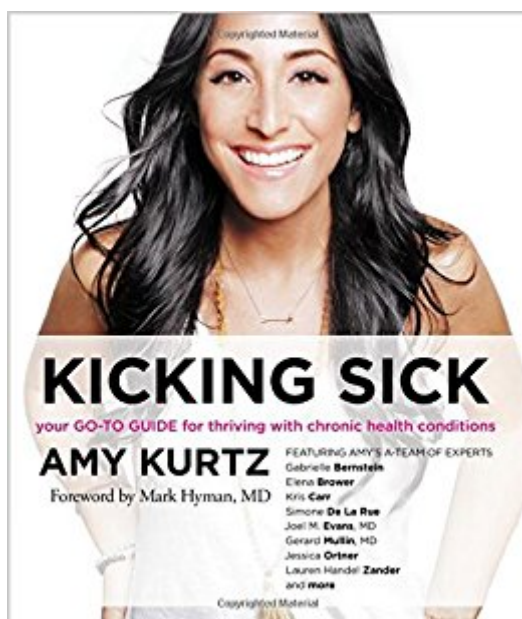


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# Kicking Sick: Your Go-To Guide For Thriving With Chronic Health Conditions



## Synopsis

Has a chronic health issue taken over your life? More than half of us in the US are struggling with at least one. Amy Kurtz gets it. Starting in her mid-teens, she endured two perfect storms of illness that progressed into her twenties. It earned her the label “the sick chick” and the shame, fear, isolation, and frustration that comes with it. She’s radically improved her health, and today she’s helping men and women of all ages live well regardless of their health situation. With honesty, humor, and empathy, *Kicking Sick* shows you how to jettison despair, tune in to your body and inner wisdom, take charge, and build an effective support circle of medical experts, friends, and family. *Kicking Sick* also brings you essential advice from Amy’s own A-team of experts—the ones crucial to her own turnaround: her personal physician Mark Hyman, gastroenterologist Gerard Mullin, endocrinologist Philip Felig, Crazy Sexy Cancer author Kris Carr, new thought leader Gabby Bernstein, and renowned yogi Elena Brower, plus many real life “glow warriors.”

## Book Information

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## Customer Reviews

As seen on Good Morning America! “Amy Kurtz shines her brilliant light on the world of chronic illness with humor, honesty, and hope. She creates a practical path filled with wisdom and great advice—showing you that you can thrive and you can live an incredible life, no matter what. *Kicking Sick* shows you how.” —Kris Carr, New York Times bestselling author “Amy is a true leader. With courage and inspiration, she is the ray of

light needed to bring awareness to chronic health conditions from the patient perspective, and she coaches you how to embark on the endeavor of you in difficult situations. Kicking Sick and functional medicine combined are the perfect combination to heal your life.

•Mark Hyman, MD, author of the New York Times #1 bestseller *Eat Fat, Get Thin*; director, Cleveland Clinic Center for Functional Medicine  
“Kicking Sick is like the best friend who reminds you of what’s possible and holds your hand as you navigate difficulty. This book is brimming with earthy wisdom that will empower your mind and make your spirit shine.”

•Tara Brach, PhD, author of *Radical Acceptance* and *True Refuge*  
“With love, wisdom, humor, and grace Amy Kurtz brings chronic conditions out of the shadows, and guides readers on a powerful journey of healing, hope, and renewal. A must-read.”

•Elena Brower, author of *Art of Attention* and *Practice You*  
“Amy Kurtz makes it clear that the ultimate jurisdiction for our health destiny is a place within each of us that strives for improvement. Our task is to connect with, and ultimately embrace this knowledge. And Kicking Sick compassionately guides us to that goal.”

•David Perlmutter, MD, author of the New York Times #1 bestseller *Grain Brain: The Surprising Truth About Wheat, Carbs, and Sugar*  
•Your Brain’s Silent Killers  
“Amy Kurtz’s inspiring story will motivate readers to take control of their health and heal their body. In Kicking Sick, she pairs personal experience with key resources that will guide and support anyone who is interested in embarking on their own wellness revolution.”

•Frank Lipman, MD, author of *10 Reasons You Feel Old and Get Fat*  
“Amy’s book can show you the path to healing your life and your body. When you love your life and body, the message your body receives is filled with live messages. True healing is about more than one’s physical self and condition. Read and learn from Amy. All you have to do is show up for practice.”

