

Your Medicine Free

Lisa Leslie-Williams

Drugs For Less Michael P. Cecil, M.D., 2005-04-19 The first easy-to-use reference guide to saving 50% or more on the 250 most commonly prescribed medications in the United States. Over 40 million Americans lack health insurance. Another 40 million Americans are insured by Medicare and do not have prescription medications as a covered benefit. The 50 million covered by Medicaid are threatened by reduced benefits and limited formulary coverage. Even the 74 million Baby Boomers with health insurance are impacted, as pharmaceutical companies pass their costs on in the form of higher co-pays and insurance premiums. We all are affected by the problem of rising prescription drug costs. *Drugs for Less* is the answer to the problem. Empowering consumers with needed information, the book outlines seven simple strategies to reduce rising pharmaceutical prices. Here, for example, are tips on how to ensure that drugs you buy online are safe, guidelines on how to slice medications, and information on which generic drugs are more effective than the expensive brand-name versions. Most importantly, the book includes an extensive directory of the 250 most commonly prescribed medications with specific information on how to save money on that drug. Making sense of the convoluted system of pricing drugs and showing you how to beat it, *Drugs for Less* is the best investment you can make in your health. Visit www.drmmichael.com for more information.

Medicine Free Bob Avery, 2013-01-17 *Medicine Free: Are you healthy? Do you take blood pressure medicine, diabetes medicine, and heart medicine? You may take a vitamin tablet to be healthy but you are still dependent on medicines. You will also find medicines do not cure high blood pressure, diabetes, or heart disease, they just control the signs of the disease. Finally, do you feel like you are just spending money, making insurance companies and pharmaceutical companies richer, while you don't feel much better? According to the National Center for Health Care Statistics, we spend nearly \$7000 per person for health care in this country, and nearly \$1700 of that comes out of your pocket! The average person over 65 takes 12 different medicines and the co-pay for them can be as much as \$100 each. We pay more than any other country in the world for healthcare and yet we are not healthy. Americans don't even live the longest, we rank 49th in the world in life expectancy. According to the National Center for Healthcare Statistics, 50 million Americans are disabled and 51% of those over the age of 65 have at least mild disability. Do you think we are healthy now? After reading this book, you will understand why vitamins really don't make you healthier and medicines only mask the real problems in our health. There is a way to prevent, reverse, and cure diseases but it isn't sold at the pharmacy. The secret to good health is not in a synthetic vitamin or medicine. The secret to good health is at the grocery store and in your pantry. Your body has amazing mechanisms to become and stay healthy. All you have to do is feed yourself correctly and that is not hard to do once you know some basic rules that we'll explain in this book. Your mother always said, Eat your vegetables. She was right. Eat your vegetables is one way to stay healthy, but did you ever ask yourself why? Why are they so important? What do they actually do to the body? Up until recently, we could merely suspect that certain foods were associated with good health. New research has unlocked the secrets behind healthy foods and how they change your body. Certain foods and nutrition actually affect you deep in your cells at the DNA level. This is where diseases start and this is where they can be stopped or reversed. Together, we will explore which foods and nutrients are healthful and why they impact your body's lifelong well-being. Then, working from recent scientific studies in the fields of nutrition, cancer and genetics, we will look at what nutrients in the vegetables are good for you and how nutrients interact with the body. Even if this kind of eating and body maintenance is totally new to you, you will be on your way to avoiding medicines, saving money and achieving better health if you follow these*

simple recommendations.

The Pill Book (14th Edition) Harold M. Silverman, 2011-07-20 THE CONSUMER'S GUIDE TO PILLS—COMPLETELY REVISED 14th EDITION FOR 2010 WITH MORE THAN 20 IMPORTANT NEW DRUGS AND DOZENS OF NEW BRAND NAMES For more than three decades, millions of consumers have trusted The Pill Book to provide official, FDA-approved information on more than 1,800 of the most commonly prescribed drugs in the United States with guidelines from leading pharmacists. Each drug is profiled in a concise, readable, easy-to-understand entry, making The Pill Book the perfect reference when you have questions about the medications your doctor prescribes. Inside you'll discover • generic and brand-name listings that can help you save money • What each drug is for, and how it works • usual dosages, and what to do if a dose is skipped • side effects and possible adverse reactions, highlighted for quick reference • interactions with other drugs and food • overdose and addiction potential • alcohol-free and sugar-free medications • the most popular self-injected medications and their safe handling • information for seniors, pregnant and breast-feeding women, children, and others with special needs • cautions and warnings, and when to call your doctor • 32 pages of actual-size color photographs of prescription pills* No home should be without this book! *Not all ereading devices will show the images in color and at the exact size.

