

When To Be Your Own Doctor

Library Company of Philadelphia,Charles E. Rosenberg,William H. Helfand

How and When to Be Your Own Doctor Isabelle A. Moser,2022-02-05 Table of Contents Forward by Steve Solomon Chapter 1: How I Became a Hygienist Chapter 2: The Nature and Cause of Disease Chapter 3: Fasting Chapter 4: Colon Cleansing Chapter 5: Diet and Nutrition Chapter 6: Vitamins and Other Food Supplements Chapter 7: The Analysis of Disease States—Helping the Body Recover Appendices

Be Your Own Doctor Rachel Herr Weaver,Carol Weaver,Joyce Weaver Hansen,Lisa Elaine Weaver Strubhar,2012-01-02 An Informative Guide to Herbal Home Health Care

When Your Doctor Has Bad News Al B. Weir,2003 Dr. Weir offers practical help and spiritual guidance toward peace, strength, and healing for any patient faced with disturbing medical news. Rather than quick, easy answers, he equips patients to weather the storm and emerge stronger, richer, and more whole than ever before. Includes real stories of patients and personal experiences of Dr. Weir, with a foreword by Joni Eareckson Tada.

How to be Your Own Doctor, Sometimes Keith W. Sehnert,Howard Eisenberg,1981

Doctor You Jeremy Howick,2018-06-05 Award-winning Oxford University researcher Dr. Jeremy Howick draws on the latest peer-reviewed medical studies to arm readers with scientific evidence that will empower them to make sensible choices about what drugs to take, what drugs to give their children, and when (and when not) to simply let the body do its thing. READ THIS BREAKTHROUGH BOOK! --DEEPAK CHOPRA The miracles of modern medicine--and our overreliance on prescription drugs and surgical procedures--have obscured the evolutionary ability of the body to heal itself, as Dr. Jeremy Howick explains in this groundbreaking book. Wealthy countries have become highly dependent on medical intervention: On average, one-fifth of all Americans, half of the elderly British, and two-thirds of older Canadians take at least five prescription drugs per day, their lives a nonstop ritual of pill popping and managing side effects. One in ten people takes antidepressants, and millions of boys who can't sit still in school are prescribed methamphetamines. Skyrocketing global healthcare costs render this overmedication increasingly unaffordable. In *Doctor You*, Howick explains that the abundance of modern drugs and technologies has blinded us to the fact that the human body produces its own drugs that can treat pain, is capable of curing itself of many physical ailments as well as a surgeon, and can even combat most mild depression as well as any psychologist. Recent clinical trials clearly show that states of mind affect our health: relaxation, positive thinking, and comfortable social environments all provide measurable health benefits--sometimes as effectively as blockbuster drugs. With a methodical and approachable analysis of modern medicine's overuse of pharmaceutical intervention and the scientific evidence for your body's innate power to heal itself, *Doctor You* will change the way you think about your health, your body, and your approach to medicine.

One Doctor Brendan Reilly,2013-09-03 A first-person narrative that takes readers inside the medical profession as one doctor solves real-life medical mysteries-- Provided by publisher.

