
Bookmark File PDF What Your Doctor May Not Tell You About Breast Cancer How Hormone Balance Can Save Your Life What Your Doctor May Not Tell You AboutPaperback

Getting the books **What Your Doctor May Not Tell You About Breast Cancer How Hormone Balance Can Save Your Life What Your Doctor May Not Tell You AboutPaperback** now is not type of inspiring means. You could not unaided going taking into account book deposit or library or borrowing from your links to retrieve them. This is an very easy means to specifically get lead by on-line. This online revelation What Your Doctor May Not Tell You About Breast Cancer How Hormone Balance Can Save Your Life What Your Doctor May Not Tell You AboutPaperback can be one of the options to accompany you past having new time.

It will not waste your time. acknowledge me, the e-book will very atmosphere you extra business to read. Just invest tiny mature to entre this on-line declaration **What Your Doctor May Not Tell You About Breast Cancer How Hormone Balance Can Save Your Life What Your Doctor May Not Tell You AboutPaperback** as with ease as evaluation them wherever you are now.

KEY=YOUR - REILLY HOOPER

What Your Doctor May Not Tell You About(TM): Menopause The Breakthrough Book on Natural Progesterone

Grand Central Publishing Arguing that giving estrogen replacement therapy to women after menopause is medically the wrong thing to do, Lee suggests that natural progesterone can prevent most of the unpleasant side effects of menopause, including osteoporosis and weight gain.

What Your Doctor May Not Tell You about Heart Disease

Grand Central Life & Style Coronary heart disease has long been the number one killer in this country, and for decades, we have been told about five basic risk factors: elevated cholesterol, high blood pressure, diabetes, obesity, and smoking. But the truth is that heart disease is much more complex-- with close to 400 risk factors! In this innovative guide, Dr. Mark Houston helps readers discover the causes of heart disease, how to prevent and treat its debilitating effects via nutrition, nutritional supplements, exercise, weight management, and lays to rest to various myths (cholesterol is not the primary cause) based on scientific studies and medical publications. Readers will also learn how to indentify the risk factors most likely to endager them and construct an arsenal of non-pharmacological preventitive strategies that can counteract this most deadly disease.

What Your Doctor May Not Tell You About(TM) Children's Vaccinations

Grand Central Publishing This is an essential guide for parents about vaccinations. Dr. Stephanie Cave explains their pros and cons and the book provides information to help parents make a knowledgeable, responsible choice about vaccinating their children.

What Your Doctor May Not Tell You About(TM) Depression

The Breakthrough Integrative Approach for Effective Treatment

Grand Central Life & Style Depression is a serious illness that can often havedetrimental effects on one's personal and professional life -but it doesn't have to. With proper treatment, one can conquerthis mental monster and lead a fulfilling and productive life.What's more, expensive prescription drugs with sometimesdebilitating side effects may very well not be the answer.In this breakthrough programme, Dr Michael Schachter offers hisproven protocol to treat depression naturally by rebalancing andrepairing out of sync and inefficient neurotransmitters in the brain.Readers are guided towards relief through potent, safe naturalsupplements that directly affect brain chemistry. Combining moretraditional treatments with new proven remedies, Dr Schachter'sprogramme reveals: the right amino acids that can help balance brainchemistry; how to easily and effectively control the amount ofserotonin, dopamine, and glutamine in the brain - without drugs; theimportance of Omega-3 intake and the role of mercury and fluoridetoxicity can play in depression and much more.Dr Schachter leaves no stone unturned on the path to treatingdepression safely, effectively and naturally.

What Your Doctor May Not Tell You About Fibromyalgia

The Revolutionary Treatment That Can Reverse the Disease

Grand Central Publishing What Your Doctor May Not Tell You About Fibromyalgia is the only protocol that actually treat the condition, reduces drug dependency, and offer an actual cure. Most patients with fibromyalgia are on as astonishing array of medications--sometimes taking over 10 different medications and supplements a day to treat symptoms ranging from muscle pain and fatigue to hypoglycemia, IBS, and chronic candidiasis--and they still can't control their pain. This fourth edition of the book goes deeper into understanding the disease and the early intervention options that are available. With special attention paid to fatigue and pain management protocols, Dr. St. Armand goes into great detail about the big issues surrounding fibromyalgia today, including: A close look at supplements, including CBS oil--an unregulated market without the same scientific rigor as most medications Guaifenesin as a drug that does work, eliminating symptoms and restoring normal life to an astonishing 90 percent of the fibromyalgia sufferers A discussion of pharmaceuticals in treatment, and why "medical Band-Aids" won't treat the disease changes in disease protocol discussion of pharmaceuticals in treatment

What Your Doctor Won't Tell You

The Real Reasons You Don't Feel Good and What YOU Can Do About It

Humanix Books In What Your Doctor Isn't Telling 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 out 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.

