

Undoctored Why Health Care Has Failed You And How

Liz Helms

Undoctored William Davis, 2017-05-09 Conventional health care is no longer working in your favor—but thankfully, Dr. Davis is. In his New York Times bestseller *Wheat Belly*, Dr. William Davis changed the lives of millions of people by teaching them to remove grains from their diets to reverse years of chronic health damage. In *Undoctored*, he goes beyond cutting grains to help you take charge of your own health. This groundbreaking exposé reveals how millions of people are given dietary recommendations crafted by big business, are prescribed unnecessary medications, and undergo unwarranted procedures to feed revenue-hungry healthcare systems. With *Undoctored*, the code to health care has been cracked—Dr. Davis will help you create a comprehensive program to reduce, reverse, and cure hundreds of common health conditions and break your dependence on prescription drugs. By applying simple strategies while harnessing the collective wisdom of new online technologies, you can break free of a healthcare industry that puts profits over health. *Undoctored* is the spark of a new movement in health that places the individual, not the doctor, at the center. His plan contains features like: • A step-by-step guide to eliminating prescription medications • Tips on how to distinguish good medical advice from bad • 42 recipes to guide you through the revolutionary 6-week program *Undoctored* gives you all the tools you need to manage your own health and sidestep the misguided motives of a profit-driven medical system.

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guide you through the revolutionary 6-week program *Undoctored* gives you all the tools you need to manage your own health and sidestep the misguided motives of a profit-driven medical system.

Summary of William Davis MD's Undoctored Sumoreads,2017-07-28 PLEASE NOTE: This is a summary, analysis and review of the book and not the original book. In this often scathing criticism of the pharmaceutical industry, *Undoctored: Why Health Care Has Failed You and How You Can Become Smarter Than Your Doctor*, William Davis exposes the true motivations behind much of the common medical and dietary wisdom we believe to be true today. This SUMOREADS Summary & Analysis offers supplementary material to *Undoctored* to help you distill the key takeaways, review the book's content, and further understand the writing style and overall themes from an editorial perspective. Whether you'd like to deepen your understanding, refresh your memory, or simply decide whether or not this book is for you, SUMOREADS Summary & Analysis is here to help. Absorb everything you need to know in under 20 minutes! What does this SUMOREADS Summary & Analysis Include? Executive Summary of the original book Editorial Review Key takeaways & analysis from each chapter Brief chapter-by-chapter summaries A short bio of the the author Original Book Summary Overview *Undoctored: Why Health Care Has Failed You and How You Can Become Smarter Than Your Doctor* by William Davis, MD, is a New York Times bestseller that teaches you how to be your own doctor, how to get rid of harmful grains, and how to divorce yourself from the pharmaceutical industry that knows nothing - and cares even less - about the dangers they create. BEFORE YOU BUY: The purpose of this SUMOREADS Summary & Analysis is to help you decide if it's worth the time, money and effort reading the original book (if you haven't already). SUMOREADS has pulled out the essence-but only to help you ascertain the value of the book for yourself. This analysis is meant as a supplement to, and not a replacement for, *Undoctored*.

Doing Diabetes Differently Chad T. Lewis,2022-09-20 Get off the blood sugar roller coaster! With *Doing Diabetes Differently*, Chad Lewis offers down-to-earth perspectives and approaches for all who struggle with diabetes. Lewis combines years of research with firsthand experience as he covers—sometimes provocatively—the mental, nutritional, exercise, and drugs-and-devices aspects of the disease. To present additional perspectives, the book includes commentaries from notable experts in the diabetes community. Among the topics covered are:

- Why the current hierarchy of diabetes care isn't working
- A mental framework that goes beyond just treating symptoms of diabetes distress
- Why “going on a diet” is futile and what dietary alternatives work
- How to make the right exercise more achievable
- Why less is more when it comes to diabetes drugs and how to best use diabetes devices

Doing Diabetes Differently isn't another how-to guide. Instead, it's a place to discover a diabetes answer, a question to ask a care provider to get one, or a reference to consult to find one. If you're frustrated and want a way to do diabetes differently (and better)—for yourself or someone you care for—this life-changing book is for you.