Chasing My Cure David Fajgenbaum,2019-09-10 LOS ANGELES TIMES AND PUBLISHERS WEEKLY BESTSELLER • The powerful memoir of a young doctor and former college athlete diagnosed with a rare disease who spearheaded the search for a cure—and became a champion for a new approach to medical research. “A wonderful and moving chronicle of a doctor’s relentless pursuit, this book serves both patients and physicians in demystifying the science that lies behind medicine.”—Siddhartha Mukherjee, New York Times bestselling author of *The Emperor of All Maladies* and *The Gene* David Fajgenbaum, a former Georgetown quarterback, was nicknamed the Beast in medical school, where he was also known for his unmatched mental stamina. But things changed dramatically when he began suffering from inexplicable fatigue. In a matter of weeks, his organs were failing and he was read his last rites. Doctors were baffled by his condition, which they had yet to even diagnose. Floating in and out of consciousness, Fajgenbaum prayed for a second chance, the equivalent of a dramatic play to second the game into overtime. Miraculously, Fajgenbaum survived—only to endure repeated near-death relapses from what would eventually be identified as a form of Castleman disease, an extremely deadly and rare condition that acts like a cross between cancer and an autoimmune disorder. When he relapsed while on the only drug in development and realized that the medical community was unlikely to make progress in time to save his life, Fajgenbaum turned his desperate hope for a cure into concrete action: Between hospitalizations he studied his own charts and tested his own blood samples, looking for clues that could unlock a new treatment. With the help of family, friends, and mentors, he also reached out to other Castleman disease patients and physicians, and eventually came up with an ambitious plan to crowdsource the most promising research questions and recruit world-class researchers to tackle them. Instead of waiting for the scientific stars to align, he would attempt to align them himself. More than five years later and now married to his college sweetheart, Fajgenbaum has seen his hard work pay off: A treatment he identified has induced a tentative remission and his novel approach to collaborative scientific inquiry has become a blueprint for advancing rare disease research. His incredible story demonstrates the potency of hope, and what can happen when the forces of determination, love, family, faith, and serendipity collide. Praise for *Chasing My Cure* “A page-turning chronicle of living, nearly dying, and discovering what it really means to be invincible in hope.”—Angela Duckworth, #1 New York Times bestselling author of *Grit* “[A] remarkable memoir . . . Fajgenbaum writes lucidly and movingly . . . Fajgenbaum’s stirring account of his illness will inspire readers.”—Publishers Weekly

A Doctor of Their Own Heather Munro Prescott,1998 The first book to trace the history of adolescent medicine, *A Doctor of Their Own* draws on oral histories of physicians in the field, patient records from adolescent medical facilities, medical and popular advice literature, and letters from teenagers and their parents.

Be Your Own Doctor Kanta Gupta,2004-08

How and When to Be Your Own Doctor (Annotated) Isabel A. Moser,Steve Solomon,1922 Discover the cause of disease, and how you can become your own doctor and improve your overall health when you implement certain steps. This book will help you the right way to discover your health. The information is timeless and will provide you with a clear understanding To be proactive in your decisions and not to let others manage your life. drugs you of the they have all of the answers in the simply because of surgeries, think, and more. Many do not attain health, but stay slaves to the drugs, doctors, etc because they're scared of creating real changes in their life! It is not Life! For me personally, this is Death!

A Doctor's Dozen Catherine Florio Pipas, MD, MPH,2018-09-04 Burnout affects a third of our population and over half of our health professionals. For the second

group, the impact is magnified, as consequences play out not only on a personal level, but also on a societal level and lead to medical errors, suboptimal care, low levels of patient satisfaction, and poor clinical outcomes. Achieving wellbeing requires strategies for change. In this book, Dr. Pipas shares twelve lessons and strategies for improved health that she has learned from patients, students, and colleagues over her twenty years working as a family physician. Each lesson is based on observation and research, and begins with a story of an exemplary patient whose challenges and successes reflect the theme of the lesson. Along with the lessons, the author offers plans for action, which taken together create the framework for a healthy life. Each lesson concludes with resources and a health challenge.

Every Man His Own Doctor, Or, The Poor Planter's Physician John Tennent,1734

So You Want to Be a Doctor? George Rawls,Robert D. Patterson,2007 A step-by-step road map for a person interested in becoming a doctor of medicine.

