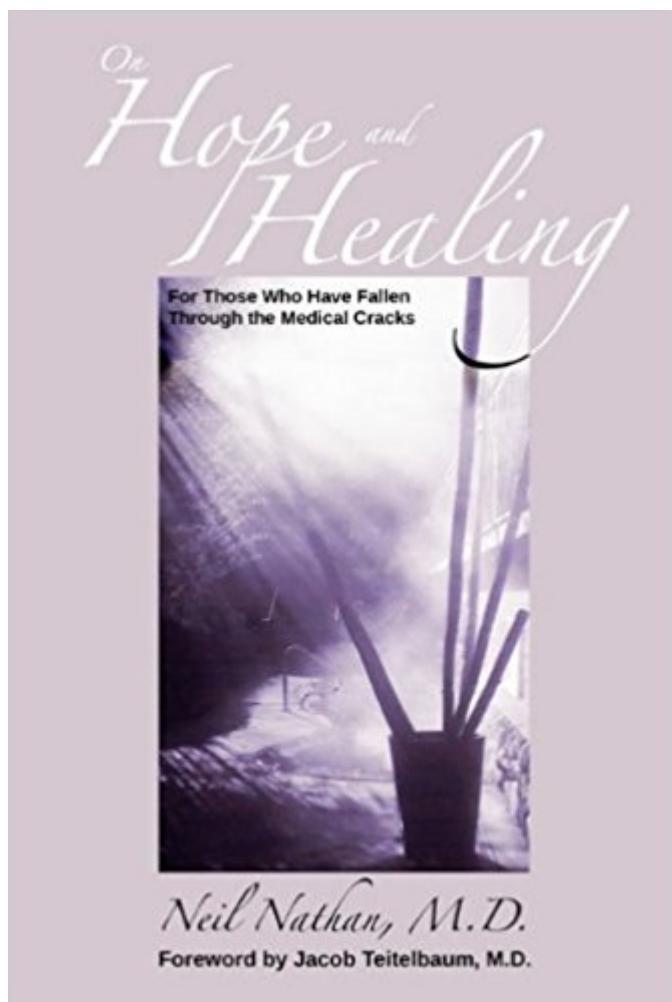


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# On Hope And Healing: For Those Who Have Fallen Through The Medical Cracks



## Synopsis

On Hope and Healing: For Those Who Have Fallen Through the Medical Cracks is a resource book offering the latest information on a range of illnesses (chronic pain, Lyme disease, chronic fatigue, fibromyalgia) that most family practitioners are unequipped to diagnose or treat effectively. Written in nontechnical language, On Hope and Healing also offers clear, readable explanations for the causes for and cures of today's onslaught of complex/chronic illnesses. Physicians and patients alike will benefit from this book.

## Book Information

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## Customer Reviews

From the time I was a medical student, it has always been my passion to try to help as many of my patients as possible. I was never satisfied with sending patients home with the clichÃ© of "Sorry, we just don't have any answers for you." For me, and for my patients, conventional medicine had lots of answers, but sometimes they just weren't enough. Starting my 38-year medical career as a family physician, I delivered babies, did some minor surgery and worked in the emergency room, providing the most comprehensive care that I could. Over time, it seemed to me that other disciplines, some of which were a part of medicine and part of which were tangential, held the promise of useful answers for those patients who did not receive adequate benefit from conventional medicine. So I threw myself into studying as many of them as I could uncover. I spent hours learning osteopathic manipulation, acupuncture, homeopathy, prolotherapy, Reichian therapy, therapeutic

touch, herbal supplementation and chelation. Each new field clearly added another dimension to improving my practice of medicine. As we learned more and more about the biochemical underpinnings of chronic illness, (a field often referred to as functional medicine) I was able to understand and provide better medical care. Slowly, my practice evolved into something new, that didn't really have a name, and I called it Complex Medical Problem Solving. Over time, I found that I was working mostly with those unfortunate patients who had not received a diagnosis from conventional medicine, and were suffering with persistent and debilitating illnesses. These included fibromyalgia, chronic fatigue, chronic Lyme disease and its co-infections, autism, and all varieties of chronic pain, amongst others. Several years ago I began to teach my colleagues what I had learned about working with chronically ill patients, and I called this course: "What Every Physician Should Know About Working with Complex Medical Illness." My patients asked me to provide this same information in a simplified but understandable form, and that is how this book evolved. My text is derived from the distillation of countless patient visits. When I found a patient's eyes glazing over as I began to explain some aspect of chemistry.....I took note. When they sat up, alertly, and asked cogent questions....I also took note. Despite my many years of clinical practice, I am still optimistic that I can help every single person who comes through my door. The truth is that I haven't been able to do that, but the truth is also that I have helped the vast majority of them to improve or heal. It is that experience that motivated me to write *On Hope and Healing*. There are millions of suffering individuals who have not been able to be diagnosed or helped by conventional medicine, and who are not aware that help is indeed possible. This book was intended to be a starting point for their journey into health, and it is my hope that it will reach as many patients as possible.