Anxious Eaters Janet Chrzan,Kima Cargill,2022-08-30 What makes fad diets so appealing to so many people? How did

there get to be so many different ones, often with eerily similar prescriptions? Why do people cycle on and off diets, perpetually searching for that one simple trick that will solve everything? And how did these fads become so central to conversations about food and nutrition? *Anxious Eaters* shows that fad diets are popular because they fulfill crucial social and psychological needs—which is also why they tend to fail. Janet Chrzan and Kima Cargill bring together anthropology, psychology, and nutrition to explore what these programs promise yet rarely fulfill for dieters. They demonstrate how fad diets help people cope with widespread anxieties and offer tantalizing glimpses of attainable self-transformation. Chrzan and Cargill emphasize the social contexts of diets, arguing that beliefs about nutrition are deeply rooted in pervasive cultural narratives. Although people choose to adopt new eating habits for individual reasons, broader forces shape why fad diets seem to make sense. Considering dietary beliefs and practices in terms of culture, nutrition, and individual psychological needs, *Anxious Eaters* refrains from moralizing or promoting a “right” way to eat. Instead, it offers new ways of understanding the popularity of a wide range of eating trends, including the Atkins Diet and other low- or no-carb diets; beliefs that ingredients like wheat products and sugars are toxic, allergenic, or addictive; food avoidance and “Clean Eating” practices; and paleo or primal diets. *Anxious Eaters* sheds new light on why people adopt such diets and why these diets remain so attractive even though they often fail.

Polish Your Star Valerie L. Bérubé, 2018-09-04 For individuals seeking to grow in their careers, and for organizations seeking to retain their best talent, *Polish Your Star* transforms ordinary people into extraordinary leaders. This second volume builds upon the foundation set in volume one by advancing concepts in rational thinking. It begins with deep personal development starting with resetting the brain from self-sabotaging behaviors, then continues with building self-awareness, improving communication, and understanding human behavior. *Polish Your Star* is the second volume in an indispensable, two-volume series, and contains three-minute, daily lessons and exercises that easily fit into anyone’s busy life.

Super Gut William Davis, 2022-02-01 The bestselling author of the *Wheat Belly* books brings his next big, game-changing idea—how the human microbiome is evolving, and potentially wrecking, our health, and how we can fix it. Because of our highly processed diet, pesticides, and overuse of antibiotics, our guts are now missing so many of the good bacteria that we require to be healthy. As a result, many of us have lost control over our health, weight, mood, and even behavior. The ancient bacteria that keep our digestion moving have been dying, replaced by harmful microbes that don’t keep us physically and mentally fit. With cutting-edge research, Dr. Davis connects the dots between gut health and modern ailments. There are entire species of microbes that have disappeared, which creates health issues that were uncommon one hundred, or even fifty, years ago. The result is SIBO (small intestinal bacterial overgrowth), a silent and profound epidemic, which affects one out of three people and is responsible for an astounding range of human health conditions. *Super Gut* shows us how to eliminate bad bacteria and bring back the “good” bacteria with a four-week plan to reprogram your microbiome. This not

only gets to the root of many diseases, but also improves levels of oxytocin (the bonding/happy hormone), brain health, anti-aging, weight loss, mental clarity, and restful sleep. Also included are more than forty recipes, a diet plan, and resources so you can pinpoint your gut issues, correct them, and maintain your long-term health and well-being.

It's *Enough to Make You Sick* Jeffrey M. Lobosky, Span style=font-style:italic;It's Enough to Make You Sick explains how the American health care system developed and how it has deteriorated into a national disgrace. Lobosky indicts the special interests who have played a role in the demise of American health care, examines the current attempts at reform, and offers a practical, compassionate blueprint for effective change.

What Your Doctor Won't (or Can't) Tell You Evan Levine MD,2019-11-03 Doctors have been silent for too long. Some of us are more interested in getting rich than helping our patients get well. Many are unhappy working in healthcare. It is high time someone blew the whistle..... Perhaps this book's greatest contribution will be 'the beginning of the end of the greatest rip-off ever imposed on the American consumer, ' i.e., our current health care system. - Publishers Weekly

