

Your Body Is Your Best Doctor

Ken Berry

Your Body is Your Best Doctor! Melvin E. Page, H. Leon Abrams, 2001 Q: Will you live to be 100? A: Probably not—but you should! Q: Do you take over 100 pounds of a dangerous drug each year? A: Almost certainly—in your coffee, cakes and cookies! Q: Do you drink enough milk? A: The chances are it's too much! Startling information on health, body chemistry and nutrition lends fascination to this authoritative, revealing book on how your body strives to maintain health—in spite of what you do to it! Whether you think you are healthy or know you're not, here are facts that can help you help your body work for the good health you deserve.

Your Body, Your Health Neil Shulman, Rowena Sobczyk, 2002 Offering basic medical information and advice, this guide to health offers chapters on how doctors make diagnosis and how to evaluate medical services. It then turns its attention to discussions of common medical problems to watch out for during the various stages of and explores some basic disease prevention practices. Explanations of some of the most common medical tests are presented. Finally, health related information on the Internet is reviewed. Annotation copyrighted by Book News, Inc., Portland, OR

Your Body is Your Best Doctor! Melvin E. Page, H. Leon Abrams, 1972

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

The Ultimate Guys' Body Book Walt Larimore, MD, 2012-03-20 You Mean I Can Ask That? Boys' bodies do the craziest things! They can knock a baseball out to right field or trip in front of class. But at a certain point, those bodies start to grow up and go through some wild changes. You might be wondering things like: Why don't I look like him? How can I get buff without steroids? And how can I handle that talk my parents want to have—you know, the talk? Yikes! Guy Talk answers all the important questions you want answers to but would rather not ask, mixing fun with great advice for growing guys.

What Does Your Doctor Look Like Naked? J. Warren Willey, 2008-10 Are you carrying around extra weight? Are you starving yourself, literally, only to see the numbers on the scale grow larger? *What Does Your Doctor Look Like Naked?*, by Dr. Warren Willey, is a witty and informative resource for the perpetual dieter that is sure to be the last book purchased on

slimming down and toning up. By following Dr. Willey's all-natural eating menu and a comprehensive workout plan, starved dieters will find nourishment and watch their bodies transform before their very eyes. Going on vacation soon and not sure about splurging? Concerned about extra holiday calories? With Dr. Willey, dieters will learn to eat smart and enjoy themselves on special occasions without guilt and apprehension. Don't fall for diet gimmicks or surefire weight-loss plans that only lead to dead ends. Travel the road with Dr. Willey and the countless others who have found success in *What Does Your Doctor Look Like Naked? Your Guide to Optimal Health*.

Your Body in Balance Neal D Barnard, MD, 2020-02-04 This nationally bestselling book explains the shocking new science of how hormones are wreaking havoc on the body, and the delicious solution that improves health, reduces pain, and even helps to shed weight. Hidden in everyday foods are the causes of a surprising range of health problems: infertility, menstrual cramps, weight gain, hair loss, breast and prostate cancer, hot flashes, and much more. All of these conditions have one thing in common: they are fueled by hormones that are hiding in foods or are influenced by the foods we eat. *Your Body in Balance* provides step-by-step guidance for understanding what's at the root of your suffering-and what you can do to feel better fast. Few people realize that a simple food prescription can help you tackle all these and more by gently restoring your hormone balance, with benefits rivaling medications. Neal Barnard, MD, a leading authority on nutrition and health, offers insight into how dietary changes can alleviate years of stress, pain, and illness. What's more, he also provides delicious and easy-to-make hormone-balancing recipes, including: Cauliflower Buffalo Chowder Kung Pao Lettuce Wraps Butternut Breakfast Tacos Mediterranean Croquettes Apple Pie Nachos Brownie Batter Hummus *Your Body in Balance* gives new hope for people struggling with health issues. Thousands of people have already reclaimed their lives and their health through the strategic dietary changes described in this book. Whether you're looking to treat a specific ailment or are in search of better overall health, Dr. Neal Barnard provides an easy pathway toward pain relief, weight control, and a lifetime of good health.

Lies My Doctor Told Me Second Edition Ken Berry, 2019-04-30 "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!

Dr Frankenstein's Human Body Book Richard Walker, 2008-09 Explore the human body from the inside-out in this anatomical adventure book.

