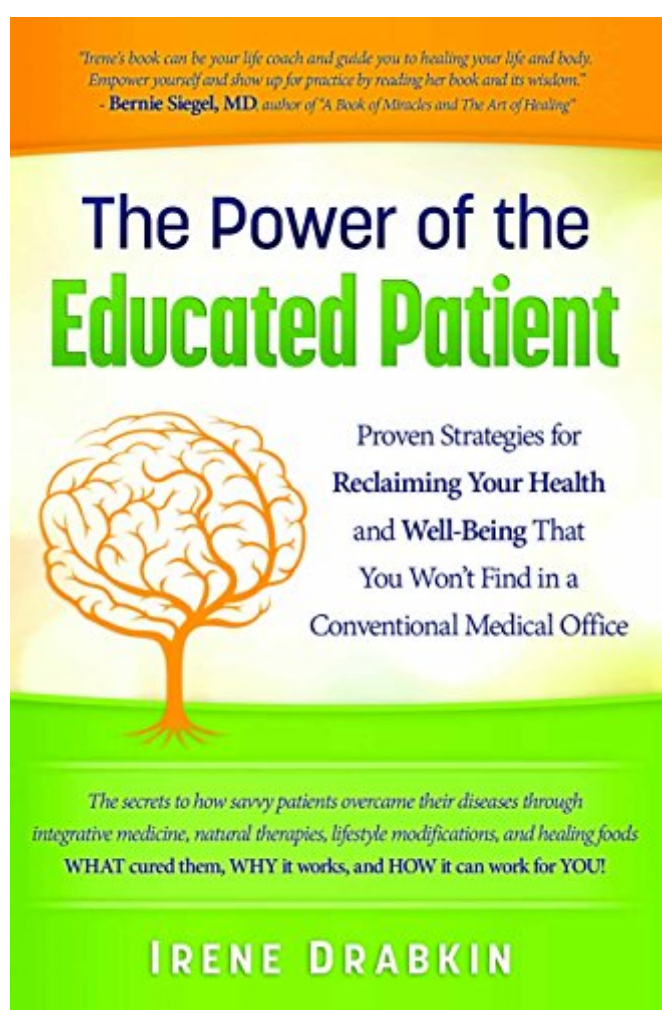


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# The Power Of The Educated Patient: Proven Strategies For Reclaiming Your Health And Well-Being That You Won't Find In A Conventional Medical Office



## Synopsis

Are you searching for simple, sustainable strategies for healing, health and happiness? Have you tried numerous diets and treatments only to be left: Exhausted, confused and frustrated by the lack of results? Concerned about the side effects of prescription medications? Are you looking for evidence of the power of Alternative and Integrative Medicine approaches that you can implement and share with your family and friends or with your patients and clients? This information-packed reference book offers the wisdom, strategies and stories of over 20 health experts who started their professional paths after overcoming their own health challenges. Unable to find solutions within the conventional medical system, our storytellers embarked on their own health journeys and discovered alternative healing strategies that allowed them to heal. They share their proven tactics and fundamental principles that guided them to recovery. They empower us by illuminating the path they took, so we can apply what they learned to our own health and well-being. We all become patients at some point in our lives. We may visit the doctor's office for an annual physical exam. We might be sick and need help getting better. Whatever the case, we all deserve the best healthcare there is – healthcare that not only helps us overcome our diseases but also enables us to get and stay strong and healthy. The Power of the Educated Patient is designed to educate and empower you as a patient. As an empowered patient you become your own best health advocate! As your own health advocate – you determine and choose what works best for you from both Alternative and Conventional Medicine. Propel your road to recovery with these choices and let them take you all the way to your most vibrant health and joyful life! This book will: Educate and Empower You Every person interviewed for this book sought help from conventional and unconventional medical establishments, and each system delivered dramatically different experiences. Typically only integrative doctors or practitioners provided the interviewees with the TIME to explain what they felt was wrong ATTENTION that made them feel like they were being listened to and HEARD TEAM approach as the practitioner worked alongside WITH them Save You Time No more wasted precious moments looking in the wrong places for the wrong treatments. Guide You Many of the people had to search for years for a proper diagnosis. And one can't get the right treatment if they don't know what they are treating. That's why each story in the book is followed by a list of symptoms and general information about the condition, so you may recognize the condition you or someone you know is suffering from. Surprise You Initially, many people sincerely believed that the pain or discomfort they were experiencing was NORMAL. It was their destiny to suffer and nothing could make them feel better except taking a drug for short-term relief. Inspire You! Learning how others heal themselves significantly boosts your confidence to start your own journey towards recovery!

