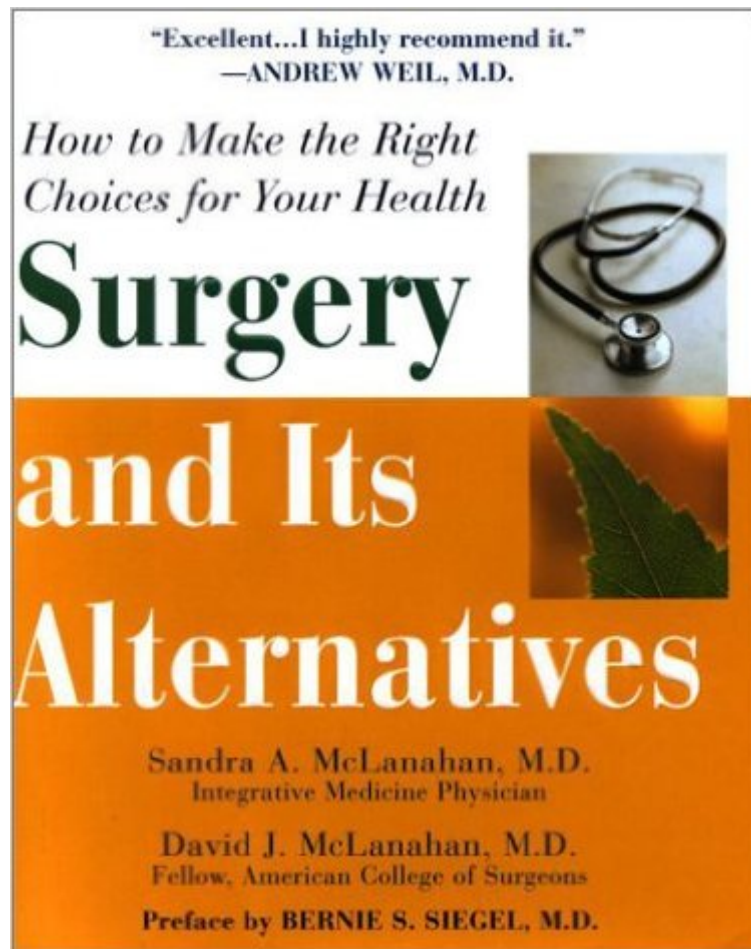


The book was found

# Surgery And Its Alternatives: How To Make The Right Choices For Your Health



## Synopsis

The goal of this book is to explain your surgical disease, both the alternative and traditional approaches for treatment, and then detailing an integrative approach should you opt for surgery. The book begins with a preface written by Dr. Bernie Siegel &#x96; one of the pioneering surgeons to use alternative approaches. Next, background information about and personal statements by the authors. Following is a general discussion of Alternative Medicine, and then detailed descriptions of specific alternative healing techniques. Next, comes a chapter about what questions to have answered by your surgeon, alternative practitioners, and other resources and how to put all this information together to make a decision about surgery. The next section focuses on what to expect during your hospital experience &#x96; pre-operative, during the surgery itself, and post-op. The bulk of the book considers specific surgical problems such as breast cancer, heart disease, hernias, hemorrhoids, etc. Finally, the authors provide a detailed program they call an Integrated Approach to Surgery. The book has 814 pages and contains more than 1000 references, a section on resources, and an index.

## Book Information

Hardcover: 832 pages

Publisher: Kensington Books; 1st edition (July 1, 2002)

Language: English

ISBN-10: 0758202016

ISBN-13: 978-0758202017

Product Dimensions: 7.8 x 2.4 x 9.5 inches

Shipping Weight: 3.4 pounds

Average Customer Review: 5.0 out of 5 starsÂ Â See all reviewsÂ (8 customer reviews)

Best Sellers Rank: #789,203 in Books (See Top 100 in Books) #49 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Reference #884 inÂ Books > Health, Fitness & Dieting > Reference #30380 inÂ Books > Parenting & Relationships