•Bernie Siegel, MD, author of *A Book of Miracles* and *Faith, Hope & Healing*  
“Amy Kurtz in Kicking Sick offers an action plan that is not only doable for people who suffer from a chronic condition, it’s sympathetic, wise, and courageous. Her tools and strategies get you dealing head-on with yourself, your family, your friends, and your coworkers, and put you back in charge of your own health. Amy not only inspires you, she is you.”

•Lauren Handel Zander, cofounder and chairwoman, Handel Group  
“Amy Kurtz’s Kicking Sick is a must-read for those trying to navigate the difficult path of chronic illness. Her journey is inspirational and shows that it is possible to rise above and become a better, healthier you. She will help guide you in creating a health team, searching for the underlying cause, integrating Eastern and Western treatments, and the importance of better

nutrition and proper exercise. Readers upon finishing this book will be able to develop an action plan and successfully kick sickness.

•Keith Berkowitz, MD, medical director, Center for Balanced Health “Are you among the over 125 million Americans with a chronic illness and are sick of being sick? Then let *Kicking Sick*, by Amy Kurtz, be your guide to escaping your ineffective disease-management care and reorganize your approach to escaping illness. Coach Amy will give you a game plan to overcome obstacles and reach your goal of optimum health.

•Gerard E. Mullin, MD, associate professor of medicine, Johns Hopkins University School of Medicine; author of *The Gut Balance Revolution* “Kicking Sick is part of an exciting movement that sees health and well-being as the result of a holistic effort to connect the dots and treat the body as a system, not as separate and unrelated symptoms and problems. Amy Kurtz not only gives personal counsel that is valuable, she brings a series of experts to the table to present a full picture of what great health can look like.

•Leo Galland, MD, and Jonathan Galland, JD, international bestselling authors of *The Allergy Solution* “Amy Kurtz is a highly intuitive resource for practical and inspiring information on how to not only survive with a chronic condition, but thrive. If you have the intention and will to live beyond perceived limits, *Kicking Sick* is a must-read for you. Amy can help bring that desire over the finish line.

•Joel M. Evans, MD, founder and director, The Center for Functional Medicine, Stamford, Connecticut “If you need a kind, wise friend to help you navigate a chronic illness, Amy Kurtz has written *Kicking Sick* for you. There’s a wealth of experience and information here, all aimed at supporting the cultivation of well-being, and shared with a great lightness of spirit.

•Sharon Salzberg, author of the New York Times bestseller *Real Happiness* “Amy Kurtz takes the fear out of chronic conditions and replaces it with healing, love, and ease. It takes courage to take the first step toward wellness, but in Amy’s hand, the rest of the path is simple to navigate.

•Terri Cole, psychotherapist, coach, and founder of the Real Love Revolution “Amy Kurtz is a true fighter and she shows you how to be one . . . with grace, determination, and passion.

•J.J. Virgin, CNS, CHFS, author of the New York Times bestsellers *The Virgin Diet* and *The Sugar Impact Diet* “In *Kicking Sick*, Amy Kurtz has deftly consolidated her own practical self-help advice with the wisdom from well-known wellness warriors to help anyone who is chronically ill get out of their sick mode. She understands that the optimal health we all seek depends upon a happy gut, starting with what you eat. She also includes key advice on positive affirmations and visualizations, how you move, and how often you connect with nature that will influence and foster healing within the body. If you are looking to break free from the chains of

chronic illness, *Kicking Sick* is the book for you. Read every word and take notes!

**Vincent Pedre, MD**, functional medicine certified practitioner and author of *Happy Gut: The Cleansing Program to Help You Lose Weight, Gain Energy, and Eliminate Pain* “We all need heroines and happy endings in this rough and tumble world. And we can never get too much inspiration. Amy’s book gives us you a healthy dose of all, as you travel with her on her journey to becoming her own healer, reminding you it is possible to go from sick to being a shining Glow Warrior, from hopeless to healthy and happy again. Jump onboard this train for a ride to health freedom.”

**Aviva Romm, MD**, director of Thrive Health Center and author of *The Adrenal Thyroid Revolution* “Amy Kurtz skillfully guides those with chronic illness on their journey to healing. Knowing yourself holistically, seeking integrative modalities, and actively championing your own wellness are strong remedies for chronic illness and pain.”

**Deepak Chopra, MD**, author of *Super Genes* “Amy Kurtz reveals a truth in *Kicking Sick*: the source of wellness is within. Amy inspires us to empower ourselves to elevate and evolve as lead navigator of our own well-being by taking responsibility to learn, love, nourish, and deeply care for our body, mind, and spirit.”

