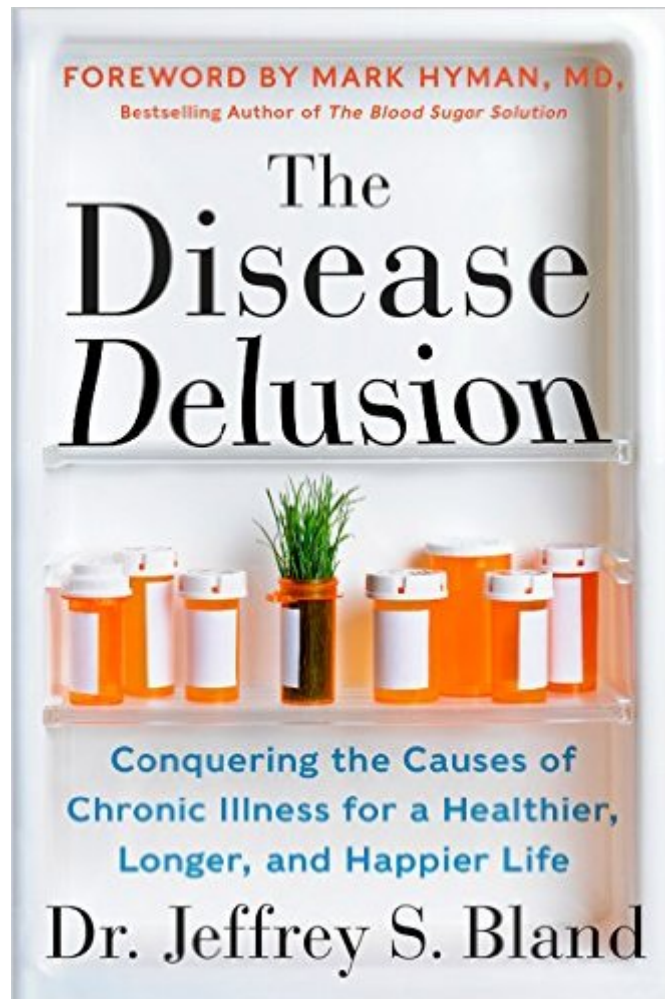


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# The Disease Delusion: Conquering The Causes Of Chronic Illness For A Healthier, Longer, And Happier Life



## Synopsis

For decades, Dr. Jeffrey Bland has been on the cutting edge of Functional Medicine, which seeks to pinpoint and prevent the cause of illness, rather than treat its symptoms. Managing chronic diseases accounts for three quarters of our total healthcare costs, because weâ€™re masking these illnesses with pills and temporary treatments, rather than addressing their underlying causes, he argues. Worse, only treating symptoms leads us down the path of further illness. In *The Disease Delusion*, Dr. Bland explains what Functional Medicine is and what it can do for you. While advances in modern science have nearly doubled our lifespans in only four generations, our quality of life has not reached its full potential. Outlining the reasons why we suffer chronic diseases from asthma and diabetes to obesity, arthritis and cancer to a host of other ailments, Dr. Bland offers achievable, science-based solutions that can alleviate these common conditions and offers a roadmap for a lifetime of wellness.

## Book Information

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## Customer Reviews

There is a lot to like in Jeffrey's book. It explains why conventional medicine doesn't work for chronic illness, because it just treats symptoms and creates side-effects. It talks about using nutrition and natural plant-based supplements as vital components of true healing. It has good information about the different systems of your body, how they interconnect, and how interventions affect the entire network of your body. So why the three-star rating? Jeffrey makes some recommendations and uses some protocols that are actively dangerous, and can make you very sick. Then there are many recommendations that are not optimal, and a number of key things that are missing.--- Dangerous ---(1) Jeffrey describes diagnosing and treating a patient with mercury poisoning, using a

"challenge" test, where the patient is given a high dose of a chelator, followed by measuring the change in mercury content of his/her urine. The idea is that a large increase shows that mercury has been stored in his/her body, and that he/she needs to clear it to recover good health. The problem is that high single doses of a chelator mobilize mercury, move it around, and if it settles in the wrong place it can cause serious, possibly permanent damage. Google "DMPS backfire" for some examples. DMSA and EDTA, the other common challenge tests, have the same issue. The correct way to diagnose and treat chronic mercury toxicity, and other heavy metal poisoning, is through a hair test, using Andy Cutler's diagnostic protocols. (See his book on Hair Test Interpretation: Finding Hidden Toxicities.

I am a clinical professor of medicine at the University of Iowa. I discovered Functional Medicine in 2007 and used the principles described by Dr. Jeff Bland to restore my health and vitality after having six years of steady decline and spending four years in a tilt/recline wheelchair due to secondary progressive MS. I can now walk easily, bike 20 miles with my family and even jog again. Over one hundred years ago, Thomas Edison foretold that, "The physician of the future will give no medicine, but will interest his [or her] patient in a proper diet, the care of the human frame and the cause and prevention of disease". Sadly physicians are mostly still in love with the latest greatest and priciest drugs and interventions. We are finally seeing that prophecy come to pass in the work of Dr. Bland and Functional Medicine. With *The Disease Delusion* you will be introduced to Functional Medicine and how you can finally understand the real root cause of health and of disease, and most importantly what you can do to create health and thereby stabilize and reverse the vast majority of chronic health problems. You will learn that your environment, every aspect of it, is talking to your genes and creating your state of health or of disease. You will also learn the tools to begin changing the messages from your environment to your genes to create health and begin the process of restoring vitality. I tell my patients who have suffered for years, often decades, to give me just a month of a functional medicine approach to health and then decide at the end of the month whether to continue the diet and lifestyle changes I recommend on the basis of Functional Medicine. Time and time again I see blood pressures fall, blood sugars normalize, mood stabilize, autoimmune conditions reverse.

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