Making Medicines Affordable National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Health Care Services, Committee on Ensuring Patient Access to Affordable Drug Therapies, 2018-03-01 Thanks to remarkable advances in modern health care attributable to science, engineering, and medicine, it is now possible to cure or manage illnesses that were long deemed untreatable. At the same time, however, the United States is facing the vexing challenge of a seemingly uncontrolled rise in the cost of health care. Total medical expenditures are rapidly approaching 20 percent of the gross domestic product and are crowding out other priorities of national importance. The use of increasingly expensive prescription drugs is a significant part of this problem, making the cost of biopharmaceuticals a serious national concern with broad political implications. Especially with the highly visible and very large price increases for prescription drugs that have occurred in recent years, finding a way to make prescription medicines—and health care at large—more affordable for everyone has become a socioeconomic imperative. Affordability is a complex function of factors, including not just the prices of the drugs themselves, but also the details of an individual's insurance coverage and the number of medical conditions that an individual or family confronts. Therefore, any solution to the affordability issue will require considering all of these factors together. The current high and increasing costs of prescription drugs—coupled with the broader trends in overall health care costs—is unsustainable to society as a whole. *Making Medicines Affordable* examines patient access to affordable and effective therapies, with emphasis on drug pricing, inflation in the cost of drugs, and insurance design. This report explores structural and policy factors influencing drug pricing, drug access programs, the emerging role of comparative effectiveness assessments in payment policies, changing finances of medical practice with regard to drug costs and reimbursement, and measures to prevent drug shortages and foster continued innovation in drug development. It makes recommendations for policy actions that could address drug price trends, improve patient access to affordable and effective treatments, and encourage innovations that address significant needs in health care.

Food is Better Medicine Than Drugs Patrick Holford, Jerome Burne, 2006 FOOD IS BETTER MEDICINE THAN DRUGS is an important and potentially controversial book from top nutritionist Patrick Holford and leading health journalist Jerome Burne. Brilliantly researched and based on solid scientific trials and illuminating case histories, *Food is Better Medicine than Drugs* will revolutionise the way you think

about your health and put you back in charge. The authors reveal how modern medicine has become distorted and is now, for reasons largely to do with profit and power, heavily dependent on prescription drugs. They look at common health problems (pain/arthritis, heart, depression, diabetes, memory, hormones, digestion, breathing, infections etc) and compare the effectiveness of nutrition-based approaches with today's potentially harmful commonly used medicines.

Your Natural Medicine Cabinet Burke Lennihan, 2012-07-31 CNS, New York Times bestselling author of *The Fat Flush Plan* Your Natural Medicine Cabinet features the most important and up-to-date information for healing nearly 200 common ailments using the most effective, fastest-acting, and affordable natural remedies available today. Its concise, user-friendly format is ideal for overworked moms, stressed-out dads, and anyone interested in simple, natural, drug-free alternatives for themselves and their children. This hip, easy-to-understand A-to-Z guide provides “best practices” for the speedy and effective treatment of key health problems. You will learn how to save money on health care, safely treat yourself and your family, and enhance your overall health and energy with supplements, superfoods, homeopathics, cell salts and flower essences. The author also recommends related books and web-based resources, carefully researched for your further, in-depth study. She outlines healthy foods to eat and those to avoid, shares effective energy-based exercises, and shows when craniosacral and chiropractic techniques are an effective adjunct to her recommended treatments. Your Natural Medicine Cabinet is an indispensable health resource that you can refer to time and time again.