What Your Doctor May Not Tell You About(TM): Premenopause

Balance Your Hormones and Your Life from Thirty to Fifty

Grand Central Publishing A safe, effective hormone balance program for women aged 30-50 suffering from premenopause syndrome. Restore and maintain gynecological health, sex drive, and energy. I'm too young for menopause. So why do I feel like this? Even if you're a decade or more away from menopause, your hormones may already be out of balance, usually caused by an excess of estrogen and a deficiency of progesterone. Over 50 million women experience premenopause symptoms, including: Unexplained, sudden weight gain Severe PMS, fatigue, irritability, and mood swings Loss of libido Tender or lumpy breasts Fibroids and endometriosis Cold hands and feet Very heavy or light periods Or other symptoms like infertility, memory loss, and migraines. Now Dr. John Lee-author of the groundbreaking What Your Doctor May Not Tell You About Menopause-teams up with women's health expert Jesse Hanley, M.D., to bring you a revolutionary nonprescription "Balance Program" with simple, safe, and natural solutions for premenopause. Learn how natural progesterone and changes to your diet and environment can balance your hormones, eliminate premenopausal symptoms, and make you feel better-all without surgery, antidepressants, or prescription hormones.

What Your Doctor May Not Tell You About(TM) Fibroids

New Techniques and Therapies--Including Breakthrough Alternatives to Hysterectomy

Grand Central Publishing Fibroid tumors are the leading reason why more than 500,000 American women have hysterectomies each year.

What Your Doctor May Not Tell You About(TM): Parkinson's Disease

A Holistic Program for Optimal Wellness

Grand Central Publishing As well as explaining the mechanisms behind Parkinson's and providing detailed information on its symptoms, diagnosis and conventional treatments, this book includes information on groundbreaking alternative treatments such as Dr Perlmutter's glutathione therapy using non-prescription supplements.

What Your Doctor May Not Tell You About(TM): Hypertension

The Revolutionary Nutrition and Lifestyle Program to Help Fight High Blood Pressure

Grand Central Publishing Houston offers a revolutionary, all-natural treatment program for reversing hypertension, the "silent killer" that affects more than 60 million Americans.

What Your Doctor May Not Tell You About(TM): Circumcision

Untold Facts on America's Most Widely Performed-and Most Unnecessary-Surgery

Grand Central Publishing This guide aims to explode the myths and misinformation about circumcision in an accessible, easy-to-read format. After describing the anatomy of the penis, the book explains the procedure, describes the risks associated and debunks the six most common reasons doctors will give when recommending it.

What Your Doctor May Not Tell You About(TM) IBS

Eliminate Your Symptoms and Live a Pain-free, Drug-free Life

Grand Central Publishing With the exception of only the common cold, Irritable Bowel Syndrome (IBS) accounts for more work and school absences than any other illness. But drugs aren't always the best option - as Dr. Ash learn from experience. He has developed a program that helps relieve symptoms without drugs - and has applied his knowledge to the treatment of IBS, helping thousands of patients. In this groundbreaking treatment plan Dr. Ash reveals his drug-free approach to relieving the symptoms of IBS, using vitamin C, bioflavonoids, and other herbs and nutrients that help the body to heal itself. He also discusses the role of food allergies; the need for adequate diagnostic tests; and environmental factors, such as stress.