Assumptions Can Mislead M. C. DYE,2013-09-09 This book is based on stunning true stories about people of all ages in a wide variety of situations. The stories illustrate how unrecognized, incorrect assumptions can cause mistakes, misunderstandings, and tragic outcomes. Assumptions are interwoven into the very fabric of our lives. When we make an assumption we take something for granted. We accept it as fact. The stories also show our need to be respected and understood, the types of assumptions we make, and how we can recognize assumptions before we make them. This is a book about us and how our assumptions affect us. The stories led to the book's title and chapter titles. Most chapters begin with stories. Some of the twenty-one chapter titles are: Urgent!; Tenacious Assumptions, Dogged Beliefs; Automatic Assumptions Can Mislead; Betrayed; Now Will You Listen; Our Doctors Need Our Stories; When We Are Patients; Hospitals; Recognizing Assumptions. Because medical errors are a serious problem, we, as patients, and our medical professionals need to be aware of incorrect assumptions that can compromise our care. Orlando has shown us how we can recognize assumptions and get the story right. Whether in health care or elsewhere, getting the story right can sometimes be crucial.

A Clean Bill of Health Myles Saunders,2015-07-04 U. S. healthcare was the best in the world, unrivaled when compared directly with other countries. Our healthcare system was dismantled by Progressives seeking to grab control of one-sixth of the government's GDP spent on the health sector. The Affordable Care Act that replaced it has failed to correct extant problems such as limited access, excessive medical errors, or runaway costs. The ACA delivers less healthcare when Americans deserve more. I discuss a way to restore U.S, healthcare to exceptionalism, making it better than ever while lowering its costs by adhering to America's first principles. Anyone planning to consume or provide healthcare services must read this book to first understand our healthcare predicament with clarity, then to take action to restore the healthcare we deserve.

Where Have We Failed? Roger K. Howe, 2002 The author describes the ecosystem of health care financing and delivery and some of the interactions among the components of the system. His contention is that improved understanding of how the health care system arrived at its current sorry state of affairs is a critical first step in changing it so that it services all of the shareholders more effectively. He discusses how some of the solutions that have been proposed may not do what they are expected to do. And he makes some broad recommendations about where we should go from here.

The Case for Universal Health Care David Colton, 2019-10-01 With the exception of the United States, all developed nations provide their citizens with quality, affordable health care. And, despite its having expanded access through such programs as Medicare, Medicaid, SCHIP, and the Affordable Care Act, nearly 20 million Americans still do not have health insurance. The cost of providing care in the United States will soon be unsustainable. It surely makes sense to consider an option that ensures health care is accessible to all its citizens and is fully funded regardless of vicissitudes in the national economy. This book is a must read for anyone concerned with the failure of the current system and looking for an alternative. Colton's proposal for universal health care is thoroughly explained including: a description of services provided how we'll pay for it how it is organized for delivery why it will save consumers money, and how it will ensure standards for quality and clinical effectiveness. "In this incisive and comprehensive book, David Colton take on the formidable task of explaining how America's health care system works, why it fails in terms of cost, efficiency and quality of care and why it must be reformed... an invaluable resource ..." JILL QUADAGNO, Author, *One Nation Uninsured: Why the US Has No National Health Insurance* "...an excellent book, making a most unwieldy subject accessible and interesting to read. He deftly brings in pop culture, personal stories, and history in a way that brings this important public policy question come alive..." JULIE SALAMON, author, *Hospital* "A must read for anyone concerned about America's health care system, especially those advocating for single-payor and "Medicare for All"... Highly recommended." STEVEN A. MOSHER, Ph.D., Professor Emeritus of Health Care Administration

Trumpcare John Geyman, 2018-11-27 This book intends to make sense out of the chaos in U.S. health care: It describes what TrumpCare is; shows how it will fail patients, families, taxpayers, and the nation; describes the growing crisis in health care in this country; and compares the only two real alternatives before us-TrumpCare or single-payer Medicare for All.

Healthcare Unhinged: The Making of an Advocate Liz Helms, 2016-05-23 Helms takes us through her unfiltered, uplifting story of chronic pain and severe depression to becoming a nationally recognized coalition builder and health care advocate as she battled to change a system that had failed millions. With stark honesty, she describes her personal struggle for appropriate care and the redemption she found challenging some of America's most powerful, for-profit corporations on behalf of patient fairness and access to affordable, appropriate standards of quality care for all. "The power of one" an often over-used cliché, but the soul's message of Unhinged; one woman joined by many to face down one dragon at a time; one

voice joined by a chorus to alter forever, the conversation. Helms plots a roadmap for anyone who, even while questioning their own value or power, can move mountains unimagined by owning their voice, their sense of justice and their purpose. Armed with truth, directed purpose and willful respect, Helms proves that the 'Lion's den' is but a myth, waiting to be challenged and exposed as such on behalf of all concerned.

