

An illustration of a black wire cage tilted at an angle. A bird with white, yellow, and red feathers is flying out of the open door of the cage. The bird is wearing a red collar.

**Diane Kerner**

# MY OWN MEDICINE

**The Process of Recovery from Chronic Illness**

# My Own Medicine The Process Of Recovery From Chronic Illness

**Jason Elias, Katherine Ketcham**



## **My Own Medicine The Process Of Recovery From Chronic Illness:**

### **My Own Medicine , Alternative Treatments for Fibromyalgia and Chronic Fatigue Syndrome** Mari

Skelly,Helen Walker,2006-08-31 Mainstream medicine however useful in other areas of healing has failed to effectively treat the complexities of fibromyalgia and chronic fatigue syndrome This useful book focuses on alternative therapies for these prevalent diseases Patients from around the world describe their experiences and coping strategies while dozens of experts in fields ranging from naturopathy ayurveda and reflexology to guided imagery hypnosis and guaifenesin therapy share their knowledge With 70 percent new material this guide offers both insight and inspiration for those dealing with these

challenging conditions **Alternative Treatments for Fibromyalgia & Chronic Fatigue Syndrome** Mari Skelly,Andrea

Helm,1999 Describes the effectiveness of tai chi yoga acupuncture massage andhiropractic **Physicians of the Future**

Rosalynn A. Vega,2024-05-21 The first scholarly exploration of the forums practice and economics of functional medicine

Physicians of the Future interrogates the hidden logics of inclusion and exclusion in functional medicine FM a holistic form of personalized medicine that targets chronic disease Rosalynn Vega uncovers how as wounded healers some FM practitioners who are former chronic disease sufferers turn their illness narratives into a form of social capital leveraging social media to relate to patients and build practices as doctor influencers Arguing that power and authority operate distinctly in FM when compared to conventional medicine largely because FM services are paid for out of pocket by socioeconomically privileged clients Vega studies how FM practitioners engage in entrepreneurship of their own while critiquing the profit motives of the existing healthcare system pharmaceutical industry and insurance industry Using data culled from online support groups conferences docuseries blogs podcasts YouTube and TED Talks as well as her own battles with chronic illness Vega argues that FM practices prioritize the individual while inadvertently reinscribing inequities based on race and class Ultimately she opens avenues of possibility for FM interlocutors wrestling with their responsibility for making functional medicine

accessible to all **The Expert Success Solution** Wendy Lipton-Dibner,Rick Frishman,2015-01-30 Make a list of 16 challenges to success in business and in life The list will likely include everything from losing weight to increasing business revenues Now try to find one expert who can provide concrete practical proven solutions to break through all 16 barriers and you ll soon discover there is no all knowing guru or credentialed expert with the necessary skills and experience That s why 16 leading experts came together to create The Expert Success Solution Volume 2 the second in the series of collaborative 5 star success buffets with concrete solutions for the most critical personal and professional challenges encountered by men and women around the globe The Expert Success Solution Volume 2 picks up where the 1 International Bestselling Volume 1 left off providing all new practical step by step strategies in a fast reading entertaining inspirational hit you between the eyes how to manual Filled with thought provoking questions and real life stories the tools provided here will solve existing problems and help you avoid life s greatest speed bumps This is the juncture where motivation meets information and where

