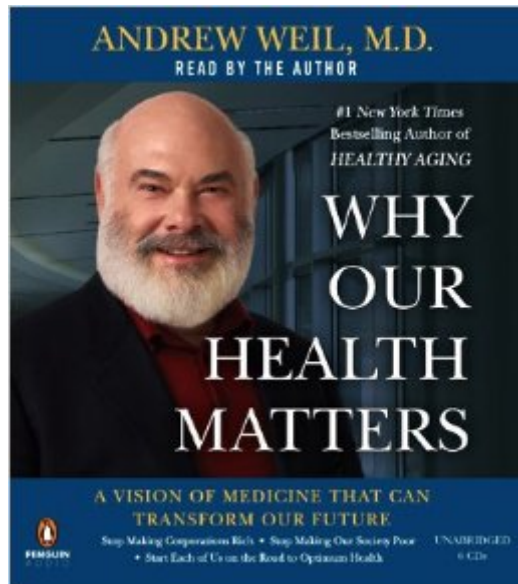


The book was found

# Why Our Health Matters: A Vision Of Medicine That Can Transform Our Future



## Synopsis

Unabridged CDs, 6 CDs, 7 hours Read by the author A landmark book that shows us exactly how we have let health and medicine become a crisis in our society and what we can all do to resolve it.

--This text refers to an out of print or unavailable edition of this title.

## Book Information

Audio CD

Publisher: Penguin Audio; Unabridged edition (September 8, 2009)

Language: English

ISBN-10: 0143145290

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Product Dimensions: 5.8 x 5.2 x 0.8 inches

Shipping Weight: 5.6 ounces

Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (25 customer reviews)

Best Sellers Rank: #3,289,508 in Books (See Top 100 in Books) #13 in [Books > Books on CD > Authors, A-Z > \( W \) > Weil, Dr. Andrew](#) #1647 in [Books > Books on CD > Health, Mind & Body > General](#) #289977 in [Books > Health, Fitness & Dieting](#)

## Customer Reviews

Dr. Andrew Weil doesn't mince words; he joins the health care reform fray with a "radical" point of view: "Most commentators assume that the root problems are (a) how to give more people access to the present system and (b) how to pay for it. I strongly disagree." In recent weeks Weil has appeared on CNN, written articles (Google for them), and, now, released a new book, *Why Our Health Matters: A Vision of Medicine That Can Transform Our Future*, urging a fundamental shift from "high-tech" to "high-touch." He makes the persuasive case that our accelerating reliance on expensive medical technology and medicine have contributed greatly to ballooning health care costs: on page 70 of the book, he lists 1950 costs of U.S. care at \$8 billion, 1980 costs at \$212 billion, and 2009 costs at \$2.5 trillion (with a T). He also estimates future costs in 2015 at \$4 trillion. Even adjusting for general economic inflation and related factors, these are staggering increases that amount to one-sixth of earnings presently (p. 123). Weil insists that for this reason, "high-tech disease intervention...is obsolete." He wants less reliance on expensive pharmaceuticals, scans, surgeries, specialist, hospital stays; and more emphasis on integrative medicine which treats patients not just for isolated symptoms but as whole persons. He wants the general practitioner to make a comeback. He wants doctors who will take personally take lengthy histories, listen carefully,

recommend dietary modifications, offer exercises for stress relief, refer to practitioners of Chinese or chiropractic medicine if appropriate, etc.

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