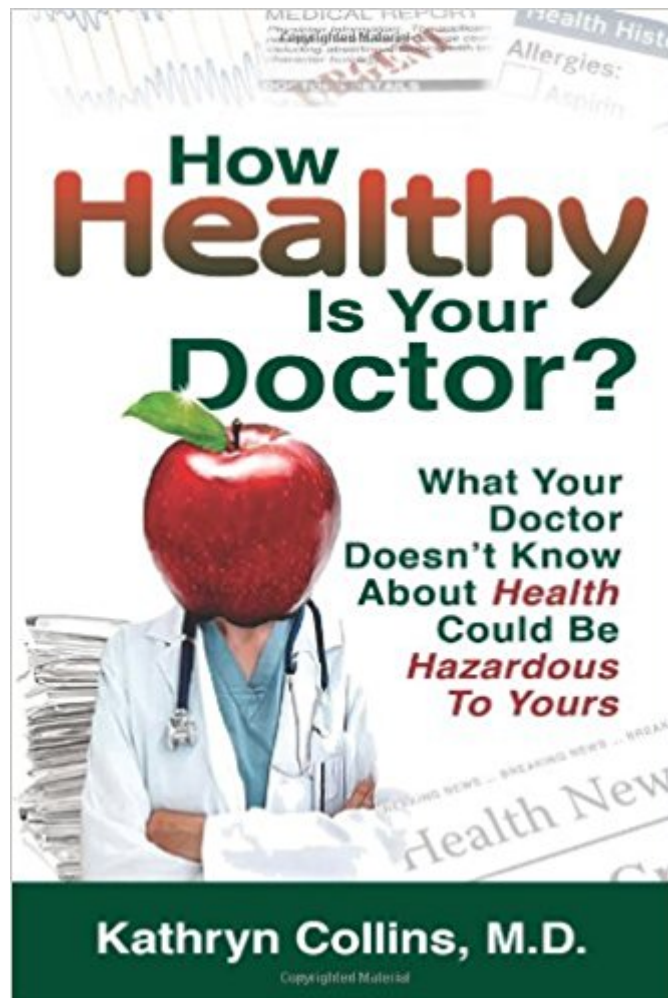




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# How Healthy Is Your Doctor?: What Your Doctor Doesn't Know About Health Could Be Hazardous To Yours



## Synopsis

A simple question, “How Healthy Is Your Doctor?” launches this insightful book into an examination of who’s ultimately responsible for our health, challenging the common assumptions that it’s up to our doctors, our healthcare system, our circumstances, or our genes. Dr. Kathryn Collins, a seasoned emergency medicine practitioner with a keen eye toward prevention, explains in a clear and compelling fashion why our health is mostly up to us—the choices we make, the way we live our lives, and the actions we take every day to either support, or undermine, our chance at lasting health. Collins also explains why our current health-care paradigm is out of date. By treating the manifestations of disease instead of preventing it or resolving its underlying causes, we’re adding to the economic burden of health care without making real inroads toward improving people’s health. The book is written in an accessible, conversational style and includes chapters on what most doctors don’t know about achieving optimal health, and why; how our health-care system has been set up to find and to manage disease, and why it costs so much; how our behaviors and our fast-food culture are destroying our health, and what we can do about it; who else besides our doctors can help us find better health; and which simple diet and lifestyle habits best protect us against cancer and chronic disease. The author weaves her thirty years’ experience on the front lines of emergency medical care with new information from the evolving science and practice of lifestyle and health medicine to create a fascinating book for anyone who’s eager to understand more about where their health comes from and what they can do to stack the odds in their favor for a long and healthy life.

## Book Information

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## Customer Reviews

This reflective and compelling book suggests that we are the most important ingredient in achieving our optimal health--not our doctors, the healthcare system, our circumstances, or our genes. The author, an emergency doctor with a keen eye toward prevention, provides a unique window into the often confusing worlds of health, illness, and health care. Readers are empowered to better understand and use a diverse array of important resources--including their doctors, and themselves--to chart a better course for health. In an engaging, accessible style, Dr. Collins explains: what most doctors don't know about health, and why why our health-care system's focus is disease instead of health, and why it costs so much! how influences like processed foods, sedentary habits, and stress can undermine our health what prevention really means how we can nudge our nation's trajectory closer to a "United States of Health" "Dr. Kathryn Collins shares her brilliant and much needed insights on how to resuscitate America's failing health care system. She hits the nail on the head--that a healthy lifestyle is the most powerful medicine--and that the buck stops with each and every one of us. Collins emphasizes that we deserve nothing less than a complete health care system that is integrative, holistic, person-centered, and preventive. A must read for every American!" Len Saputo, M.D., author of *A Return to Healing: Radical Health Care Reform and the Future of Medicine* and founder of the Health Medicine Forum

Dr. Kathryn Collins is a graduate of the Stanford University School of Medicine and was trained in emergency medicine at Denver Health Medical Center, becoming board certified in 1986. She is a fellow of the American College of Emergency Physicians and was selected by the Consumers' Research Council of America for inclusion in the "Guide to America's Top Emergency Medicine Physicians" in 2009. Dr. Collins has served as a medical volunteer in several developing countries and has also nurtured a lifelong passion for prevention, wellness, and health. In 1983, she co-authored the book, *The Outdoor Woman's Guide to Sports, Fitness and Nutrition* and was recently trained in the emerging field of lifestyle medicine. She now devotes her time to advocating for and participating in healthy lifestyles in Jackson Hole, Wyoming and Cabarete, Dominican Republic. You can visit her website at [www.drkathryncollins.com](http://www.drkathryncollins.com).

It is so refreshing to see that finally some people in the "traditional" medicine profession are opening their minds and doing the research to try to understand what their patients need and not just follow guidelines mostly set by financial interests. The descriptions of the way insurance companies and

what they see fit to reimburse us our not as well as the financial investments pharmaceutical companies have and the way these affect our medical system was very well explained and it all makes sense. The book is very informational and the advices about lifestyle changes very powerful. I immediately incorporated some in my life and spent some time looking at some of the documentation Kathryn based her writings on and I have to say that the research behind the book is very impressive. Everyone should read this book, and everyone who has read it should recommend it to their loved ones. I can't wait for Kathryn second book to come out. Don't hesitate, if you ever had any questions about the current state of affairs in the medical world buy this book!

This well written and informative book critically examines the failings of traditional western medicine. More important it provides patients with the knowledge to integrate lifestyle changes and alternative medicine with the goal of improving their health. As a Physician this book will be helpful in my practice, and on a personal level it has made me aware of how I can improve my health. I recommend this book highly for all.

Dr. Collins has written an exceptional book that examines a broken health care system. By personalizing the exploration she brings the reader into the mind of physicians. Not only does she offer insights into how physicians have been led to divert their attention away from integrative health but offer a comprehensive prescription for how we can revision how total health can be achieved.

Thank you - This book made me think about how go for Doctors appointments. Now I will plan what to say. and that is just one tip. It is written in an easy to read style. My cousin who is a GP here in England has borrowed it as she was so interested in its content. Tricia

Dr Collins does an excellent job in making it clear that the patient is in charge of their own health.

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