

# The Disease Delusion: Conquering the Causes of Chronic Illness for a Healthier, Longer, and Happier Life

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For decades, Dr. Jeffrey Bland has been on the cutting edge of Functional Medicine, which seeks to pinpoint and prevent the cause of illness, rather than treat its symptoms. Managing chronic diseases accounts for three quarters of our total healthcare costs, because we're masking these illnesses with pills and temporary treatments, rather than addressing their underlying causes, he argues. Worse, only treating symptoms leads us down the path of further illness.

In *The Disease Delusion*, Dr. Bland explains what Functional Medicine is and what it can do for you. While advances in modern science have nearly doubled our lifespans in only four generations, our quality of life has not reached its full potential. Outlining the reasons why we suffer chronic diseases from asthma and diabetes to obesity, arthritis and cancer to a host of other ailments, Dr. Bland offers achievable, science-based solutions that can alleviate these common conditions and offers a roadmap for a lifetime of wellness.

### My Health Self-Assessment

This is the first of eight self-assessments this book asks you to do, and it is the one that will give you a general idea of your overall health. Later, in Part 2, you'll home in on how each of your core physiological processes is functioning, and in Part 3, you'll put all the self-assessments to work in creating your personalized health-care program.

1. Do you feel that your health has gotten worse over the past two years?
2. Have you lost or gained more than 10 percent of your body weight over the past five years—even though you weren't intentionally dieting?
3. Do you have trouble going to sleep or staying asleep?
4. Does pain in your joints or muscles limit your physical activity or mobility?
5. Do you commonly feel fatigued for no apparent reason?
6. Are you frequently depressed or anxious?
7. Do you have problems with memory?

8. Is there a consistent ringing in your ears?
9. Do you feel that you are losing your strength?
10. Do you take any prescription medications? Do you take more than two?
11. How about over-the-counter medications? Do you commonly take any of these? a Anti-inflammatories b Antacids c Analgesics d Sleeping remedies
12. Do you suffer from allergies?
13. Do you occasionally have episodes of poor concentration or confusion?
14. Do you commonly suffer from shortness of breath or feel winded?
15. Have you lost any of your sense of taste or smell over the past few years?
16. Do you feel that you have lost a significant amount of muscle mass over the past few years?
17. Have you heard from your doctor that you have any of the following? a Elevated blood pressure b Elevated blood cholesterol c Elevated blood glucose
18. Has your dentist told you that you have gum or periodontal disease?
19. Do you frequently alternate constipation and diarrhea or feel pain or discomfort in your digestive area?
20. Have you been told that you have chronic bad breath?
21. Are you shorter than you used to be? Had any evidence of calcium deposits?
22. Do you catch every cold and flu that's going around?

Disease care vs health care: which would you choose?

Contrary to conventional wisdom, chronic disease is not genetically predetermined but

results from a mismatch between our genes and environment and lifestyle. What we call a "disease" is the outcome of an imbalance in one or more of the seven core physiological processes. Leveraging a lifetime on the cutting edge of research and practice, Dr. Jeffrey S. Bland lays out a road map for good health by helping us understand these processes and the root causes of chronic illness. As Bland teaches us, no two people have the identical form of any disease, so with the right personalized program, we can safely and effectively manage and ultimately cure what ails us.

In the twenty-first century, medicine is undergoing a paradigm shift comparable to the advances in infectious disease in the late nineteenth century. While these strides have nearly doubled life expectancies in only four generations, quality of life has yet to rise to its full potential. Treatment of chronic diseases—diabetes, heart disease, arthritis, dementia, and many others—is responsible for 78 percent of total health care costs in the United States, yet we're managing the symptoms of these illnesses with pills and temporary remedies instead of identifying, preventing, and addressing their underlying causes. In *The Disease Delusion*, we learn how we may fundamentally change our perceptions of illness and approach a cure.

Dr. Bland has greatly influenced many of the biggest names in medicine today, but until now we have not had access to the larger framework in which to understand chronic illness or ways to foster lifelong health. Complete with self-evaluation questionnaires and sample meal plans, and supported by the most recent advances in health science, *The Disease Delusion* is indispensable to anyone determined to live long and well.

Includes 8 interactive health assessments you can complete on your phone

#### Other Books

*The Little Book of Hygge*, New York Times Bestseller Embrace Hygge (pronounced hoo-ga) and become happier with this definitive guide to the Danish philosophy of comfort, togetherness, and well-being. Why are Danes the happiest people in the world? The answer, says Meik Wiking, CEO of the Happiness Research Institute in Copenhagen, is Hygge. Loosely translated, Hygge—pronounced Hoo-ga—is a sense of comfort, togetherness, and well-being. "Hygge is about an atmosphere and an experience," Wiking explains. "It is about being with the people we love. A feeling of home. A feeling that we are safe." Hygge is the sensation you get when you're cuddled up on a sofa, in cozy socks under a soft throw, during a storm. It's that feeling when you're sharing comfort food and easy conversation with loved ones at a candlelit table. It is the warmth of morning light shining just right on a crisp blue-sky day. *The Little Book of Hygge* introduces you to this cornerstone of Danish life, and offers advice and ideas on incorporating it into your own life, such as: Get comfy. Take a break. Be here now. Turn off the phones. Turn down the lights. Bring out the candles. Build relationships. Spend time with your tribe. Give yourself a break from the demands of healthy living. Cake is most definitely Hygge. Live life today, like there is no coffee tomorrow. From picking the right lighting to organizing a Hygge get-together to dressing hygge, Wiking shows you how to experience more joy and contentment the Danish way.

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