I Am Your Doctor Jordan Grumet, Jordan Grumet M D, 2015-02-17 What is it like to be your primary care physician? How do day-to-day pressures, concerns and unfolding developments impact the one who looks after your health and wellbeing? What does your doctor feel about the responsibilities and nagging questions that are an integral part of every waking hour? What is it like to know that each routine decision is potentially life-altering to your care? Who cares about your future medical care? Jordan Grumet's writing builds an insider's level of understanding. His unique delivery is simple and eloquently succinct. His potential audience is at a critical juncture in medical-political development, particularly in the United States, and his impactful prose is already vitally felt by a growing number of readers. The timing is optimal for Jordan's writing to be published as a widely accessible collection of stories and essays. Reverent dedication to quality diagnostic care permeates his writing and motivates Jordan to share from the head and heart. Each new essay challenges his readers to think and feel, taking on the varying perspectives of his challenging, endearing and beloved patients, and of family members of the ill or dying. Jordan's words deepen our understanding of the unwelcome, or sometimes welcome, arrival of Death. Jordan opines from experience, while he illustrates doctor-patient relations; doctor-colleague conduct and cooperation; and the impact that exponentially increasing forms, restrictions, technology and time commitment have on the delivery of quality care to patients. You and I and all of those in the medical system feel the impact of this government- and insurance-driven regulatory environment. More and more physicians are shutting down, opting out or simply struggling to juggle the burden of imposed digital and paper requirements, while their expertise is in medicine. Quality medical care, based on face-to-face doctor-patient relationship building, is lagging as a result. Jordan Grumet delivers this news powerfully and persuasively. His ability to do so is both timely and important. Married with two children, he sometimes includes family members in descriptions of his daily life and medical practice. In one essay, Jordan relates how his son's birth reawakens a depth of feeling that he previously guarded tightly as protection from the emotional impact of his work. In story after short story, Jordan reveals to us just how he is able to channel a full range of emotions, healthily and consciously, into his daily interactions. To whom does Jordan's writing appeal? Doctors, nurses and ancillary support workers all relate strongly to his descriptions of the front lines of medical care. Lay people who care about the future of their own medical needs, and all who've felt the benefits of kindly

delivered care, resonate with his words. These various reading audiences either nod knowingly, based on their own similar experiences, or burst into tears as they get it that a physician is called to devote such an ample measure of body, heart and soul to their compassionate care. Humility. Naked self-assessment. Doubt. Surety. Wonder. Devotion. A peek inside.

The Power of When Michael Breus, 2016-09-13 Learn the best time to do everything -- from drink your coffee to have sex or go for a run -- according to your body's chronotype. Most advice centers on what to do, or how to do it, and ignores the when of success. But exciting new research proves there is a right time to do just about everything, based on our biology and hormones. As Dr. Michael Breus proves in *The Power Of When*, working with your body's inner clock for maximum health, happiness, and productivity is easy, exciting, and fun. *The Power Of When* presents a groundbreaking program for getting back in sync with your natural rhythm by making minor changes to your daily routine. After you've taken Dr. Breus's comprehensive Bio-Time Quiz to figure out your chronotype (are you a Bear, Lion, Dolphin or Wolf?), you'll find out the best time to do over 50 different activities. Featuring a foreword by Mehmet C. Oz, MD, and packed with fascinating facts, fun personality quizzes, and easy-to-follow guidelines, *The Power Of When* is the ultimate lifehack to help you achieve your goals.

If Our Bodies Could Talk James Hamblin, 2016-12-27 If you want to understand the strange workings of the human body, and the future of medicine, you must read this illuminating, engaging book. —Siddhartha Mukherjee, author of *The Gene* In 2014, James Hamblin launched a series of videos for *The Atlantic* called *If Our Bodies Could Talk*. With it, the doctor-turned-journalist established himself as a seriously entertaining authority in the field of health. Now, in illuminating and genuinely funny prose, Hamblin explores the human stories behind health questions that never seem to go away—and which tend to be mischaracterized and oversimplified by marketing and news media. He covers topics such as sleep, aging, diet, and much more: • Can I “boost” my immune system? • Does caffeine make me live longer? • Do we still not know if cell phones cause cancer? • How much sleep do I actually need? • Is there any harm in taking a multivitamin? • Is life long enough? In considering these questions, Hamblin draws from his own medical training as well from hundreds of interviews with distinguished scientists and medical practitioners. He translates the (traditionally boring) textbook of human anatomy and physiology into accessible, engaging, socially contextualized, up-to-the-moment answers. They offer clarity, examine the limits of our certainty, and ultimately help readers worry less about things that don't really matter. *If Our Bodies Could Talk* is a comprehensive, illustrated guide that entertains and educates in equal doses.