What prominent physicians have said about Dr. Nathan and his book: "With unusual clarity and first-rate science, Dr. Neil Nathan encourages us to shift our thinking to a more holistic, multifactorial, and positive approach to chronic and recurrent illness. *On Hope and Healing* eloquently transports health and medicine into the 21st century. It is, I believe, by far the best book, the most comprehensive book, and the clearest book ever written about integrative holistic medicine." ---Bill Manahan, M.D., Past President, American Holistic

Medical Association, author of Eat for Health "Dr. Neil Nathan's On Hope and Healing makes an essential contribution to the millions whose medical care has suffered under the limited vision of our conventional medical system. Professionals and consumers alike will find innovative approaches that combine cutting-edge healing options with practical medical care choices.

" ---Robert Anderson, M.D., Founding President, American

Board of Integrative Holistic Medicine, author of "A Clinician's Guide to Holistic Medicine and Wellness" Medicine

Dr. Neil Nathan has spent his entire adult life researching the causes of uncommon or poorly understood human ailments. He has collected quite a collection of experiences, protocols, and cures which he shares with us here. I am living proof that Methylation treatment works for those those of us who have a specific genetic defect along with the onset of Chronic Fatigue Syndrome. This book is well worth the cost and time even if you are not sick. It gives insights into chronic pain and many illnesses that are all too common in our world today. With every chapter I had an "ah-ha" moment as I recognized the ailment being discussed in someone I know. Many 'uncureable' or 'you just have to live with it' bodily problems are addressable, but it takes a lot of research to uncover the medical work, often obscure, to find help. Dr. Nathan has done that for us. Highly recommended. I have also read Dr. Jacob Teitelbaum's book "From Fatigued to Fantastic", which is a bit more specific to Chronic Fatigue syndrome and Fibromyalgia. Although there is a little overlap, these two books complement each other quite well. Dr. Teitelbaum is much

more oriented toward herbal remedies, and his book is a great guide for this approach. Also recommended.

This is an excellent book for anyone dealing with or treating fibromyalgia or chronic fatigue syndrome. Very few people understand the intertwined elements of these conditions and that you can't simply be looking for a single cause. FM and CFS are complex, but at their core they represent a break down in a few major systems that give rise to a somewhat specific set of symptoms (although the number and intensity of symptoms can vary dramatically between different people). The author uses scientific evidence, his own and others' empirical evidence, and what appears to be a tremendous sensitivity in unravelling the mystery of these conditions. Building on, or working in parallel with Jacob Teitelbaum, he lays out the most common underlying causes and how to go about treating them, without feeling overwhelming. Because there is no single fix for FM or CFS many people get quickly discouraged and live in unnecessary pain and fear. This book is written to help guide people in their understanding and give them tools to move forward with their lives.

I actually stumbled across this book, *On Hope and Healing*, when looking for another book and since I don't believe in coincidences, I had to purchase it. I would have to admit that it's one of the best investments I've made in my life (and not just health-related, either!). I don't believe that I have ever had a book, fiction or non-fiction, resonate so strongly with me before and I normally don't write reviews, but I had to in this instance. Without giving you all of my boring medical history, suffice to say that I've battled Lyme disease, Bartonella, and Mycoplasma pneumoniae over the past two years and have been fortunate to have been under the care of two very intelligent, very compassionate LLMDs. They actually remind me of the author, or at least the "voice" he projects in his book. The health challenges I've faced over the past couple of years has made me realize that I really wasn't as healthy as I thought I was before Lyme knocked me on my keister! I wasn't one of those people who had nagging symptoms for years; the *Borrelia* that invaded my body threw me for such a neurological loop that I was a shell of my former self in two and a half weeks' time (I was immuno-compromised because of undiagnosed Mycoplasma and HHV). Now that I'm on the path to wellness, I know that I have other health issues that have either been caused by these recent problems or have been there all along and I look forward to this book helping me to live my life to its fullest! I read this book in a day and a half and I was in awe of the information that was provided. As I'm a firm believer in integrative medicine, I was already familiar with some of the areas Dr. Nathan pinpointed (and I was pleasantly surprised to see references to Dr. Garth Nicolson and Dr. Jose

Montoya), but so many of the chapters just blew me away! I was reading along, nodding my head, saying "Yes, yes, yes! Why can't they clone this guy?!" and "I was just saying the other day that there aren't any diagnosticians anymore!". How refreshing to have a doctor say that he or she doesn't have all the answers, but admits that several different approaches may be necessary to figure out what the problem might be. Thank you, Dr. Nathan, from the bottom of my heart for "thinking outside the box" when it comes to medical care - - you have given the world a new way to look at health, diagnostics, and treatment. It's not about pharmaceutical Band-aids, but diagnosing a problem, whether through testing or trial-and-error (although most physicians I've met sneer at anecdotal evidence!). You are truly a gift to the millions of people who are suffering with chronic health issues. God bless you!

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