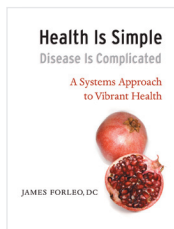


Keeping the Doctor at Bay:

Natural Health and Protection from Harm

by Whitney Hallberg

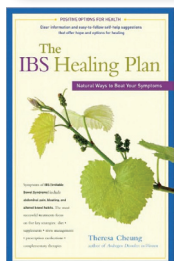
Healthcare in the US is a troubled system. Costs are high, millions are without insurance, expensive miracle drugs are advertised during every commercial break, and the Internet now helps hypochondriacs to “diagnose” their own conditions. As the population ages, people are looking more and more for ways to keep the doctor away by managing their own care. Books from independent publishers offer advice for general readers who wish to stay healthy the natural way, as well as information about doctors and hospitals to make them understand why they should.



Preventing Disease

“[T]he human body isn’t just a machine that breaks down and needs its parts replaced, like an automobile; it is a magnificently intelligent, self-healing organism that is capable of creating vibrant health and well-being,” James Forleo writes. The author of *Health Is Simple, Disease is Complicated: A Systems Approach to Vibrant Health* (North Atlantic Books, 978-1-55643-718-2) shows readers how the human body works and how to care for it. Forleo, a chiropractor who also has experience in kinesiology, nutrition, and osteopathy, says that before the symptoms of disease arise, our bodies send signals that something is not right. If we recognize these signs, we can make the necessary corrections.

The book includes exercises for both the body and mind that are designed to increase flexibility and improve cooperation between both sides of the brain. Forleo recommends readers check their body’s pH regularly and eat the appropriate foods for their body type, which is determined by the “dominance of a particular endocrine organ throughout a person’s development.” Forleo recognizes four types: the Pituitary, Thyroid, Adrenal, and Gonadal types. The Thyroid body type is long and lean. People of this type should avoid coffee and black tea.



Natural Treatments

Because of high prescription prices and a new emphasis on organics, more people are looking for natural ways to treat illness and chronic conditions without drugs or surgery. Many books now offer holistic treatments for common conditions including asthma, back pain, polycystic ovary syndrome, irritable bowel syndrome, and fibromyalgia.

According to Theresa Cheung, a health writer from London, fifteen to twenty percent of the population suffers from irritable bowel syndrome (IBS). The condition is one of the leading reason workers take sick days, second only to the common cold. Cheung’s book, *The IBS Healing Plan: Natural Ways to Beat Your Symptoms* (Hunter House, 978-0-89793-507-4) helps readers understand their condition and manage it without medication by eliminating stress and identifying the foods that cause their symptoms to flare up.

“Interestingly, the origins of IBS might really be in our brains, and not in our bowels,” the author writes, “...but this does *not* mean it is in your imagination.” Cheung advised readers to avoid foods that are high in fat, which can trigger attacks, as well as cutting down on salt to avoid bloating.

A vast majority of Americans experience lower back pain at some point in their lives. Esther Gokhale developed the Gokhale Method for eliminating back pain after studying posture in France, attending anthropology and medical school courses at Stanford University, and interviewing people in Europe, Asia, Africa, and South America who do not