What Your Doctor May Not Tell You About(TM) Diabetes

An Innovative Program to Prevent, Treat, and Beat This Controllable Disease

Grand Central Life & Style Mention diabetes and what are the first things that leap to mind? Sugar levels, glucose monitoring, and insulin? According to leading diabetes specialist Dr. Stevan Joyal, to truly combat the diabetes epidemic--both preventing it and improving the quality of life for those who have it--we must start smaller, by focusing on the microscopic yet most critical factors that control your genes and your cells. In WHAT YOUR DOCTOR MAY NOT TELL YOU ABOUT DIABETES, Dr. Joyal tells readers how to prevent and treat type 2 diabetes and reverse prediabetes (a condition affecting half of all Americans), by positively influencing the genes and cells in the body that cause the condition--all without the use of special gadgets, or crazy fad diets. In this groundbreaking, integrative treatment plan, you will find: -the testing procedures that EVERYONE should have to discover their diabetes and prediabetes risk level -tools to prevent and significantly control minor to serious diabetic complications -important guidelines on diet, including especially effective "superfoods" -an individualized, scientifically-proven natural supplement regime -a manageable and effective exercise program -lifestyle changes, including stress reduction tips, that can really make a difference -recommendations on pharmaceuticals when necessary

What Your Doctor May Not Tell You about Breast Cancer

How Hormone Balance May Save Your Life

Breast cancer is on the increase in the West and, despite governments spending billions on research and new treatments, your chances of survival are roughly the same today as they were 50 years ago. This controversial book exposes the failings of conventional treatments of breast cancers and offers a revolutionary programme for lowering the risk of breast cancer, significantly improving your chances of recovering from this disease, and preventing a reoccurrence. Topics include: teenagers taking the pill are 600 per cent more likely to get breast cancer; biopsies, mammograms and chemotherapy often do more damage than good; 80 per cent of breast cancers are brought on by environmental factors, such as diet and exposure to toxins and pollutants; natural progesterone helps prevent and treat breast cancer; and explains that 30 minutes of moderate exercise a day may save your life.

What Your Doctor May Not Tell You About(TM) Glaucoma

The Essential Treatments and Advances That Could Save Your Sight

Grand Central Publishing An insidious disease, glaucoma is often misunderstood and is the leading cause of preventable blindness. Helps to dispel the myths surrounding the disease and inform readers as to the truth about glaucoma. Divided into three accessible sections, the book takes readers through the most common methods of treatment, and explores cutting-edge research and crucial new information on the effects of nutrition, exercise, and herbal medicine on glaucoma.

What Your Doctor May Not Tell You About(TM): Hypothyroidism

A Simple Plan for Extraordinary Results

Grand Central Publishing An astonishing 13 million people suffer from hypothyroidism and its complications. This book includes a Foreword by Mary J. Shomon, thyroid patient advocate, published educator, and author of the successful "Living Well With Hypothyroidism."

What Your Doctor Doesn't Know About Nutritional Medicine May Be Killing You

Thomas Nelson When Dr. Ray Strand found himself in a losing battle, unable to successfully treat his wife who had suffered chronically with pain and fatigue, he agreed to try the regimen of nutritional supplements that a neighbor suggested. Much to his surprise, his wife's condition began to improve almost immediately. That amazing turn of events led him to dedicate himself to researching alternative therapies in medicine, particularly in the arena of nutritional supplements. Dr. Strand's illumination of the body's silent enemy-oxidative stress-will astound you. But, more importantly, his research will equip you to protect or reclaim your nutritional health, possibly reversing disease and preventing illness.

What Your Doctor May Not Tell You About(TM) Prostate Cancer

The Breakthrough Information and Treatments That Can Help Save Your Life

Grand Central Publishing Every year 350,000 men are diagnosed with prostate cancer. With more and more treatments available to tackle the disease, choosing the one that's right for you can be a daunting task. Now Dr. Glenn J. Bublely, an expert oncologist with twenty-five years of experience in conventional and experimental prostate cancer therapies, offers the latest information on the disease and the full range of therapeutic options available. He explains the pioneering techniques and medications being tested in today's clinical trials-including herbs and nutritional supplements-so that you can weigh all the choices and make informed decisions about your health. Discover: What the prostate is, how it works, and what can go wrong Natural herbal and nutritional supplements that may improve prostate health New diagnostic tests-and the limitations of standard PSA screening The pros and cons of traditional surgery, radiation, and chemotherapy and how to assess promising new treatments

Experimental drugs and vaccines that may slow-or even stop-the spread of prostate cancer How to choose the right doctor-and the best treatment plan-for you.