Eat to Beat Disease William W Li, 2019-03-19 Eat your way to better health with this New York Times bestseller on food's ability to help the body heal itself from cancer, dementia, and dozens of other avoidable diseases. Forget everything you think you know about your body and food, and discover the new science of how the body heals itself. Learn how to identify the strategies and dosages for using food to transform your resilience and health in *Eat to Beat Disease*. We have radically underestimated our body's power to transform and restore our health. Pioneering physician scientist, Dr. William Li,

empowers readers by showing them the evidence behind over 200 health-boosting foods that can starve cancer, reduce your risk of dementia, and beat dozens of avoidable diseases. Eat to Beat Disease isn't about what foods to avoid, but rather is a life-changing guide to the hundreds of healing foods to add to your meals that support the body's defense systems, including: Plums Cinnamon Jasmine tea Red wine and beer Black Beans San Marzano tomatoes Olive oil Pacific oysters Cheeses like Jarlsberg, Camembert and cheddar Sourdough bread The book's plan shows you how to integrate the foods you already love into any diet or health plan to activate your body's health defense systems-Angiogenesis, Regeneration, Microbiome, DNA Protection, and Immunity-to fight cancer, diabetes, cardiovascular, neurodegenerative autoimmune diseases, and other debilitating conditions. Both informative and practical, Eat to Beat Disease explains the science of healing and prevention, the strategies for using food to actively transform health, and points the science of wellbeing and disease prevention in an exhilarating new direction.

BodyWise Rachel Carlton Abrams, 2016-12-27 Are you tired? Do you suffer from chronic pain--headaches, backaches, or other persistent discomfort? Do you experience depression or feel anxious? Do you have allergies or autoimmune issues? Have you lost your sex drive somewhere along the way? If you have one or more of these symptoms, you may be suffering from what Rachel Carlton Abrams, MD, calls Chronic Body Depletion--a condition that can be related to weight gain, high blood pressure, exhaustion, and many other symptoms that leave the body drained. In BodyWise, Dr. Rachel helps us to understand that these symptoms, uncomfortable as they may be, are actually a sign of our body's intelligence. Our bodies are trying to communicate--sometimes screaming at us to pay attention--and only when we learn to listen are we able to treat what ails us to achieve optimum healing and lifelong health. Dr. Rachel shares her customizable 28-day program, used with thousands of patients in her clinic, for healing the body both physically and emotionally. Through quizzes and detailed self-assessments, she explains how you can evaluate your own body wisdom for different areas in your life--including stress, sleep, libido, pain, anxiety, depression, allergies, and autoimmune issues. Guiding you through thoughtful diet, routine, and lifestyle changes, BodyWise will help you discover your own unique needs and offer you the principles and practices to create the vibrant, balanced, healthy life you have always deserved.

The 9 Steps to Keep the Doctor Away Rashid A. Buttar, 2010 The Nine Steps to Keep the Doctor Away shows you nine steps that have been clinically proven over the last ten years to be highly effective in promoting overall health. They have provided the essential framework for Dr. Rashid Buttar's philosophy and treatment plan as he has helped many patients considered to be treatment failures improve their conditions drastically. Dr. Buttar's Clinic, Advanced Concepts in Medicine, the Center for Advanced Medicine, specializes in the treatment of cancer, cardiovascular and neurodegenerative disease in patients who have failed conventional medical treatments. The clinic has also attracted international patients suffering from various other chronic diseases as well as "difficult to diagnose" medical conditions from all over, including Africa, Europe,

Central/South America, Australia and Asia.