The Medicare Handbook ,

You Can Save Money on Medicine Gary Bulkin, 2021-07-21 This handbook is for anyone that takes prescribed medication and would like to save money on their medicine. Once you purchase this e-book through Amazon.com and contact me using the email address found inside, I'll send you free updates in PDF format for one year. In addition to having a background in healthcare administration I've spent an incredible amount of time and energy confronting several life threatening illnesses. We quickly discovered how expensive medicine can be - even with insurance. I'll introduce you to methods & resources I've used for over 20 years to help insure that we are able to get prescribed medicine. It's tragic and heart breaking to find out you need medication which you can't afford - especially if your life could be in danger without them. The good news is that it doesn't always matter how much money you make - there are resources and options you can utilize to help save money on medicine prescribed by your doctor. If you qualify, you may also be able to get your medicine for free! I'll introduce you to some of these resources as well as some options you have with your insurance company to help you potentially save on the cost of medications ordered by your doctor. I've also included some information on how you can save money on treatment and medications ordered by your vet for your pet. Links to the various resources as well as telephone contact information are included when available making it easy for you to start the process of saving money on medicine!

Care Without Coverage Institute of Medicine, Board on Health Care Services, Committee on the Consequences of Uninsurance, 2002-06-20 Many Americans believe that people who lack health insurance somehow get the care they really need. *Care Without Coverage* examines the real consequences for adults who lack health insurance. The study presents findings in the areas of prevention and screening, cancer, chronic illness, hospital-based care, and general health status. The committee looked at the consequences of being uninsured for people suffering from cancer, diabetes, HIV infection and AIDS, heart and kidney disease, mental illness, traumatic injuries, and heart attacks. It focused on the roughly 30 million-one in seven-working-age Americans without health insurance. This group does not include the population over 65 that is covered by Medicare or the nearly 10 million children who are

uninsured in this country. The main findings of the report are that working-age Americans without health insurance are more likely to receive too little medical care and receive it too late; be sicker and die sooner; and receive poorer care when they are in the hospital, even for acute situations like a motor vehicle crash.

Your Natural Medicine Cabinet Burke Lenninhan, 2012 Your Natural Medicine Cabinet features the most important and up-to-date information for healing nearly 200 common ailments using the most effective, fastest-acting and affordable natural remedies available today. Its concise, user-friendly format is ideal for overworked moms, stressed-out dads, and anyone interested in simple, natural, drug-free alternatives for themselves and their children.

The Psoriasis Cure Lisa LeVan, 1999-04-01 Author Lisa LeVan suffered with psoriasis for years. Her physicians prescribed numerous medications to treat her condition, but while these products made her psoriasis disappear in one area, the symptoms would flare up in another place. She soon learned that traditional treatment did not treat the condition at all; they only covered up the symptoms. Not only that, they often caused dangerous, even life-threatening, side effects that were worse than the original symptoms. Ms. LeVan then decided to put her experience as a research biochemist to work to find a cure for her psoriasis. In The Psoriasis Cure, she presents her remarkable discovery. The Psoriasis Cure details Lisa LeVan's drug-free therapy for eliminating both the symptoms and root causes of psoriasis. The book begins with a clear explanation of exactly what psoriasis is and what its possible causes are. It then examines how today's commonly prescribed treatments for psoriasis may adversely affect your health. The book goes on to provide you with guidelines for LeVan's complete program to prevent your symptoms from returning. This book does not offer a quick fix for psoriasis. What The Psoriasis Cure does provide is a commonsense approach that, if followed, will help you rid your body of this condition with virtually no harmful side effects. Isn't it time to take control of your psoriasis? With The Psoriasis Cure in hand, you can.