What Your Doctor May Not Tell You About(TM): Migraines

The Breakthrough Program That Can Help End Your Pain

Grand Central Publishing Providing details of the pros and cons of common prescription medications, this text explains Dr. Mauskop's patient-tested, seven-step programme for migraine relief. It includes tips on avoiding migraine triggers in food, the home & the environment.

What the Drug Companies Won't Tell You and Your Doctor Doesn't Know

The Alternative Treatments That May Change Your Life--and the Prescriptions That Could Harm You

Simon and Schuster Adverse reactions to over-the-counter and prescription drugs are currently estimated to kill more than 100,000 Americans a year (making this the fourth leading cause of death in the United States behind cancer, heart disease, and stroke). Drawing on more than twenty years of scientific research, Dr. Michael T. Murray reveals how the pharmaceutical treatments of the most common diseases that plague our society are often ineffective and result in serious, widespread side effects—and then explains how natural treatments can help us avoid them. What the Drug Companies Won't Tell You and Your Doctor Doesn't Know makes clear that we must radically reevaluate the way that we take care of ourselves, and Dr. Murray provides clear guidance on the steps necessary to help you lead a fitter, happier, and healthier life.

What Your Doctor May Not Tell You About(TM): Colorectal Cancer

New Tests, New Treatments, New Hope

Grand Central Publishing Over 50,000 men and women die from colorectal cancer each year - a particularly alarming statistic since it is also one of the most preventable and treatable cancers. In fact, it is estimated that over one-third of colorectal cancer deaths could have been avoided. Now, there's hope. Contains important information on beating colorectal cancer, including the six biggest lifestyle threats, the three nutritional supplements anyone at risk should take, the optimal timeframe for screenings, the pros and cons of new detection tests, and how to effectively treat cancerous and pre-cancerous polyps with both traditional and alternative methods.

What Your Doctor May Not Tell You About(TM): Autoimmune Disorders

The Revolutionary Drug-free Treatments for Thyroid Disease, Lupus, MS, IBD, Chronic Fatigue, Rheumatoid Arthritis, and Other Diseases

Grand Central Publishing Dr. Edelson discusses the most common types of autoimmune diseases, outlining their symptoms, causes, and risk factors. He describes his own revolutionary program for treating the root of all autoimmune disorders--without drugs--providing readers with new hope for getting back on the road to better health.

What Your Doctor Won't Tell You About Getting Older

An Insider's Survival Manual for Outsmarting the Health-Care System

Penguin Aging well frequently involves feeling your way blindly through a complex medical world: dealing with multiple doctors, facing baffling financial decisions, and figuring out whether you or a parent needs care outside the home. What Your Doctor Won't Tell You About Getting Older turns the lights on, illuminating potential pitfalls and showing a way around them. This book is an indispensable survival guide, gathering all the information you need to have but that too often doctors just don't give you. Writing with great experience and good humor, renowned geriatrician Mark Lachs explains how to choose your doctors, stay out of the emergency room, plan financially for retirement, outfit your house to stay safe, and, most important, how to have as many healthy years as possible.

What Your Doctor May Not Tell You About(TM): Sinusitis

Relieve Your Symptoms and Identify the Source of Your Pain

Grand Central Publishing A comprehensive, all-natural program to prevent and treat sinusitis and sinus-related disorders. Complete with lifestyle and dietary changes to improve respiratory function, including alternative therapies.