"Every Man His Own Doctor" Library Company of Philadelphia,Charles E. Rosenberg,William H. Helfand,1998

Talking to Your Doctor Zackary Berger,2013 The last time you went to your doctor, you might have emerged feeling dissatisfied and disoriented. Nothing was clear after you left the office, and you don't know whether it's your fault or the doctor's. But that's beside the point: the important thing is to identify the problem at the root of this experience and take steps to change it. Talking to Your Doctor helps readers navigate the new, more promising waters of doctor-patient collaboration, starting at the simplest and most human interaction--the conversation between two people in a room--and ending with the benefits that can be obtained by cultivating an effective partnership. While patients need to take control of the visit and set their agenda, the latest research shows that doctors and patients need to connect on a more emotional level as well. In Talking to Your Doctor, readers will: -Learn how to talk to your doctor--and get your doctor to talk to you -Discover the science of doctor-patient communication and its relevance to the lay public -Remake the relationship with your doctor, and our health care system, on the basis of good communication -Make sure your visit with the doctor is productive and meets your needs -Help yourself and others avoid over-testing and over-treatment Starting with the conversation can redress imbalances and put the relationship of doctor and patient, and eventually the entire health care system, back on a healthy footing. Using illuminating model dialogues, real transcripts from the clinic and hospital, resources for communication improvement, and a brief history of doctor-patient communication, the author helps readers develop strategies for obtaining better care from their doctors, from the minute they step into the exam room.

My Own Country Abraham Verghese,1998

Be Your Own Doctor Shianne Lombard,2017-11-27 After 17 years as a personal trainer, I ran into health problems of my own, eventually having a name put to it...Cushing's Syndrome, a rare adrenal disease. Tumors were growing on my adrenal glands over-producing Cortisol, your stress hormone. With 24/7 false fight-or-flight stress signals, the body goes haywire, producing horrific side effects such as weight gain around the midsection and back of neck, diabetes and blood sugar deregulation, inflammation, muscle deterioration, frail bones, hair loss, poor immunity, infertility, moonface, buffalo hump, extreme fatigue, brain fog, confusion, severe anxiety/depression and chemical imbalances. Being constantly diagnosed as healthy caused me to be told, when I was finally diagnosed correctly, that I had maybe five years to live. Misdiagnosis can be a killer.... It is now my personal mission and obligation to help those suffering from any chronic illness that steals your joy, and bring awareness to Endocrine Disorders. From my journey through Cushing's to Addison's to recovery-from triathlete to barely being able to dress myself and finally to recovering into a stronger person I never knew I was.

Should I Fire My Doctor? Patricia Sulak,2014-06-01 Should I Fire My Doctor details the self-induced nature of common health problems today and how we can greatly improve all aspects of our lives by Living WELL Aware. We cannot solely rely on our healthcare providers. Should I Fire My Doctor is about taking ownership of our health by applying essential elements of health and happiness that can dramatically decrease depression, disability and death ultimately reducing our need for office visits, prescription medications and surgeries. This book is for anyone who wants to get to the next level of health and happiness no matter what your current health status.

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The book delves into When To Be Your Own Doctor. When To Be Your Own Doctor is a vital topic that must be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into When To Be Your Own Doctor, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:

- Chapter 1: Introduction to When To Be Your Own Doctor
- Chapter 2: Essential Elements of When To Be Your Own Doctor
- Chapter 3: When To Be Your Own Doctor in Everyday Life
- Chapter 4: When To Be Your Own Doctor in Specific Contexts

◦ Chapter 5: Conclusion

- 2. In chapter 1, this book will provide an overview of When To Be Your Own Doctor. This chapter will explore what When To Be Your Own Doctor is, why When To Be Your Own Doctor is vital, and how to effectively learn about When To Be Your Own Doctor.
- 3. In chapter 2, the author will delve into the foundational concepts of When To Be Your Own Doctor. The second chapter will elucidate the essential principles that need to be understood to grasp When To Be Your Own Doctor in its entirety.
- 4. In chapter 3, the author will examine the practical applications of When To Be Your Own Doctor in daily life. This chapter will showcase real-world examples of how When To Be Your Own Doctor can be effectively utilized in everyday scenarios.
- 5. In chapter 4, this book will scrutinize the relevance of When To Be Your Own Doctor in specific contexts. The fourth chapter will explore how When To Be Your Own Doctor is applied in specialized fields, such as education, business, and technology.
- 6. In chapter 5, the author will draw a conclusion about When To Be Your Own Doctor. This chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of When To Be Your Own Doctor.

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