

Eliminate the cause of nearly every disease and get off the modern medicine “merry-go-round” for good

“Modern medicine is an abject failure,” reads the sleeve of the newly expanded edition of *Lessons from the Miracle Doctors*. A bold statement, to be sure. But it’s one that becomes a scarily accurate description as you read the introductory pages of the book.

Of course, it wouldn’t be worth writing about if the book existed just to scare you. But that’s not the case here. Written by HSI panelist Jon Barron, *Lessons from the Miracle Doctors* could be the volume that helps you achieve the health and wellness that has seemed so far out of reach for so long.

It’s all about building your “baseline of health,” which starts with learning about the institutions that are robbing you of that health.

Keep Big Pharma’s hands out of your pocket—and their drugs out of your system

Jon Barron may rail against the “abject failure” of modern medicine, but he is not anti-doctor. His problem lies with the corrupt system in which doctors now have to work.

Ask Jon what one of the biggest problems in modern medicine is and he’ll start talking about the “thieves of health.” It boils down to this: The modern medicine “machine” has made it illegal for you, in many areas of the United States, to seek out alternative therapies.

One of his biggest concerns is with modern medicine’s approach to “getting rid of” disease. It’s all about eliminating or managing symptoms. This is fine when you’re talking surgical repair—but what does this mindset really do for the battle against our most feared degenerative diseases?

Drugs treat the symptoms—then you get more drugs to treat the side effects of the first round of drugs (and then you’re on to a third round and a fourth round and so on)—but nothing is ever done to deal with the cause of the disease.

It’s a merry-go-round that, once you’re on it, becomes nearly impossible to get off of.

It is very successful in one respect: lining the pockets of Big Pharma. In the United States, we spend twice as much on healthcare as the rest of the world. For 75% of elderly citizens, prescription drugs are the #1 expense.

Per person, our healthcare costs have gone from \$143 in 1960 to an astonishing \$5670 in 2003 (that’s a 40-fold increase, where general inflation only rose five-fold). The drug industry is one of the most profitable in the world, but for what? Prescription drugs are the 4th leading cause of death in the United States.

Your body is only as strong as its weakest system

If Jon has his way, that’s all going to change. The newly expanded edition of his book *Lessons from the Miracle Doctors* is your guide to finally breaking free from the grasps of these “thieves of health.” It’s time to go beyond treating symptoms—time to get to the root causes of disease.

The book is the result of 40 years spent working with the “miracle doctors”—top herbalists, holistic

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healers, and renegade medical doctors. These are people who have the best interests of their patients at heart—even if that means raising the hackles of mainstream medicine.

It collects the wisdom of these miracle doctors in a volume that is part call-to-action and part health guide. Basically, it's all about empowering yourself to make your own decisions about your health—even if it means going against everything that's assumed to be “right.”

Because you don't know every factor that is affecting your body at any given point, it stands to reason that you have to start looking at your body as a whole. By upgrading every system in your body to optimum health, you could actually eliminate our most feared diseases.

Seems like a daunting task, doesn't it? But that's where *Lessons from the Miracle Doctors* really succeeds. It's one of the most straightforward, clear guides to health I've read in a long time.

After telling us *why* we need to take control over our health, Jon starts in on how. The book becomes a step-by-step guide to optimum health—cleansing and detox, diet and supplements, balancing your body's systems (including hormones and your immune system), and how to deal with specific conditions like cholesterol, cancer, and diabetes.

The best thing about this book is that it breaks the whole shebang down into easy-to-digest steps. The causes and symptoms of, and solutions for, health problems are explained clearly. Jon tells how to select supplements—with exactly what to look for and how much to take.

It could be hard to keep all of that straight—just the amounts of vitamins and supplements you should be taking could have your head spinning. Too many times, I have read a book on getting my health in order only to end up so overloaded with information that I didn't even know where to begin.

Lessons from the Miracle Doctors is different. Each chapter is clear about what you should be taking and when, and ends with a General Recommendations section. There you'll find a summary of the information in the chapter, including specific amounts of nutrients to look for and any precautions.

For those still a bit confused, it's broken down further. The conclusion of the book presents a chart laying it all out—what you should be doing daily, periodically, and only occasionally. All in all, the format makes following the program a piece of cake. There's also a helpful, comprehensive index for quick reference.

The book lays out a program that empowers your body to throw off illness and keep it from returning. Jon has guided thousands of people to remarkable health by treating the body as a whole. When it comes down to it, there isn't one magic bullet that will work for every person—so the solution is to start at the beginning and rebuild the healthiest body you can.

When it comes to addressing disease, *Lessons from the Miracle Doctors* goes for the big picture.

I did find myself wishing, as I read the book, for a guide on where to find the best supplements and other products Jon talks about in the book. Because he is so detailed in what we should be looking for, I had hoped for specific product recommendations.

So I asked why those weren't included. The answer was rather refreshing—Jon didn't want to write a book chock-full of promotions. Instead, he wanted to give the best available information. However, if you're like me and want to know exactly what to buy, there are recommendations on his website, at www.jonbarron.org.

Citations available upon request and on HSI website

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