What Your Doctor Really Thinks

Diagnosing the Doctor-Patient Relationship

Dundurn Q. You've been sent for a stress test. Does this mean your doctor thinks there's something wrong with your heart? A. Not necessarily. Doctors often schedule stress tests when they are certain a patient's heart is healthy. So why the test? In What Your Doctor Really Thinks, Ian Blumer looks at the doctor-patient relationship, and explains what your doctor will and won't tell you in the examining room. Blumer lets you know what is going on in your physician's head, and suggests what should be going on in your head, when you present him or her with symptoms. Fatigue, chest pain, headaches, abdominal pain, dizziness, shortness of breath ... Blumer covers a variety of symptoms and discusses what direction the examination may take. This book is a look into the psyche of the doctor and the patient during their meetings. It is a discussion of what both parties might be thinking, but not saying, and it reveals the so-called "mind games" that often take place. It tells people why, without their having even realized it, they have just left a doctor's office not knowing if the "growth" they have is worrisome or harmless, if they have a dim future or a good one. It tells people why doctors are often evasive, or, at times, downright rude. What Your Doctor Really Thinks is not an aid to self-diagnosis. It is not a compilation of medical anecdotes glorifying the practice of medicine. And it is not a self-help guide to teach you about the disease that afflicts you. It is, rather, an aid to understanding your doctor, and to understanding yourself. Everyone from the health-conscious to the hypochondriac will find familiar symptoms in Blumer's book. You may find comfort in knowing that your symptoms are nothing to worry about; or you may find reason to see your doctor about something that may be more serious than you had thought. Regardless, you will learn not just what a doctor's diagnosis might be; you will also learn why they have made that diagnosis, and what the diagnosis means.

What Your Doctor May Not Tell You About(TM) HPV and Abnormal Pap Smears

Get the Facts on this Dangerous Virus-Protect your Health and Your Life!

Grand Central Publishing Human Papilloma Virus - HPV - is a sexually transmitted disease that is known as 'the silent killer' because its symptoms are so ambiguous most people don't know they have it. This book will raise awareness of this disease, as well as other abnormal smear tests, and provide much needed information and support.

Don't Let Your Doctor Kill You

How to Beat Physician Arrogance, Corporate Greed and a Broken System

Post Hill Press How do you take charge of your health and stop turning over your life to our confusing and intimidating healthcare system before it's too late? Dr. Erika Schwartz believes that today's patient is but a leaf blowing in the wind of group-think protocols, corrupt medical societies, insurance companies on the take, and billion dollars in marketing and lobbying pressure from drug companies. What is the quick fix? The answers are here in the ten clear chapters, giving examples every step of the way. It's a simple process that takes you, the patient, from being a victim to being in charge. Developing personal self-confidence, choosing the right doctor for you, walking out on the wrong ones with impunity and making the right choices will add up to great health care with you at the center. Follow the plan and the facts and change your life and that of your loved ones. Life is to be enjoyed not feared. This book will put enjoyment back into your life and remove the fear and intimidation from

your healthcare.

WHAT YOUR DOCTOR MAY NOT TELL YOU ABOUT (TM): PEDIATRIC FIBROMYALGIA

A Safe New Treatment Plan for Children

Hachette UK In this newly revised edition, experienced medical professional, Dr. R Paul St. Amand, shares must-know knowledge for children on pediatric fibromyalgia. Muscle pain; fatigue; bladder infections; insomnia; hypoglycemia; IBS; chronic candidiasis. If you have one or more of these symptoms or syndromes, you may have fibromyalgia. In 1999 Dr. St. Amand, an experienced endocrinologist and UCLA assistant clinical professor, published his effective protocol for reversing fibromyalgia, based on nearly half a century of research, including his own experience with the disease and that of hundreds of his patients. Years later, thousands of fibromyalgia sufferers have followed Dr. St. Amand's revolutionary program and have experienced amazing results. This third edition of the book offers the latest research and Dr. St. Amand's breakthrough program that uses guaifenesin, an inexpensive, safe, and increasingly available medication that can help reverse the disease. The authors have seen symptoms eliminated and normal living restored in an astonishing 90 percent of the fibromyalgia sufferers they treated with guaifenesin. In this edition, readers will find more patient anecdotes and a deeper understanding of patient symptoms, treatment, and results, including: More information about the current treatment of fibromyalgia and what causes it New results from Dr. St. Amand's City of Hope study about the efficacy of the guaifenesin treatment Changes in disease protocol A discussion of pharmaceuticals in treatment

What Your Doctor May Not Tell You About(TM) Hip and Knee Replacement Surgery

Everything You Need to Know to Make the Right Decisions

Grand Central Publishing Readers get the facts they need to make informed decisions about hip and knee replacement surgeries—the two most common joint replacements in America. Hundreds of thousands of Americans suffer from painful, deteriorating joints—and for many, surgery is their only option for relief. Now, Dr. Ronald P. Grelsamer gives readers all the information they need to decide whether hip or knee replacement is the right choice. From the history and evolution of joint implants to the significant differences between types of implants and surgeries, he arms readers with the need-to-know facts for a lasting recovery, including a step-by-step physical program to recover from surgery in the shortest time possible. Dr. Grelsamer also examines the risks and limitations, informing readers under which conditions surgery would actually be more damaging than beneficial. This complete guide addresses every area of concern that a patient may have and enables them to take control, ask the right questions, and live joint-pain free!

