivation to get fit, change their lives, and improve their overall wellness. In *The Perfect Medicine*, Dr. Ramin shares with us his discovery that we already have the perfect medicine to treat and prevent these common illnesses and improve our health: running. However, too few people are taking the right dose or using it at all. The Perfect Medicine explores the science of running and exercise and provides advice on how to maximize its benefits and be your best self. After rediscovering the joy of running in his early thirties, Dr. Ramin became fascinated by the activity. This book takes the reader on a personal journey of discovery, traces the evolution of running, shares strategies to get fit and run faster, and shows how exercise can even help people recover from addiction and mental health conditions.

You Are the Best Medicine Julie Aigner Clark,2010-09-07 When someone you love has cancer, how can you make them smile? A cuddle, a story, a kiss—and thoughts of you. Because you are the best medicine. Watching someone you love go through cancer treatment is scary—especially for a child. In this courageous and sensitive book, cancer survivor Julie Clark creates sweet and poignant memories that remind us how children can nurture people they care about at a time when optimism and love are the most needed.

Laughter Totally is the Best Medicine Reader's Digest,2018-10-16 More than 1,000 of the funniest, laugh-out-loud jokes, quips, quotes, anecdotes, and cartoons from Reader's digest magazine—guaranteed to put laughter in your day. This collection of laugh-out-loud, clean jokes, one-liners, and other lighthearted glimpses of life—drawn from Reader's Digest magazine's most popular humor columns—is sure to tickle the funny bone. Packed with more than 1,000 jokes, anecdotes, funny things kids say, cartoons, quotes, and stories contributed by professional comedians, joke writers, and readers of the magazine, this side-splitting compilation pokes fun at the facts and foibles of daily routines, illustrating that life is often funnier than fiction. “If evolution really works, how come mothers have only two hands? – Milton Berle The game card said: “Name three wars.” My teenage daughter's response: “Civil War, Revolutionary War, and Star Wars.” Why do Pilgrims' pants fall down? Because their belts are on their hats! Check out this billion-dollar idea. A smoke detector that shuts off when you yell, “I'm just cooking!” Overheard in an office: Supervisor to team leader: So our people aren't astute enough to understand these comments on the document? Leader: What does astute mean?

Lobster Is the Best Medicine Liz Climo,2015-10-13 A celebration of friendship returns readers to a quirky animal kingdom where a menagerie of grizzlies, bunny rabbits, and other critters humorously explore relationship issues.

The Best Medicine Elizabeth Hayley,2015-06-02 The first novel in a sparkling and sexy new contemporary romance series about four best friends looking for love in all the right places—and the one woman who discovers that it takes more than an impeccable bedside manner to make dreams come true.... Lauren Hastings is finally ready to enter the real world. At twenty-six, she's about to get her master's in psychology, and she's well on her way to beginning the career of her dreams—until she suffers public humiliation and has to endure something she thought she'd never have to deal with again: a part-time job. A gig at Trinity Hospital isn't exactly Lauren's definition of a good time, but Dr. Scott Jacobs quickly changes her mind. He's straight-up gorgeous, and he always gets what he wants. And that includes Lauren. It's an ideal arrangement for both of them. No strings. Just fun—at least at first. But feelings quickly begin to run deeper than either Lauren or Scott is willing to admit, causing issues neither of them want to confront. After all, who wants to risk the perfect relationship on something as terrifying, as messy, and as unpredictable as love?

Laughter Is the Best Medicine Joseph Haynor Goldfuss,2011-11-14 Brevity is the soul and wit of this publication; however, the medical industry is the largest and most complex combination of human resources ever assembled, earning it a status well worth writing about. Certain epigrams are gentle and subtle, and others quite caustic, but all contain some form of social or scientific commentary. If the reader has a morbid sense of humor, this book will be especially enjoyed.