## Book Information

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## Customer Reviews

In this book, the author addresses the subject of food sensitivities, autoimmune disorders, mood disorders and mental illness, oncological diseases, primary immunodeficiency disorders, chronic disorders, bacterial infections, adverse drug reactions, environmental diseases, organ transplant and transplant living, and unknown, mystery diagnosis. What I love most about this book is that the author, even though she is a health professional, describes the experiences of the people interviewed in her book - something thatâ™s so much easier to relate to, as a person and as a patient. Most of the doctors Iâ™ve met were referring to clinical terms and were so rigid, I always left their office baffled and more confused than when I went in! I am amazed at the authorâ™s ability to empathize with her patients and now, her readers! This author has created an wonderful book on empowering us, as human beings, as patients, to our own knowledge about what might be going on regarding our health. While we still have to speak to doctors, as patients, itâ™s so much easier and less scary after reading this book! She addresses current potential issues and symptoms we may be experiencing and offers solutions we can implement right away! I am so happy to have purchased this book! I highly recommend it to everyone! Be an empowered, educated patient! Taking care of our health starts with us!

Anyone struggling with an "incurable" illness will find hope in *The Power of the Educated Patient*. Twenty-one stories explain how, when conventional medicine didn't work, very sick but determined patients researched their disease, zeroed in on treating root causes - instead of suppressing symptoms with drugs - and healed serious, often chronic, conditions. Autoimmune disorders, such as rheumatoid arthritis, multiple sclerosis, and Crohn's disease; mood disorders including bipolar, depression, and anxiety; as well as advanced stages of Hodgkin's, Non-Hodgkin's, and metastatic cancers are covered. Stories of reversing immune deficiency, environmental diseases, chronic infections, even a "mystery" disease of 30 years that defeated a team of 50 NIH doctors, are informative and insightful. These savvy patients cleared toxins from their bodies and embraced fresh, nutrient-dense foods, lifestyle modifications, and holistic methods to recover and enjoy life again. I highly recommend this beautifully written, inspiring book. Gracelyn Guyol, Author

*The Power of the Educated Patient* is a book of hope for all those lost in the labyrinth of medical procedures and red tape. Like it says on the title, take back the power of your own health through education, and I suggest making a start with the advice given here. This book is also a warning to those on quick fix drugs. As the author so eloquently puts it, a lot of prescription drugs are no longer making you feel better, they are only making the Pharma companies feel better. Ms Drabkin, makes it clear in this book that the health system we deserve is a system focused on the root cause of disease rather than symptoms that need relief. And one of the ways we can do this is by empowering ourselves through good nutrition and lifestyle (also covered in this book). This book will help lead you away from a drug (pharma) dependency, it's a tool in your hands for taking back your future health. As a supporter of an holistic approach to health, I cannot praise this book enough. Fascinating reading.

In *The Educated Patient* Irene Drabkin begins by drawing on personal experience and that of others to introduce us to common issues and health symptoms that affected her family and others. Finding the root cause and taking action improved the quality of life of not only her daughter, but extended family and friends. Moving on in the book the writer draws on experience of people and the struggles they have faced to find the causes of issues, and means to bring about change. In a number of these cases simple lifestyle changes have brought about extremely impressive results in non-invasive methods with little or no side effects. A number of complaints which are a growing

concern not just in America but here in the UK are covered in this gem of a book. I am so glad to have this simple tool as my first reference when myself or my family are facing common but potentially traumatic health issues affecting the quality of life. I highly recommend this book to anyone as we are all prone to differing aspects of health concerns discussed here. A must for any family library.

This book addresses a critical void in the world of health and wellness. Conventional medicine is effective for most people. However, for others conventional medicine cannot seem to help, leaving these people with few answers. The author advocates that people should become more proactive regarding their own health and the health of their family. Starting with becoming better educated in both alternative and conventional treatments. The book is organized around different types of medical conditions. For each condition there is a real-life case study that includes the treatments followed. Also included are health information and resources related to that condition. This book can provide hope and alternatives to those who suffer and feel they have tried everything to no avail.

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