When Doctors Don't Listen

How to Avoid Misdiagnoses and Unnecessary Tests

Macmillan 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.

What Your Doctor Won't (or Can't) Tell You

The Failures of American Medicine - And How to Avoid Becoming a Statistic

Doctors have been silent for too long. Some of us are more interested in getting rich than helping our patients get well. Many are unhappy working in healthcare. It is high time someone blew the whistle..... "Perhaps this book's greatest contribution will be 'the beginning of the end of the greatest rip-off ever imposed on the American consumer, ' i.e., our current health care system.'" - Publishers Weekly

Uncaring

How the Culture of Medicine Kills Doctors and Patients

PublicAffairs 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.

Ask a Manager

How to Navigate Clueless Colleagues, Lunch-Stealing Bosses, and the Rest of Your Life at Work

Ballantine Books From the creator of the popular website Ask a Manager and New York's work-advice columnist comes a witty, practical guide to 200 difficult professional conversations—featuring all-new advice! There's a reason Alison Green has been called "the Dear Abby of the work world." Ten years as a workplace-advice columnist have taught her that people avoid awkward conversations in the office because they simply don't know what to say. Thankfully, Green does—and in this incredibly helpful book, she tackles the tough discussions you may need to have during your career. You'll learn what to say when • coworkers push their work on you—then take credit for it • you accidentally trash-talk someone in an email then hit "reply all" • you're being micromanaged—or not being managed at all • you catch a colleague in a lie • your boss seems unhappy with your work • your cubemate's loud speakerphone is making you homicidal • you got drunk at the holiday party Praise for Ask a Manager "A must-read for anyone who works . . . [Alison Green's] advice boils down to the idea that you should be professional (even when others are not) and that communicating in a straightforward manner with candor and kindness will get you far, no matter where you work."—Booklist (starred review) "The author's friendly, warm, no-nonsense writing is a pleasure to read, and her advice can be widely applied to relationships in all areas of readers' lives. Ideal for anyone new to the job market or new to management, or anyone hoping to improve their work experience."—Library Journal (starred review) "I am a huge fan of Alison Green's Ask a Manager column. This book is even better. It teaches us how to deal with many of the most vexing big and little problems in our workplaces—and to do so with grace, confidence, and a sense of humor."—Robert Sutton, Stanford professor and author of The No Asshole Rule and The Asshole Survival Guide "Ask a Manager is the ultimate playbook for navigating the traditional workforce in a diplomatic but firm way."—Erin Lowry, author of Broke Millennial: Stop Scraping By and Get Your Financial Life Together

Saving Us

A Climate Scientist's Case for Hope and Healing in a Divided World

Simon and Schuster United Nations Champion of the Earth, climate scientist, and evangelical Christian Katharine Hayhoe changes the debate on how we can save our future in this nationally bestselling "optimistic view on why collective action is still possible—and how it can be realized" (The New York Times). Called "one of the nation's most effective communicators on climate change" by The New York Times, Katharine Hayhoe knows how to navigate all sides of the conversation on our changing planet. A Canadian climate scientist living in Texas, she negotiates distrust of data, indifference to imminent threats, and resistance to proposed solutions with ease. Over the past fifteen years Hayhoe has found that the most important thing we can do to address climate change is talk about it—and she wants to teach you how. In Saving Us, Hayhoe argues that when it comes to changing hearts and minds, facts are only one part of the equation. We need to find shared values in order to connect our unique identities to collective action. This is not another doomsday narrative about a planet on fire. It is a multilayered look at science, faith, and human psychology, from an icon in her field—recently named chief scientist at The Nature Conservancy. Drawing on interdisciplinary research and personal stories, Hayhoe shows that small conversations can have astonishing results. Saving Us leaves us with the tools to open a dialogue with your loved ones about how we all can play a role in pushing forward for change.

