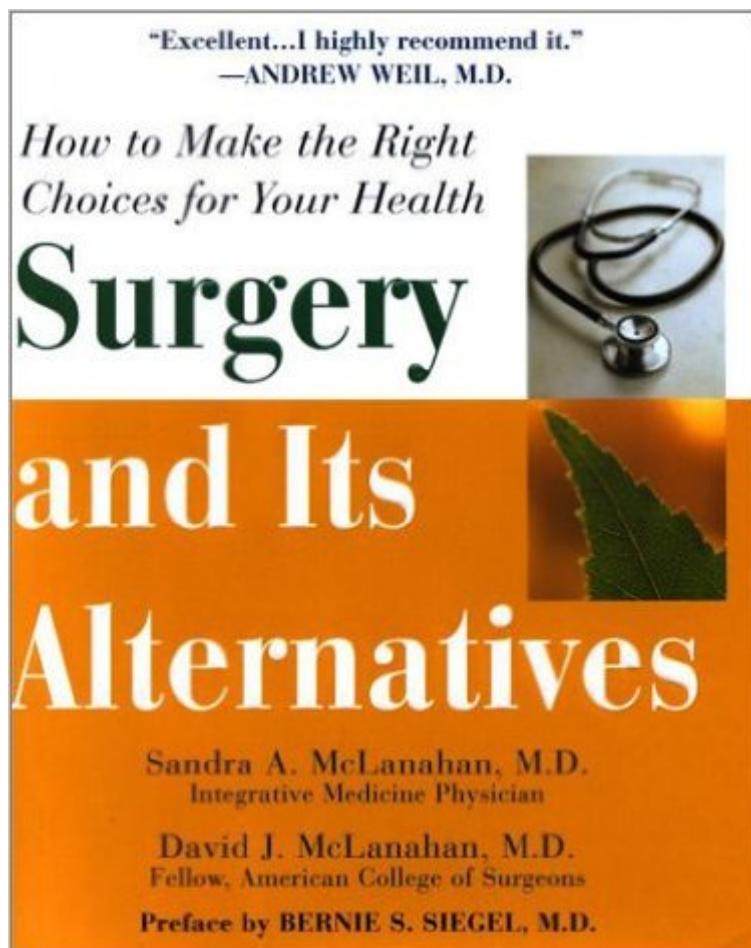


The book was found

# 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 & 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 & 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

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## 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, innimical 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.

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