We All Die Once Larry Kessler, 2012-09-25 *We All Die Once* is a riveting account of the past, present, and future of American medicine. From prenatal care to the end of life, this book uses history, analysis, and dramatic personal experiences to illustrate every major controversy in the healthcare fight. Starting with the emergency room, it guides readers through the modern hospital, examining individual cases to show larger truths. It chronicles lives saved, lives lost, and lives caught in the twilight world between the two. It shows how modern medicine is shaped by an anarchic array of forces, each with its own source, focus, and interests. Readers will learn how insurance, law, and DTC advertising have shaped our medical experience. They will see how technology combines with culture to create the false notion of a zero failure rate. Medical malpractice, regulatory boards, and excess testing are vividly described in stories showing real life consequences. Thorough description and argument are fine, but the true value of *We All Die Once*? is in its solutions. All the firsthand accounts, arguments and history follow a logical course to proposals of sane, rational measures that balance imperfections with ideals. This isn't a panacea, nor is it stuck in socialistic or libertarian philosophies. It's a pragmatic way for healthcare to benefit from free market competition, allowing most of us to pay affordable prices for humane and personalized service. It retains a role for government in healthcare for the poor and needy, and returns insurance to its proper role of backup against catastrophe. It outlines roles for law and media which would protect both doctors and patients, while providing patients with accurate, objective information in an atmosphere free of high-pressure promotions. Recent healthcare bestsellers are narrowly-focused arguments about a single subject. Books like Betsy McCaughey's *Decoding the Obama Health Law: What You Need To Know*, and *Why Obamacare Is Wrong for America* by Grace-Marie Turner et al, show their limitations in their titles and introductions. They are for or against one thing: the healthcare law of 2011. *We All Die Once* sees Obamacare as simply one more stage in the disintegration of American medicine. It looks at the whole field, from insurance to practice, from birth to death. It examines what we want medicine to be, and how we can work toward that goal. In the process it explodes many myths, and exposes extremists on all sides to harsh reality. Tea Party enthusiasts and supporters of Occupy Wall Street will love and hate this book, each for their own reasons. Legislators and policymakers will find a comprehensive tool with a complete program that avoids rigid doctrines. *We All Die Once* takes the impossible quandaries of healthcare, and subjects them to the art of the possible. Readers with an interest in medicine, economics, or public policy will find it's impossible to put this book down.

Mama Might Be Better Off Dead Laurie Kaye Abraham, 2012-03-28 *Mama Might Be Better Off Dead* is an unsettling,

profound look at the human face of health care. Both disturbing and illuminating, it immerses readers in the lives of four generations of a poor, African-American family beset with the devastating illnesses that are all too common in America's inner-cities. The story takes place in North Lawndale, a neighborhood that lies in the shadows of Chicago's Loop. Although surrounded by some of the city's finest medical facilities, North Lawndale is one of the sickest, most medically underserved communities in the country. Headed by Jackie Banes, who oversees the care of a diabetic grandmother, a husband on kidney dialysis, an ailing father, and three children, the Banes family contends with countless medical crises. From visits to emergency rooms and dialysis units, to trials with home care, to struggles for Medicaid eligibility, Abraham chronicles their access (or lack of access) to medical care. Told sympathetically but without sentimentality, their story reveals an inadequate health care system that is further undermined by the direct and indirect effects of poverty. When people are poor, they become sick easily. When people are sick, their families quickly become poorer. Embedded in the family narrative is a lucid analysis of the gaps, inconsistencies, and inequalities the poor face when they seek health care. This book reveals what health care policies crafted in Washington, D. C. or state capitals look like when they hit the street. It shows how Medicaid and Medicare work and don't work, the Catch-22s of hospital financing in the inner city, the racial politics of organ transplants, the failure of childhood immunization programs, the vexed issues of individual responsibility and institutional paternalism. One observer puts it this way: Show me the poor woman who finds a way to get everything she's entitled to in the system, and I'll show you a woman who could run General Motors. Abraham deftly weaves these themes together to make a persuasive case for health care reform while unflinchingly presenting the complexities that will make true reform as difficult as it is necessary. *Mama Might Be Better Off Dead* is a book with the power to change the way health care is understood in America. For those seeking to learn what our current system of health care promises and what it delivers, it offers a place for the debate to begin.