Lies My Doctor Told Me Second Edition

Victory Belt Publishing 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!

Grit

The Power of Passion and Perseverance

Simon and Schuster In this instant New York Times bestseller, Angela Duckworth shows anyone striving to succeed that the secret to outstanding achievement is not talent, but a special blend of passion and persistence she calls “grit.” “Inspiration for non-genius everywhere” (People). The daughter of a scientist who frequently noted her lack of “genius,” Angela Duckworth is now a celebrated researcher and professor. It was her early eye-opening stints in teaching, business consulting, and neuroscience that led to her hypothesis about what really drives success: not genius, but a unique combination of passion and long-term perseverance. In Grit, she takes us into the field to visit cadets struggling through their first days at West Point, teachers working in some of the toughest schools, and young finalists in the National Spelling Bee. She also mines fascinating insights from history and shows what can be gleaned from modern experiments in peak performance. Finally, she shares what she’s learned from interviewing dozens of high achievers—from JP Morgan CEO Jamie Dimon to New Yorker cartoon editor Bob Mankoff to Seattle Seahawks Coach Pete Carroll. “Duckworth’s ideas about the cultivation of tenacity have clearly changed some lives for the better” (The New York Times Book Review). Among Grit’s most valuable insights: any effort you make ultimately counts twice toward your goal; grit can be learned, regardless of IQ or circumstances; when it comes to child-rearing, neither a warm embrace nor high standards will work by themselves; how to trigger lifelong interest; the magic of the Hard Thing Rule; and so much more. Winningly personal, insightful, and even life-changing, Grit is a book about what goes through your head when you fall down, and how that—not talent or luck—makes all the difference. This is “a fascinating tour of the psychological research on success” (The Wall Street Journal).

The Diabetes Diet

Dr. Bernstein's Low-Carbohydrate Solution

Little, Brown This low-carb diet book is geared towards diabetics. An engineer by training, Bernstein pioneered blood glucose self-monitoring and the tight control of blood sugar that is now accepted as the standard treatment of diabetes.

Natural Remedy for Keloid

What Your Doctor Will Not Tell You and Secret of Living a Keloid Free Life

Natural Remedy for Keloid is an easy to read book for anyone who is dealing with keloid disorder. This book discusses various aspects of this skin condition, and provides the reader with in depth understanding of this condition. The reader will learn about simple treatment choices, how keloids should be treated, and most importantly about the treatments that are harmful and should be avoided. If you are diagnosed with a keloid, or have been dealing with it for a long time, this book will help you to better understand your condition. It also arms you with the knowledge you need to make correct treatment choices.

The Allergy Detective

Allergic Rhinitis Treatment Secrets Your Doctor May Not Tell You

Integrative Medical Press (Imp) Allergy cases are on the rise, and are often frustrating for lack of understanding and for lack of knowledge about how to properly treat them. Rhinitis, or inflammation of the nasal mucous membranes, can lead to postnasal drip, chronic and recurrent sinus infections, sinus pressure, headaches, and even asthma symptoms of chest tightness, shortness of breath, coughing, and wheezing. The bulk of rhinitis cases are treated by primary care health care providers, or are handled by patients who self-treat. However, many health care providers do not have a deep understanding of the biological mechanisms of rhinitis symptoms. Also, many patients who self-treat use over-the-counter medications that can actually prolong nasal symptoms - and can even pose further, more serious health risks. Allergic Rhinitis Treatment Secrets Your Doctor May Not Tell You, the first book in the Allergy Detective series by Benoit Tano, M.D., explores the origins of childhood and adult-onset allergy epidemic and the most effective ways to correct these symptoms. This guide, drawn from Dr. Tano's practice experience as an allergist, reveals the mechanisms behind nasal symptoms and shows how using an optimal combination of medications is necessary for effective treatment of nasal symptoms to help allergy sufferers take better control of their allergies.

How to Stop Your Doctor Killing You

Dr Coleman has been a passionate advocate of patient's rights for over thirty years, and in writing this book he has drawn together a vast amount of information which will help readers to live longer and healthier lives. It shows how patients can protect themselves against an increasingly incompetent and dangerous medical profession.