Be FINE Lisa Leslie-Williams, 2023-06-13 Be FINE: Your Drug-Free Prescription to Age Well, Beat Bulge, and Stop Disease is the whole-body blueprint you need for glowing, radiant health! Join Dr. Lisa Leslie-Williams-holistic wellness expert and media maven-as she takes you on a Caribbean-inspired journey of natural health using timeless principles interwoven with refreshing dinner-table candor, engaging story-telling, and thoughtful prompts designed to: ? Make your lifestyle your medicine? Shatter generational illness ? Redefine aging ? Ignite your metabolism? Boost immunity? Identify and change health-limiting beliefs ? Heal from within There's much more! The book offers a wealth of recipes, including island-inspired flavors, that are easy to make, healthy, and delicious. You'll feel the shift while coming to the important realization that you have control over your health, aging, and outlook on life. Dr. Lisa shows you that the most qualified person to build your immunity, reverse aging, and slow your body's deterioration, is you!

A Drug-free Approach to Healthcare David W. Tanton, 2005 A Drug-Free Approach to Healthcare represents the culmination of decades of researching the research and clinical trials, conducted by some of the most brilliant and dedicated doctors and scientists in the entire world. Many very effective and extremely valuable natural therapies have been deliberately suppressed from the public, due to their lack of profitability. You will now have access to a surprising amount of little known yet potentially life-saving and disease-preventing therapies that few in the nation (including their doctor) are aware of, and explained in simple terms you can easily understand. Dr. Tanton will take you on an amazing eye-opening journey that can potentially have a major influence on both your future health, and lifespan. You will learn exactly why taking medications is extremely risky and seldom necessary. Mary Lou for instance went from nine medications to none in only 60 days, and discovered that withdrawal was surprisingly easy. She also began losing weight, and

claims she hadn't felt as good in years, (she obviously didn't need any of her medications), including her 16-year dependency on Prozac(tm). Then Duane, (in spite of his doctor's warnings), went from eight medications to one in only 30 days, and never felt better.

Free Food and Medicine Markus Rothkranz,2012-12-12

The Pain-Free Mindset Dr Deepak Ravindran,2021-03-04 If you know anyone who works in the NHS. A nurse, doctor, physio, dietitian, administrator, manager, literally anyone. Gift them this book. Dr Rupy Aujla This book is an absolute must have for anyone who wants to take back control of their lives - and most importantly - their pain. Kate Silverton There is no easy fix when it comes to chronic pain. Opioids are often the first, addictive resort and surgery rarely achieves the pain free outcome promised. But while there is no single fix, there is a way out and it starts with your mindset. This is the powerful approach of *The Pain-Free Mindset*, where NHS pain consultant Dr Ravindran brings his 20 years of experience to offer you an effective set of techniques that will help you take back control and overcome your pain. In this groundbreaking guide you will: ·Discover what happens to your body and brain when you experience pain ·Learn how you can change the way you perceive and respond to pain - without taking addictive medication ·Find the best pain-management plan for you and your lifestyle Packed with science-backed tips and inspiring case studies this book will transform your mindset and show that you have the power to live pain free.

Getting to Pain Free Dr Fawad Mian,2020-06-26 How long have you pain made your life miserable? Has that pain stopped you from enjoying time with family or friends? Are you missing out because the pain has affected your mobility? Many of my patients have been there. We are told that medications, steroids, or surgery are the answers to our problems. What if there was a better way? Dr. Fawad Mian takes you on a journey of his own personal pain and shows you how he was able to solve those issues without the need for drugs or surgery. Just like you, he was sick and tired of living in pain and feeling that there was no hope. In this book, Dr. Mian will share with you how Regenerative Medicine changed his life as well as his patients. Learn how prolotherapy, platelet rich plasma (PRP), and stem cells are revolutionary treatments in the battle against pain. You will learn how comprehensive regenerative treatments combined with nutrition, lifestyle, and functional movement are the keys to reclaiming a pain free life. Dr. Fawad Mian is dedicated to helping tired, frustrated patients feel better. He began his career as a neurologist. As he suffered through chronic pain from his injuries, he tried drugs, surgery, and cortisone shots which all failed. He also saw this in his own patients and knew that something different had to be done. On his journey, he discovered regenerative and functional medicines which have become an integral part of his approach over the last 7 years. He completed his Neurology Residency at NYU, and his fellowship at Emory University in clinical neurophysiology and sleep medicine. When he is not working, Dr. Mian enjoys spending time with his family and working out.

