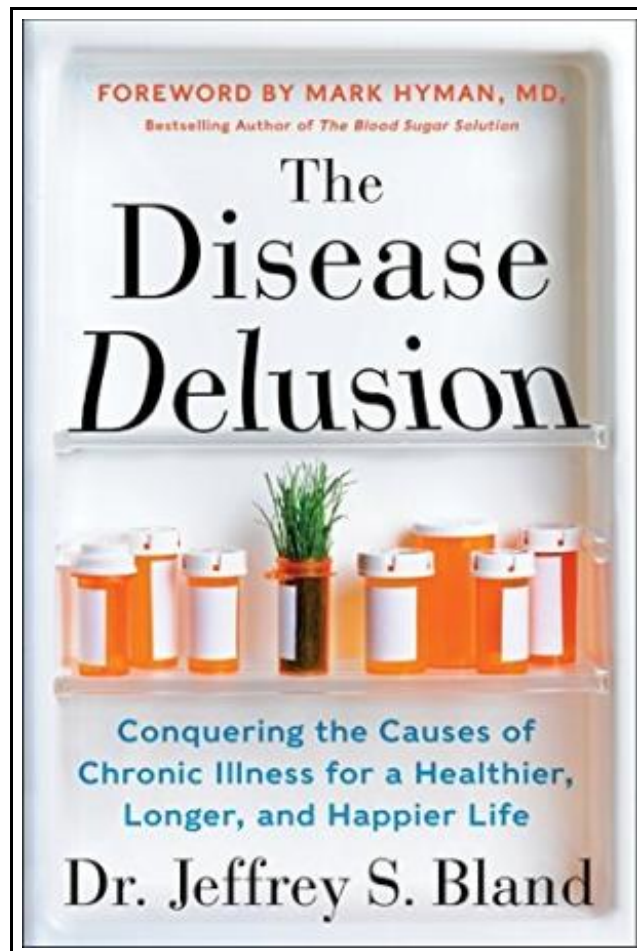


The Disease Delusion: Conquering the Causes of Chronic Illness for a Healthier, Longer, and Happier Life



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Reviews

It is one of the best pdf. It is written in straightforward words and never difficult to understand. It has been designed in an extremely straightforward way and it is just following it that I finished reading this book through which basically modified me, affected the way I believe.
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HarperCollins Publishers Inc. Hardback. Book Condition: new. BRAND NEW, The Disease Delusion: Conquering the Causes of Chronic Illness for a Healthier, Longer, and Happier Life, Jeffrey S Bland, Disease care vs health care: which would you choose? Contrary to conventional wisdom, chronic disease is not genetically predetermined but results from a mismatch between our genes and environment and lifestyle. What we call a "disease" is the outcome of an imbalance in one or more of the seven core physiological processes. Leveraging a lifetime on the cutting edge of research and practice, Dr. Jeffrey S. Bland lays out a road map for good health by helping us understand these processes and the root causes of chronic illness. As Bland teaches us, no two people have the identical form of any disease, so with the right personalized program, we can safely and effectively manage and ultimately cure what ails us. In the twenty-first century, medicine is undergoing a paradigm shift comparable to the advances in infectious disease in the late nineteenth century. While these strides have nearly doubled life expectancies in only four generations, quality of life has yet to rise to its full potential. Treatment of chronic diseases--diabetes, heart disease, arthritis, dementia, and many others--is responsible for 78 percent of total health care costs in the United States, yet we're managing the symptoms of these illnesses with pills and temporary remedies instead of identifying, preventing, and addressing their underlying causes. In *The Disease Delusion*, we learn how we may fundamentally change our perceptions of illness and approach a cure. Dr. Bland has greatly influenced many of the biggest names in medicine today, but until now we have not had access to the larger framework in which to understand chronic illness or ways to foster lifelong health. Complete with self-evaluation questionnaires and sample meal plans,...



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