The Best Medicine Norm Brenner,2010-04-16 It is a medical fact that laughter is very good for you. Whenever you laugh your brain releases endorphins into your bloodstream. These are hormones that kill pain, relax you, and make you feel good. No matter what ails you laughter can only help, not hinder. It's a no brainer! Feeling o.k. Then use this book as a tool in everyday life. If you have to give a speech, make a friend, impress an acquaintance, establish a relationship with someone of the opposite sex, make them laugh. If a stressful situation arises, then the best way to calm the waters is laughter. Make someone who is mad at you laugh, and watch the situation change for the better.

More than Medicine Robert M. Kaplan,2019-02-01 American science produces the best medical treatments in the world. Yet U.S. citizens lag behind in life expectancy and quality of life. Robert Kaplan marshals extensive data to make the case that U.S. health care priorities are sorely misplaced—invested in attacking disease, not in solving social problems that engender disease in the first place.

Know Your Options ,2003 You've been to the doctor, you've learned that you have a health problem, and you want answers and solutions -- fast! Know Your Options is the perfect resource for exactly such a situation. This extraordinary new health manual from Reader's Digest cuts through the clutter to tell you precisely what you need to know about remedying more than 100 common health concerns. With health care insurance becoming more complicated and healing breakthroughs emerging steadily, you need help if you are to retain control over your own and your family's health. With Know your Options you'll always know what to do to heal faster, more safely, and in a way that's best for your unique needs. Book jacket.

Reader's Digest Laughter is the Best Medicine: All Time Favorites Reader's Digest,2022-04-05 A hilarious collection of the funniest family-friendly jokes, quotes, stories, cartoons, and anecdotes from the past 100 years of Reader's Digest magazine. A little chuckle every day will keep the doctor away. Editors have mined the Reader's Digest archives to bring you Laughter Is the Best Medicine, All-Time Favorites, a collection of the most hilarious jokes and anecdotes we've come across over the years. As you turn the pages of our newest collection, you'll realize once again that laughter is always the best medicine. If evolution really works, how come mothers have only two hands? –Milton Berle The game card said: “Name three wars.” My teenage daughter's response: “Civil War, Revolutionary War, and Star Wars.” Keep your temper. Nobody wants it. –Dearborn Independent Check out this billion-dollar idea. A smoke detector that shuts off when you yell, “I'm just cooking!” Anthropologists have discovered a 50-million-year-old human skull with three perfectly preserved teeth intact. They're not sure, but they think it may be the remains of the very first hockey player. –Jay Leno This collection of laugh-out-loud, clean jokes, one-liners, and other lighthearted glimpses of life—drawn from Reader's Digest magazine's most popular humor columns—is sure to tickle the funny bone. Packed with cartoons, quotes, quips, and stories contributed by professional comedians, joke writers, and readers of the magazine, this side-splitting compilation pokes fun at the facts and foibles of daily routines, illustrating that life is often funnier than fiction.

Searching for the Best Medicine Arthur Bank,2013-04-30 This book describes the life and times of a physician-scientist over the last half-century. Part One is about the author's struggle with colon cancer and the lessons he learnt from the experience; Part Two is about his life growing up, the pretzel bakery, his family, being educated at Bronx Science, Columbia College, Harvard Medical School, and his medical training at the Boston City Hospital and the NIH. Part Three, the major portion of the book, describes the author's experiences as a practicing physician and hematologist at Columbia-Presbyterian Medical Center over 40 years. It also presents his views on what it takes to be a good doctor and to practice good medicine. Part Four is about medicine today, the crisis in medical care and in obtaining affordable health insurance in the United States, and potential solutions to these problems. And finally, it also describes the author's views on how changes in America over the past few decades have transformed our society from that of the meritocracy as known in the early days to that of the present society dominated by financial considerations. Contents:The Doctor as Patient:The Big CGetting BetterGrowing Up:In the BeginningCollege DaysDecisions, DecisionsBasic TrainingDoing Medicine:A Special CallingMaking DiagnosesColumbia-Presbyterian MedicineBecoming a HematologistHematology and OncologyDoing HematologySickle Cell DiseaseSpecial PeopleMedicine Today:The Practice of MedicineThe Business of MedicineSolutionsChanging TimesThe Last Chapter Readership: Educated people with no special medical or scientific training as well as those who do; people who read the New York Times, college

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