Your Medical Mind Jerome Groopman,Pamela Hartzband,2012-08-28 Drs. Groopman and Hartzband reveal a clear path for making the right medical choices. Such factors as authority figures, statistics, other patients' stories, technology, and natural healing are key factors that shape choices.

Medical and Dental Expenses ,1990

The Breakdown of the American Healthcare System: Volume I Dueep Jyot Singh,John Davidson,2016-04-18 Table of Contents Introduction Historical Background Do You Know That – Real Life Medical Costs What Are Your Doctors Really up to? And the Insurance Companies... The Role of Pharmaceutical Companies Author Bio Publisher Introduction While corresponding with a large number of my friends all over the world, I cannot resist asking them about their health, being a bit of a naturopath guru myself. Believe it or not, a

large percentage of them tell me about the expensive healthcare systems in their particular countries, and they really do not know how to pay their medical bills. So this book is going to tell you all about the healthcare systems all over the world, and how the American healthcare system has failed to provide a cost-effective, efficient, and economical health resource for Americans. Also, you are going to get to know a little bit about all the medical insurance loans , medical plans, and alternatives being offered by your particular state governments and central government, in order to help you pay your medical bills. These are being offered to you, supposedly as one of the benefits of the American government, supposedly through their feeling for your welfare, good, and benefit. However, many Americans do not know that medical care and treatment is a fundamental basic right of a citizen of a country, and is being offered by a number of countries free of cost, or at a nominal subsidized price in many parts of the world. So consider this book to be an eye-opener on how medical practices and medical plans are bankrupting you completely, because you are going to spend the rest of your lives, paying off your medical bills. Along with this, you are going to know a little bit about alternative medicine, state-of-the-art treatments at one twentieth the cost, which you would get in America, and other parts of the world. So let us start with a little bit of a background, about how the American medical plan system has been taking advantage of its patients for the last 200 years or more.

Pain Erasers Michelle Schoffro Cook, 2021-09-21 2021 Nautilus Book Award Silver Winner - Health, Healing, and Wellness
“Excellent supplementary resource for anyone suffering from chronic pain.” —Midwest Book Review At last! Here’s a safe, reliable, drug-free guide to relieve millions of pain sufferers worldwide. If you’re struggling with chronic or acute pain, you may find that commonly prescribed medications are often expensive, and often ineffective. They can also lead to unwanted side-effects or serious drug interactions. That’s where Pain Erasers can help. This long-awaited guide to drug-free pain relief offers a wide variety of natural alternatives to help you take control of your pain—and ultimately, your life. Dr. Michelle Schoffro Cook, PhD, DNM is a trusted natural medicine expert and the internationally recognized author of 60 Seconds to Slim and The Ultimate pH Solution. After suffering from serious car accident injuries, she found that conventional medicine failed to ease her intense pain. Desperate for relief, she launched a search for natural alternatives—and discovered a whole new world of safe, effective pain relief. Within these pages, Pain Erasers: A Natural Doctor’s Guide to Safe, Drug-Free Relief will reveal new ways to naturally erase your pain, often permanently! You’ll discover dozens of natural painkillers, from a little-known but highly effective resin from the rainforest, along with such standbys as ginger and turmeric. And to boost the effects of these remedies, you’ll get helpful tips on how to change your diet and lifestyle for optimal health and pain and inflammation management. Because not every remedy works on every type of pain, Dr. Schoffro Cook guides readers through the best methods for specific conditions, such as back pain, fibromyalgia, joint pain, migraines and headaches, neck pain, plantar fasciitis, temporomandibular joint syndrome, tendonitis, trigeminal neuralgia, whiplash, and more. No matter what type of chronic or acute pain you’re struggling with, this guidebook will help you navigate information on dozens of natural remedies, setting you on a path toward long-term healing. It's time to start living the pain-free life you deserve—and Pain Erasers will show you the way.

Embark on a breathtaking journey through nature and adventure with is mesmerizing ebook, **Your Medicine Free** . This immersive experience, available for download in a PDF format (Download in PDF: *), transports you to the heart of natural marvels and thrilling escapades. Download now and let the adventure begin!

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