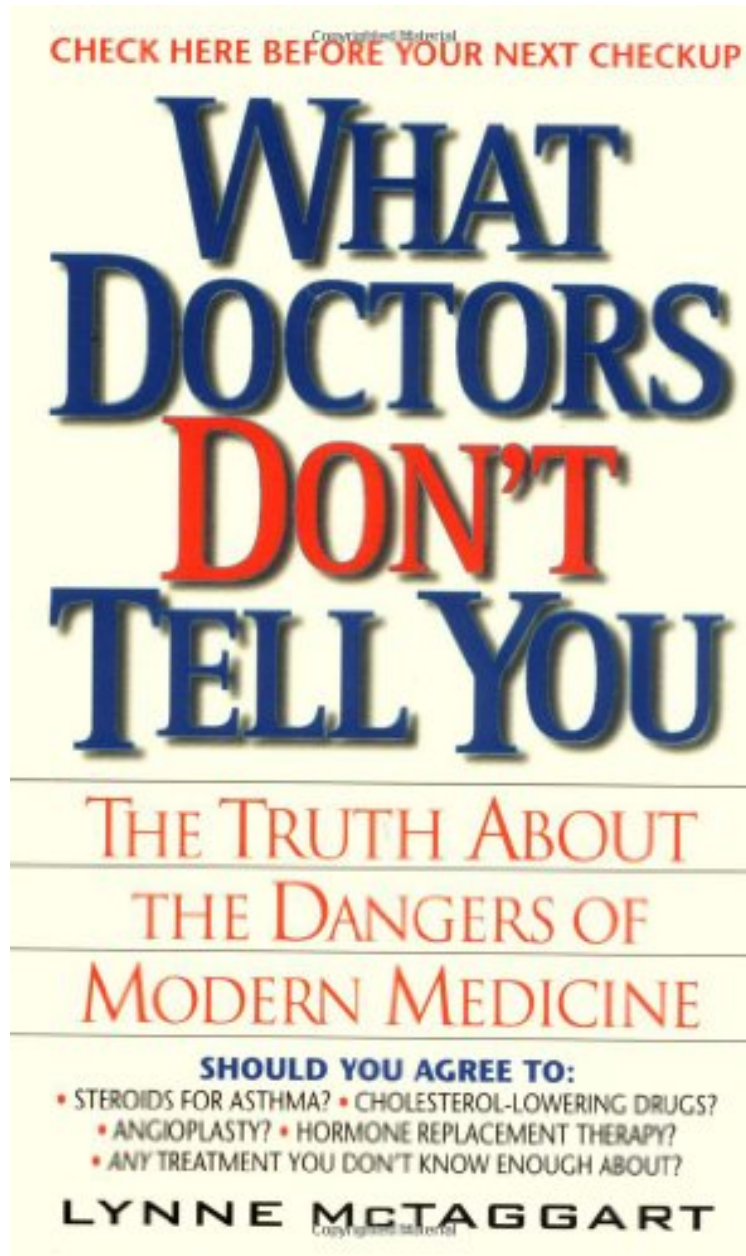


# What Doctors Don't Tell You:: The Truth About The Dangers Of Modern Medicine

Lynne McTaggart

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0 of 0 people found the following review helpful. Great, Informative Book By Oliver I Really am enjoying reading this expose of doctors and their methods!! The only thing I'd change is the size of the print. Even with reading glasses the print is hard to read. 73 of 75 people found the following review helpful. Very well researched medical reference. By Abacus This is an outstanding rebuttal of Western medical practices. Among all reviewers, the book has been well received except for the ones within the medical establishment. For the latter, the book is uncomfortable as it amounts to a well researched attack on many common practices running from vaccines to bypass surgeries. Nothing works quite as well as promoted by the medical establishment. Also, everything is more dangerous in terms of side effect than your doctor suggests. The reviewers within the medical establishment state that this book is ill informed, that the author is nearly hysterical in her over the top uninformed judgment, and that she relies on dubious and lurid sources to support her arguments. Are any of these claims valid? No, they are not. Here is why. The author does not advance opinions without backing it with hard evidence such as randomized trials and other scientific studies. The reference section at the end of the book is amazingly long, including 1,800 references to professional medical journals. This reference section is dominated by top caliber journals such as: The Lancet, British Medical Journal, Journal of the American Medical Association, New England Journal of Medicine, and Journal of Nutritional Medicine. Additionally, fully accredited American doctors have reached the same conclusion as Lynne McTaggart. The most recent book by such a doctor/author is the excellent "The Last Well Person" by Nortin Hadler published in 2004. What's remarkable is that Lynne McTaggart's book was published in 1996 and is still current. "The Last Well Person" confirms that all her findings and statements ring as true today as they did when she wrote this book. Taggart's last chapter amounting to her own recommendation to maintain your health make good common sense. She recommends maintaining your health through good nutrition (large dose of fruits and vegetables) lots of exercise. She recommends taking antioxidant supplements (Vit. A, Vit. C, Vit. E). She also recommends treating your doctor like you would any contractor by questioning the hows and whys of any treatments he suggests. And, double checking the performance of such proposed treatments through second and third opinions and searches on Medline. I don't think there is any open minded doctor that would disagree with this advice. And, I can tell you firsthand that this simple approach works. That's pretty much what I have done personally for the past few decades to maintain a very good health. In addition to "The Last Well Person" I recommend another related book by a doctor/author: "Should I be Tested for Cancer?" by H. Gilbert Welch. It's an excellent book that further supports Lynne McTaggart's well founded skepticism of Western medical practice. There are many more such books written by doctors. In other words, Lynne McTaggart is far from alone. And, her opinion is hopefully much closer to the mainstream than it was when she wrote this book. 0 of 0 people found the following review helpful. Five Stars By J. Hughes YEP. It's all hush-hush.

Americans have become so accustomed to following doctors' orders that many prescriptions, medical tests, and surgical procedures are accepted without question. This blind faith can be dangerous! Modern medicine offers us a wide range of powerful treatments for ailments large and small. But did you know that some common "cures" come with serious, life-threatening risks, or may do nothing at all? This book contains much more vital information you need to know to take charge of your health--before you see your doctor. Includes information on: cholesterol-lowering medications; high-strength asthma inhalers; steroids; antibiotics; and Ritalin. Some startling facts you should know: Some cholesterol-lowering medications can actually increase your chances of dying. The rise in asthma deaths may be linked to high-strength inhalers. In some cases, it's safer to do nothing than have surgery for prostate cancer. Steroids, now widely prescribed for many minor conditions, can cause immediate, permanent, debilitating damage. Bone scans to screen for osteoporosis are imprecise, often inaccurate, and may not signify anything. In the overwhelming majority of cases, antibiotics are prescribed for conditions they cannot treat. Ritalin, taken by as many as a million American children, has questionable benefits, numerous side effects, and a high potential for addiction or abuse.

About the Author Journalist and author LYNNE MCTAGGART is one of the preeminent spokespersons on consciousness, the new physics, and the practices of conventional and alternative medicine. The author of The Intention Experiment, she lectures worldwide and is co-executive director of Conatus, which publishes well-respected health and spiritual newsletters. She lives with her family in London.