The Truth About Big Medicine Cheryl L. Brown, John T. James, 2014-12-05 Many Americans believe that their healthcare is second to none. Most patients, therefore, fail to appreciate the flaws and dangers present while receiving medical care. In fact, the American health care industry is one of the great tragedies of this country, which is now being brought to its knees by the medical industry run amuck. *The Truth About Big Medicine: Righting the Wrongs for Better Health Care* divulges secrets of the industry, which keep it focused on its own economic needs to the detriment of public health. The cost of American health care per person far exceeds other developed countries, yet it delivers life expectancies and infant mortalities that are shamefully ranked low among developed nations. Special interest groups and weak legislation created a "tapeworm" that continues to devour the American economy and shorten the lives of hundreds of thousands each year. Using true stories throughout, the authors illustrate that it is time for the public, students, educators, and legislators to clearly recognize medical deception and secrecy and to consider clear solutions on how they can achieve a safer health care system. A rich

variety of authors with experience in revealing unsafe medical practices bring recommendations for changing health care delivery by taking an aspect of the health care system, identifying its shortcomings, and proposing ways to reduce harm plus correct the injustices. Included are discussions of imaging, medical devices, pharmaceuticals, hospital practices and procedures, and medical malpractice and negligence, among other topics. No consumer of health care should ignore the dangers; this book helps reveal them and suggests useful remedies. The authors maintain a website at <http://truthaboutbigmedicine.com/>

Fixing the Primary Care Crisis Stephen C Schimpff MD Fac, Stephen Schimpff, 2015-05-20 In this deeply researched yet controversial book, Stephen C. Schimpff, MD breaks definitive new ground to explain why our healthcare delivery system serves us so poorly, why it costs so much, and why government and insurer policy over many decades has not only failed to improve care delivery but actually has made it worse. He then demonstrates the necessary path to convert to world class healthcare at a very reasonable cost. Primary care physicians have been forced into a non-sustainable business model that drives them to schedule an unreasonable number of patient visits per day because insurance-based payment per visit is too low. In inflation adjusted dollars, PCPs earn less today than they did forty years ago but see about twice as many patients per day. Too many visits means not enough time per patient. Not enough time means it is easier to just refer a patient to a specialist, order a test or write a prescription when some more time would have resulted in a solution to the problem and saved the need and cost of specialist, test or medication. This has led to a diminishment of care quality and a major increase in costs. This is the crisis in primary care. When primary care physicians do have time with each patient, they can offer truly outstanding care for episodic issues, effectively address complex chronic illnesses (which consume 75-85% of all medical care costs), and provide effective preventive care while maintaining health and wellness-and do so within a deep personal relationship of trust and healing. Paradoxically, primary care need not be expensive. Insurance has made it so. The time has come to allow the primary care physician the ability to care at his or her highest level of professional education and training. The result will be better care at much less cost-the major theme of this book. Dr Schimpff shows how to revitalize the patient-doctor relationship and to put decision making back into the hands of patients and their physicians. We have incredible assets in American medicine but we have failed to bring them to patients in a timely, effective, customer friendly and cost effective manner. Despite its shortcomings, American medical care delivery can be corrected. The solution is to Fix The Primary Care Crisis. The fix is not difficult but lack of understanding by consumers/patients and inertia by physicians stymie implementation. Patients must insist and doctors must agree to the needed changes. If we want to see better and more affordable healthcare in this country, the changes discussed in this book must be implemented. The result will be medical care delivery that is forever very different -true healthcare - both better and less expensive. This book provides the needed information, the methodology and the roadmap to Fix The Primary Care Crisis.

Immerse yourself in the artistry of words with is expressive creation, **Undoctored Why Health Care Has Failed You And How** . This ebook, presented in a PDF format (Download in PDF: *), is a masterpiece that goes beyond conventional storytelling. Indulge your senses in prose, poetry, and knowledge. Download now to let the beauty of literature and artistry envelop your mind in a unique and expressive way.

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