the biggest decision you ll have to make is whether to grab a tissue or a highlighter What do you want to be different in your business life and in your personal life      **Buddha In the Waiting Room (EasyRead Edition)** ,      *The ASAM Principles of Addiction Medicine* Richard K. Ries,David A. Fiellin,Shannon C. Miller,Richard Saitz,2014-05-14 In the midst of an addiction epidemic this newly updated edition of The American Society of Addiction Medicine Principles of Addiction Medicine 5th edition is the sought after text every addiction researcher and care provider needs This comprehensive reference text dedicates itself to both the science and treatment of addiction You ll receive a thorough grounding in both the scientific principles behind the causes of addiction and the practical aspects of clinical care Chapters are written by recognized experts covering areas such as the basic science of addiction medicine diagnosis assessment and early intervention pharmacologic and behavioral interventions mutual help and twelve step and co occurring addiction medical and psychiatric disorders backed by the latest research data and successful treatment methods Features Numerous figures tables and diagrams elucidate the text Chapters include case examples List of data research reports provided at end of each chapter NEW material on Prescription Drug Abuse Club Drugs Nursing Roles in Addressing Addiction Conceptual and Treatment Issues in Behavioral Addictions Rehabilitation Approaches to Pain Management Comorbid Pain and Addiction Pharmacotherapy for Adolescents with Substance Use Disorders Preventing and Treating Substance Use Disorders in Military Personnel and more      **The Immune System Recovery Plan** Susan Blum,Susan S. Blum,2013-04-02 One of the most sought after experts in the field of functional medicine shares her proven four step program to treat reverse and prevent autoimmune conditions and repair the immune system      **Spirituality, Healing and Medicine** David Aldridge,2000-03-01 Aldridge evaluates the existing literature from across the disciplines to ascertain just how effective spiritual healing may be on the patient s well being He encourages us to redefine treatment strategies and our understanding of health and argues that the spiritual elements of experience help the patient to find purpose meaning and hope

Lectures on the Science of Human Life Sylvester Graham,1849      **Communicating Health and Illness** Richard Gwyn,2002 In this book Richard Gwyn demonstrates the centrality of discourse analysis to an understanding of health and communication Focusing on language and communication issues he demonstrates that it is possible to observe and analyze patterns in the ways in which health and illness are represented and articulated by both health professionals and lay people Communicating Health and Illness Explores culturally validated notions of health and sickness and the medicalization of illness Surveys media representations of health and illness Considers the metaphoric nature of talk about illness Contributes to the ongoing debate in relation to narrative based medicine      Hashimoto's Protocol Izabella Wentz, PharmD.,2017-03-28 Instant 1 New York Times Bestseller Dr Izabella Wentz the author of the phenomenal New York Times bestseller Hashimoto s Thyroiditis returns with a long awaited groundbreaking prescription to reverse the symptoms of this serious autoimmune condition that is becoming one of the country s fastest growing diseases More than thirty five million Americans currently

suffer from Hashimoto's an autoimmune disease that affects the thyroid gland and causes the body to attack its own cells To alleviate the symptoms of this debilitating condition including chronic cough acid reflux IBS allergies chronic pain hair loss brain fog and forgetfulness patients are often prescribed synthetic hormones that have numerous life altering side effects But there is a better way Diagnosed with Hashimoto's at twenty seven pharmacist Dr Izabella Wentz knows first hand the effects of the disease as well as the value and limitations of medication The key to improved health she argues involves lifestyle interventions In Hashimoto's Protocol she outlines a proven treatment that has helped thousands heal and many others feel better in as fast as ninety days Drawing on her own personal experience as well as her work consulting with thousands of patients Hashimoto's Protocol offers a practical pathway for healing and reversing the autoimmune damage at the root of the disease The first step is a quick start two week detox that includes foods to eat and inflammatory foods to avoid advice on supplements to support the liver and an adrenal recovery plan Next readers create a personalized plan with foods supplements and other lifestyle interventions tailored to their body's own unique Hashimoto's triggers which they can identify using self tests included in the book Hashimoto's Protocol also features original recipes Grounded in the latest science Hashimoto's Protocol is the first book to offer a proven protocol by an acknowledged expert in the field to treat this condition and help sufferers reclaim their lives