Your Doctor Can't Make You Healthy Bernard E. Bulwer, 2002 MOST PEOPLE KILL THEMSELVES...knowingly or unknowingly. They are seduced into believing that doctors and scientists can always fix their medical problems, and the medical community at large has encourage the belief that there will be a pill for every ill. INTELLIGENT PEOPLE KNOW BETTER. It is time to stop chasing after quick fixes and take a serious look at the evidence. The diseases that kill 70 percent of Americans--cardiovascular diseases (heart disease, stroke, high blood pressure, type II diabetes, and some cancers--are preventable, controllable, and sometimes reversible by changing the way we eat and live. While we should salute all medical and scientific research and recognize the roles that genes play, what really matters is your lifestyle--those things you choose or choose not to do. this book is an honest (no hypes or false promises), up-to-date, and scientifically-balanced look at why and how to look after yourself. It imparts insights and lays out a provocative approach on how to stay health or regain lost health. What reputable people have said about this book. This is undoubtedly a very well-produced book, full of useful important information. It is an extremely important book to have written. ---Esmond Harmsworth, Sazhary Schuster Harmsworth Literary Agency (Boston, Your material is so interesting that I couldn't put the book down. I have perhaps two dozen books on health ...I read here and there in these b books. But they are not as comprehensive, persuasive, or as readable as your book, and I have NEVER read any of them from cover to cover. ---Professor Marian Ortolf-Bagley, Ph.D. Professor Design, Emeritus, University of Minnesota. Besides being an obviously astute clinician, Dr. Bulwer is carrying out a systematic program for cardiovascular, nutritional and diabetes education which would serve as a model in our own medical environment. He is dedicated advocate of prevention and education as the most powerful agents of public health. ---David, Singer, M.D. Harvard Medical School Harvard Medical School Harvard Vanguard Medical Associates, Teacher of the Year 1998

Lies My Doctor Told Me Second Edition Ken Berry, 2019-04-30 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!

Your Best Life - A Doctor's Secret Guide to Radiant Health Over 40 Louise Wiseman, 2020-10-28 Louise tells the story of how a near fatal pneumonia as an NHS GP and mother of two transformed her life and way of thinking about health. In this personal narrative of how she 'had it all' and then nearly lost it, she explains how she sought even better health after her recovery.

How Your Doctor Is Slowly Killing You Angela Derosa, 2014-03 Common health conditions and diseases in women of all ages can often be traced to one root cause: hormone imbalances and deficiencies, and women can have them from the onset of puberty.

What Your Doctor Won't Tell You David Sherer, 2021-03-16 THIS BOOK WILL SAVE YOUR LIFE! — NEWSMAX In WHAT YOUR DOCTOR WON'T TELL YOU: The Real Reasons You Don't Feel Good and What YOU Can Do About It, Dr. Sherer provides readers with verifiable information about current medicine, healthcare and relevant public policy so they can make their own best judgments as to whether a change in their behavior will, if they are inclined, effect a positive change in your life. He strips away the veneer of political correctness when it comes to health and provides the basic truths behind the implications of the daily decisions we make that affect our health. These decisions, mostly based in how we approach food, physical activity, our mental and emotional states, our interactions with others and our approach to accessing healthcare, have profound effects on our physical, mental and emotional states. Rather than being a book on how to eat, how to exercise, how to shop for a health plan and so on, this work strives only to inform. Because with information comes power. And with power, there is the potential for positive change. Bold enough to tell you what many medical professionals haven't the courage to say, Dr. David Sherer's book is chock-full of inside information on health, healthcare, related public policy, as well as the latest in prevention, diagnosis, and treatment of diseases from depression, diabetes, and heart disease to autoimmune disorders, neurological diseases, and asthma. WHAT YOUR DOCTOR WON'T TELL YOU delivers straight, unfiltered, and evidence-based answers on topics such as: The real causes of the obesity epidemic and how it can be tamed Your best options for anesthesia for different surgeries and procedures The difference between an MD and a DO and why it matters Why colon cancer is skyrocketing in young people The best ways to buy and use medical cannabis 7 ways to make outpatient surgery safer and much, much, more! WHAT YOUR DOCTOR WON'T TELL YOU: The Real Reasons You Don't Feel Good and What

YOU Can Do About It will become your primary source for all those questions your doctor doesn't have time to answer — answers that can save your life!

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