**Paulette Cole**, CEO and Creative Director, ABC Carpet & Home

Amy Kurtz is a wellness expert, an AADP-certified Holistic Health Coach, speaker, and a regular contributor on popular wellness websites such as *mindbodygreen* and *Yoganonymous*. She lives in New York City. For more information, visit [amykurtz.com](http://amykurtz.com).

**Mark Hyman, MD**, is a practicing family physician, a nine-time #1 New York Times bestselling author, and an internationally recognized leader, speaker, educator, and advocate in his field. He is the Director the Cleveland Clinic Center for Functional Medicine. He is also the founder and medical director of The UltraWellness Center, chairman of the board of the Institute for Functional Medicine, a medical editor for The Huffington Post, and was a regular medical contributor on many television shows and channels including CBS This Morning, the Today Show, Good Morning America, CNN, The View, Katie, and The Dr. Oz Show.

Amy Kurtz’s *Kicking Sick* is an amazing resource guide for anyone suffering with a chronic health condition, or knows someone that is. Amy Kurtz gracefully and vulnerably details her struggle, and shows the reader they are not alone in their journey back to health. *Kicking Sick* is a necessary guide that empowers the reader, and implants the seed of thought that they are not defined by their health crisis. Through stories of other women dealing with various health struggles

(Amy's Glow Warriors), to interviews from her A-list team of Doctors and healers, Amy provides a perfect mix of eastern and western philosophies that will give readers different options, strategies, and ideas for thriving with a medical condition, or just feeling better in general. If you are feeling overwhelmed, hopeless, or just want to be able to connect better with someone that is, you need to read this book!!

Amy Kurtz has done a remarkable job of talking about difficult subjects and giving readers both advice and real hope that they can improve their lives despite the challenges illness can bring. Her own journey is a perfect example - with off the charts digestive problems (to say the least) she really puts health in perspective. The insights are original and based on her own traumatic experiences being a "professional patient" and her information seems very credible especially around working with doctors, asking questions, exploring alternative medicine smartly, and being an active health care consumer. Still, there is a lot of fun in this book, humor, and happiness. Amy is like your cheering squad, always pushing you to do a little more (because you can) and offering some ways to get there - start slow, find exercise that fits your limitations while still pushing yourself when possible. As an asthma sufferer, and someone who had chronic reproductive issues I really relate to Kicking Sick, but it will also be a gift for several friends, who are dealing with their own chronic health issues.

Amy's book is an important roadmap for anyone who wants to become empowered by their illness not overcome by it. The mind body connection is so important as well as a positive attitude and broader picture. Amy's search led her to deeper understandings of illness, health and healing. Her gift to all of us~ is sharing her discoveries, processes, helpers and medical options. I would recommend this book to everyone. We all have times when we are ill and this is such a great resource for all the important ways to stay in touch with our bodies and look inside for answers as we navigate the many directions offered to us from allopathic to complementary. It is my belief that all are necessary at one time or another for the healing of Mind Body Soul!

This book is so encouraging for anyone who suffers from a chronic illness. It reaches you how to take control of your illness and it gives you a major attitude adjustment. Lol. I highly recommend this book. So glad I purchased it.

Amy offers such a refreshing and insightful perspective to living with chronic illness. She is honest

and open about her own personal journey; her authentic voice weaves a narrative that anyone living with a chronic illness will intimately understand. Her positive energy is infectious and she empowers her readers with knowledge, expert advice and practical steps for living a healthful and abundant life.

With so many people suffering illnesses out there, a book like Amy's Kicking Sick is so important to inspire and encourage others to take their health into their own hands, and take their life back. Amy has turned her suffering and struggle into a gift for all of us - courageously sharing her journey of healing, and all she learned along the way. By telling her story, and those of others who have "kicked" their sickness, the book makes one feel like there's hope and possibility for those of us struggling with mysterious symptoms, pains, and conditions.

I would highly recommend this book to anyone suffering from a chronic health condition or even to anyone who wants more guidance on how to live a happier, healthier life. It is a book filled with quick tips and tricks to mindfulness, happiness and self love. I personally do not have a chronic health condition but have family members that do and this book will help me to help them. It also has provided me with little tricks to keep in my back pocket for when anxiety or worry strikes. Thank you Amy for sharing your story and writing this book!

I am so happy I purchased this book! It's an amazing resource for those battling chronic illness but also for people like me, who just want to feel healthier and more vibrant. Amy has an incredible way of providing a step-by-step approach to taking control of your health and, perhaps more importantly, she does it in a way that is empowering and hopeful. I am so inspired by her story and know that I will come back to this book whenever I need to remind myself what it is to live well. I highly recommend this book to anyone and everyone!

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