*Kratom is Medicine* Michele Ross, 2021-03-01 Learn how to improve your health and wellness with the healing powers of kratom the CBD of opioids Dr Michele Ross is a neuroscientist with fibromyalgia who came off a dozen prescriptions after discovering the power of kratom cannabis and mushrooms As a health coach and five time author she has helped thousands of patients heal and educated doctors and nurses around the world on the power of plant medicine In this groundbreaking book she explains the current state of research on how kratom works in the body to provide natural balance to the opioid system without the dangers of synthetic prescription opioids Many of the plant's compounds including mitragynine and 7-hydroxymitragynine and their therapeutic effects are described in detail Readers will learn how to safely navigate the process of buying and using kratom products as well as understand whether kratom is legal where they live As kratom laws continue to evolve across the world it's more important than ever for patients struggling with pain anxiety insomnia and even substance abuse to understand the benefits of this plant from an honest science based perspective *Kratom is Medicine* empowers patients to make an informed decision about whether kratom is right for them

*Healing Multiple Sclerosis, New Revised Edition* Ann Boroach, 2013-03-28 This new expanded edition revised in 2015 gives a breakthrough treatment protocol that can restore health to those with MS Even though MS is widely believed to be unbeatable Ann Boroach certified nutritional consultant and naturopath has developed a breakthrough treatment protocol that is having dramatic results This landmark work describes how she cured herself of MS using complementary medicine the real causes of MS case histories of those who have triumphed over multiple sclerosis and a comprehensive how to section that will show you how to develop your own treatment plan *Healing Multiple Sclerosis*

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*Lectures on the Principles and Practice of Medicine* Nathan Smith Davis,1884      **Rebuild** Robert Zembroski,2018-06-12  
A diagnosis should not be your destiny In this manifesto for taking charge of your own health a cancer victor and specialist in functional medicine provides a unique program that gets to the root of your chronic health issues After conquering a life threatening disease Dr Robert Zembroski Dr Z as his patients call him challenged himself to thrive in the wake of devastating illness Now in Rebuild he offers a comprehensive plan developed from years of both personal and professional experience As Dr Z says What I did for myself and my patients this book can do for you Rebuild provides simple yet proven guidelines to ensure that what you eat how you exercise and how you manage other aspects of your lifestyle contribute to your personal recovery and to the level of health you want to achieve Dr Z s advice is radically practical no fads and no extremes just sound actionable strategies rooted in real science Leveraging cutting edge research in epigenetics and the root causes of chronic illness Rebuild can help you prevent disease and aid your recovery from cancer heart disease diabetes autoimmune disease and other chronic health issues Dr Z gives you expert advice to look beyond confusing medical opinions and diagnostic errors in order to take full control of your own health Rebuild is a must read for those who know there is more they can do if they can find the right tools to get from diagnosis back to optimal health      *Gut Feelings* ,2021-10-25 What does healing mean for people who have chronic illnesses without a known cure Gut Feelings shows readers a new way to explore the problem of suffering seeking answers in sociology philosophy and theology Catherine Garrett s autobiographical narrative links physical emotional and spiritual experience with intellectual discovery It is written for people in pain and for all who hope to alleviate suffering As a profound meditation on life with illness this book shows that academic and personal wisdom offered in the form of stories can make healing itself more widely accessible      *Oxford Textbook of Community Mental Health* Graham Thornicroft,2011-08-18 Community mental health care has evolved as a discipline over the past 50 years and within the past 20 years there have been major developments across the world The Oxford Textbook of Community Mental Health is the most comprehensive and authoritative review published in the field written by an international and interdisciplinary team  
**Pacific Record of Medicine and Surgery** ,1890      *Chinese Medicine for Maximum Immunity* Jason Elias,Katherine Ketcham,1999-02-02 Reflecting on the connection between the rise in chronic immune disorders and toxic environmental and lifestyle patterns herbalist and acupuncturist Jason Elias and collaborator Katherine Ketcham looked to the 5 000 year old The Yellow Emperor s Classic of Medicine to seek clues for restoring the balance of body and mind In Chinese Medicine for Maximum Immunity Elias and Ketcham show how to use the preventive strategies and gentle supportive remedies of

traditional Chinese medicine to heal contemporary chronic illnesses and bolster immunity The book teaches readers how to identify which element Wood Fire Earth Metal and Water most directly influences them and how to correct imbalances that can lead to particular physical emotional and spiritual disorders with step by step instruction for using stress reduction techniques diet and exercise herbs and acupressure

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