



## The Power of the Educated Patient: Proven Strategies for Reclaiming Your Health and Well-Being That You Won't Find in a Conventional Medical Office (Paperback)

By Irene Drabkin

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Are you searching for simple, sustainable strategies for healing, health and happiness? Have you tried numerous diets and treatments only to be left: Exhausted, confused and frustrated by the lack of results? Concerned about the side effects of prescription medications? Are you looking for evidence of the power of Alternative and Integrative Medicine approaches that you can implement and share with your family and friends or with your patients and clients? This information-packed reference book offers the wisdom, strategies and stories of over 20 health experts who started their professional paths after overcoming their own health challenges. Unable to find solutions within the conventional medical system, our storytellers embarked on their own health journeys and discovered alternative healing strategies that allowed them to heal. They share their proven tactics and fundamental principles that guided them to recovery. They empower us by illuminating the path they took, so we can apply what they learned to our own health and well-being. We all become patients at some point in our lives. We may visit the doctor's office for an annual physical...



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