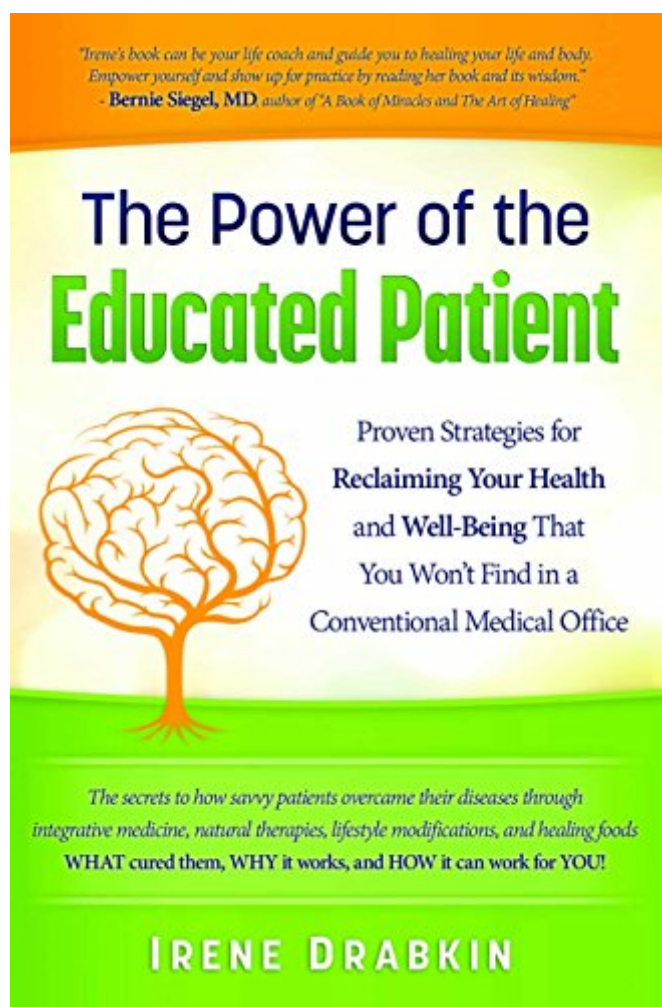


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# The Power Of The Educated Patient: Proven Strategies For Reclaiming Your Health And Well-Being That You Won't Find In A Conventional Medical Office





## 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 that's so much easier to relate to, as a person and as a patient. Most of the doctors I'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 author's ability to empathize with her patients and now, her readers! This author has created a 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, it'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.

As a Doctor of Oriental Medicine, I am so thankful that Irene Drabkin wrote such inspiring book for people who are looking for healing answers to their physical issues. It gives people hope that no matter how serious is one's condition there are always solutions and hope of recovery. It is eye opening book about how patients need to educate themselves in order to know what other options are available. It helps to introduce people to the world of alternative medicine. This book encourages

people to take power in their own hands and become their own health advocate. Then there is always better chance of more successful and faster improvement or complete recovery of the illness. A wonderful, easy and pleasant read.

With the advancement of Western medicine, we think highly of our healthcare system.

Unfortunately, not all conditions can be cured with modern medicine. There are some cases which have baffled even the most educated physicians. This is why we should take a look at ourselves as a person, not a disease. By taking extra steps to be better informed and live a healthier lifestyle, we empower ourselves to live longer and feel better about who we are. In this book, Irene presents case studies where modern medicine cannot provide a solution to the problem. The outcome? Patients taking their health in their own hands and taking the steps necessary to live better...through nutrition and exercise. The result? Many have different lifestyles...better ones where they can start living, instead of merely existing. Excellent book filled with information and options for anyone looking to improve their life and live a healthier lifestyle. Add this to your library!

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