## Customer Reviews

Just holding this magnificent book is a thrill. It's 800 pages seem like a caress rather than a task as the book's preface writer, Dr. Bernie Seigel, states: " this book is for everyone". The McClanahan's have been working on this challenge for over a decade! It is woven like the finest oriental silk rug as each thread comes from life itself and the aesthetics of its design and substance instill the same emotional and intellectual reaction that a great hand made rug has on a prospective buyer. So much

knowledge and wisdom are part of this great weaving that I found myself hungry to read sections apart from any given particular interest area simply by virtue of the sweep and grasp of the amazing brother and sister writing team's power. We all experience a terrible deep seated apprehension of our culture's medical care system for it is grounded in the most barbarous preoccupation with profit, inimical to genuine quality health care. Thus the angst embedded in approaching being and getting well, especially when we are assaulted by illness or disease, results in a pain often worse than the reality of our medical/health problem. The crystal clear journey that Doctors Sandra and David take us on is so friendly, so characterized by an ancient sweetness flowing from the edict to "do no harm". Theirs is truly an interest in our understanding... not being victimized by the fear of the unknown, the arrogant, the subjugating norm that is so part of our medical service system and culture in America. This book makes a major contribution to empowering all of us as we expose ourselves to the danger of dependence in that speciality of medicine where hybris is at its most menacing.

[Download to continue reading...](#)

Surgery And Its Alternatives: How to Make the Right Choices for Your Health Gastric Sleeve Diet: A Comprehensive Gastric Sleeve Weight Loss Surgery Diet Guide (Gastric Sleeve Surgery, Gastric Sleeve Diet, Bariatric Surgery, Weight Loss Surgery, Maximizing Success Rate) The Decision Tree: How to make better choices and take control of your health 100 Best Books for Children: A Parent's Guide to Making the Right Choices for Your Young Reader, Toddler to Preteen What Your Doctor May Not Tell You About(TM) Hip and Knee Replacement Surgery: Everything You Need to Know to Make the Right Decisions (What Your Doctor May Not Tell You About...(Paperback)) The Right to Die?: Caring Alternatives to Euthanasia Getting Love Right: Learning the Choices of Healthy Intimacy (Fireside Parkside Books) The BIG Book on Bariatric Surgery: Living Your Best Life After Weight Loss Surgery (The BIG Books on Weight Loss Surgery 4) The City in History: Its Origins, Its Transformations, and Its Prospects Vaccinations: A Thoughtful Parent's Guide: How to Make Safe, Sensible Decisions about the Risks, Benefits, and Alternatives You Can Heal After Spine Surgery: Managing pain, making decisions, preparing for surgery, and finally recovering from back and neck surgery. Fighting for Our Health: The Epic Battle to Make Health Care a Right in the United States (Rockefeller Institute Press) Basic, Advanced, and Robotic Laparoscopic Surgery: Female Pelvic Surgery Video Atlas Series, 1e (Female Pelvic Video Surgery Atlas Series) Surgery Open Heart: A Surgical Nurse Guides You Through Open Heart Surgery (Open Heart Surgery, Aortic Valve / Mitral Valve Replacement, Coronary Artery Bypass, Aortic Aneurysm, Myxoma) Sex Change - Male to Female: An Essential Guide for Understanding the Process of Gender Reassignment Surgery &

Getting to Know the New You ~ ( Transgender Surgery | Sex Reassignment Surgery ) Robotic Surgery, An Issue of Thoracic Surgery Clinics, 1e (The Clinics: Surgery) Menopause: Manage Its Symptoms with the Blood Type Diet (Dr. Peter J. D'adamo's Eat Right for Your Type Health Library) What To Do If You Get Colon Cancer: A Specialist Helps You Take Charge and Make Informed Choices A better Way of Dying-How To Make The Best Choices At The End Of Life Eat Right for Your Type Live Right for Your Type (4 blood types, 4 diets 4 blood types, 4 programs)

[Dmca](#)