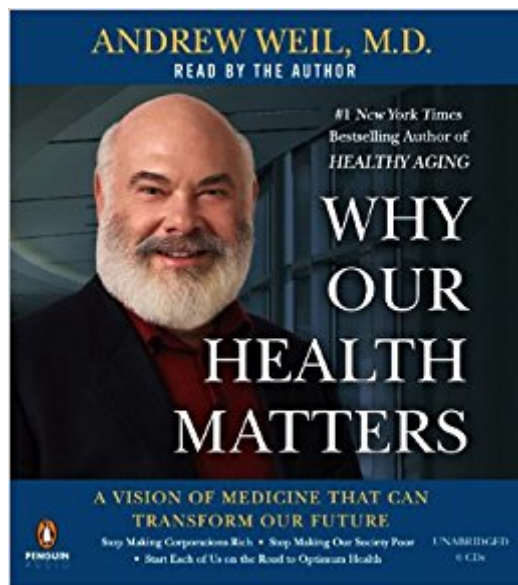


The book was found

Why Our Health Matters: A Vision Of Medicine That Can Transform Our Future



Synopsis

Unabridged CDs, 6 CDs, 7 hours Read by the author A landmark book that shows us exactly how we have let health and medicine become a crisis in our society and what we can all do to resolve it.

--This text refers to an out of print or unavailable edition of this title.

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Customer Reviews

Product Description A landmark book that shows us exactly how we have let health and medicine become a crisis in our society and what we can all do to resolve it. Healthcare is no longer just a public issue; for millions of Americans it is now a crisis on their own doorstep. Cost of medical care today are a leading cause of personal bankruptcy. Although policy makers have weighed in on all sides, in this book, bestselling author Andrew Weil, M.D., identifies the root of the problem. He shows us exactly how we have become embroiled in the present situation and provides a solution that will not only make healthcare affordable, but will also put each one of us on the road to optimum health. Dr. Weil states that we have a right to good healthcare that is effective, accessible, and affordable. Many Americans would be surprised to know that our national health is far from the best in the world, even though we spend more money on it than any other country. The World Health Organization recently rated America thirty-seventh in health outcomes, on par with Serbia. Tackling head-on the Three Major Myths of American Medicine, Dr. Weil shows how medical schools fail to give future doctors the education they need to care for patients, how insurance companies have destroyed our opportunity to get excellent care, and how pharmaceutical companies have come to rule our lives. The solution involves nothing less than the creation of a completely new culture of

health and medicine in this country, one that we can each start building today. A Q&A with Dr. Andrew Weil

Question: Why did you write *Why Our Health Matters*? Answer: I wrote *Why Our Health Matters* because I care very much about health, about my profession, and about my country. I would like to see people become informed, and upset and angry with the facts about health care in America. I want them to understand how much we are paying and how little we are getting. I want to show them all the things that have to change.

Q: Can you talk about the three myths of American health care and the realities? A: I think many people buy into three myths about American health care that really deaden us to the realities. The first is that because American health care is the most expensive in the world, it must be the best. The reality is that although we spend more per capita on health care than any people in the world by a long shot, our health outcomes are at or near the bottom compared to those of other developed countries. The World Health Organization recently ranked America thirty-seventh in a survey of countries in terms of health-care outcomes. That puts us on a par with Serbia. And that's any way you look at it, whether it's in terms of infant mortality, longevity, or rates of chronic disease. The second myth is that having the most elaborate and expensive medical technology in the world must translate into medical excellence. The reality is that medical technology has helped us in certain areas like the management of trauma and critical conditions. It has, however, served us very poorly in terms of creating cost-effective health care. In fact, one of the main reasons American health care is so expensive is that our interventions are based in expensive technology—including pharmaceutical drugs. There are many low-tech methods of intervening in disease that our doctors simply don't learn. Also, our entire health-care system is geared toward intervention in established disease, yet the vast majority of that disease is lifestyle related and therefore preventable. The third myth is that we have the best medical schools and research institutions in the world and that they are producing the best physicians and the best research in the world. The fact is that we have a great medical infrastructure, in terms of bricks and mortar and very highly trained faculty. But the curriculum of medical school—and this is also true of nursing and pharmacy schools—omits very large areas that are extremely relevant to health and healing. For example, our health professionals know next to nothing about nutrition. They don't learn about botanical medicine. They don't learn about mind/body interactions. We conduct a great deal of research, but the fraction of it that is relevant to health and healing and to developing cost-effective treatment strategies is very low.

Q: Why aren't we doing better at preventing disease in this country?

"Dr. Weil has arguably become America's best known doctor." -The New York Times Magazine "Dr.

Andrew Weil is an extraordinary phenomenon." -The Washington Post --This text refers to an out of print or unavailable edition of this title.

I liked the book a lot. But some of my friends with whom I shared it were put off by its title, saying that our health matters is something obvious, so what's new the author is stating?! Wonder if the author would consider a more relevant title for the book.

It's a great album, lot of info on our Health Care System, which has taken out the word "Care". Must listen if you want to find out about our medical future

Good book written by one of the few medical celebrities I trust. Most are only in it for the money. Dr. Weil's profits go to charity.

A wonderful vision of health care, not only for U.S, but for the rest of the world. Dr. Weil is at his best as before. I hope that the people, health care professionals and governments will listen to this radical voice and make positive changes to fix the system. Here is a chance for America to be a true leader to the world, bringing in a novel system of health care, covering everybody, bringing in the best of conventional, complementary and other systems of medicine with rationale, common sense and compassion.

With the whole nation waiting for the outcome of the congress' new health insurance plan, this book is a must in understanding the problem. You'll learn where the money goes(it's shocking)and you can determine if this is a fix for health insurance or more rhetoric without any real attempt to repair the problem. You might not agree with everything Dr. Weil says but he puts forth ideas for you to consider. Points that cannot be overlooked.

Don't miss this important book. Weil has the audacity to talk about the most important aspects of health care reform. Without making the changes he suggests there can be no reform of our health care system. We all owe him a debt of gratitude.

"Why Health Matters" is a clear history of our present day health debate. Dr. Weil has clearly described the real debate we should be having discussing disease prevention & health promotion including taking drug advertisements OFF television. This wise man has long recommended

medicine that works & cost saving policies that would do well being known by the American people & demanded by our Congressional representatives. This book shows the vision we all want: more caring doctors, doctors who have the time to know their patients, costs that won't bankrupt Americans, and optimum health we all deserve.

Detailed analysis of health policy and the flawed health system in the first part of this lecture is well done but may be over the heads of some average listeners. Dr. Weil's reading is competent and articulate, but tends to be a bit dry and always sounds like he is reading (unlike professional narrators, such as Scott Brick who reads Pollan's material, who never sound like they're reading). Otherwise, an excellent and thought-provoking book. The seller was quick and I had no problems with delivery.

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