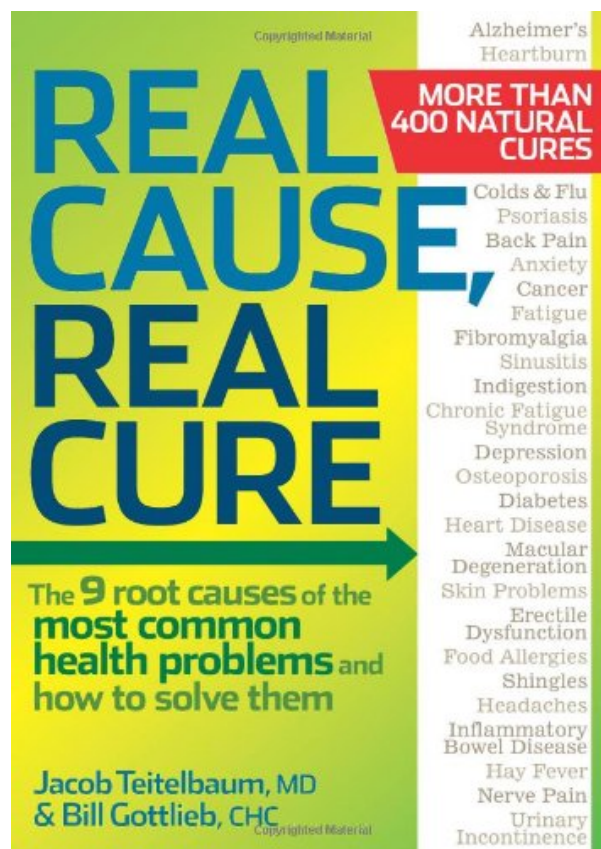
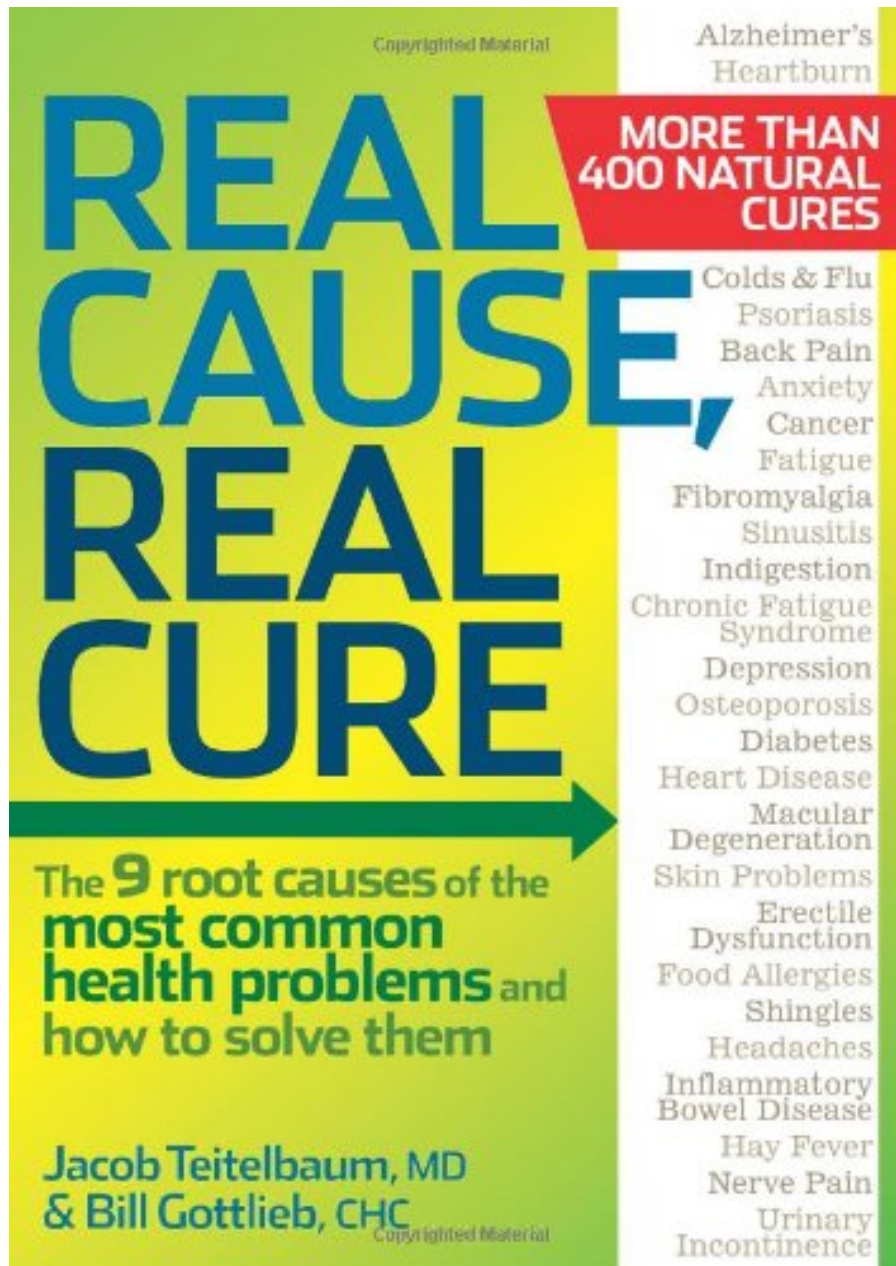


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An eye-opening guide that boils down common health problems to nine simple causes and offers the relief readers have been searching for.

An expert in combining both traditional and alternative medicine, Dr. Teitelbaum explains that tackling nine wholly preventable causes is the key to long-term, real relief from nagging health concerns.

Real Cause, Real Cure unearths the underlying causes of more than 50 health problems, steering readers toward cost-effective, safe, and easy remedies to combat woes ranging from acne and food allergies to diabetes and cancer. Readers will discover how getting a full night's rest can combat heart disease, diabetes, depression, heartburn, weight gain, and chronic pain; how adding exercise to one's daily routine not only prevents an expanding waistline, but also wards off Alzheimer's, fibromyalgia, insomnia, and stroke; and how drugs taken to improve our health are a major culprit in why we keep getting sick.

This user-friendly guide takes the confusion out of personal health care so readers can enjoy a life free of needless prescriptions, doctors' offices, and irritating health issues.

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Fantastic and Worth It!

By Beverly E Taylor

A friend recommended the book to me for bad chronic sinusitis, which had made my life miserable and I was almost incapacitated. I especially love that he goes after the fixing the cause, not just putting a bandaid on a symptom. I started using some of the products he mentioned, plus a couple others based on what I learned from him that sinusitis is usually a fungal infection. The results were outstanding! Finally after so many years of very swollen sinuses and painful sinus headaches that made it difficult to think, work and function, the swelling in my sinuses reduced enough that I could think! I had energy and felt well for the first time in over 4 years. A huge thank you to Dr. T. real cause REAL CURE

40 of 41 people found the following review helpful.

Great, Informative, Easy-to-Follow Book

By TriciaCK

I've been reading Dr. Teitelbaum's books for years, and this one doesn't disappoint. I got tired of going to doctor after doctor without any help for my chronic fatigue. This book breaks down possible causes of many different symptoms (much more than just chronic fatigue, though that's the major issue I'm dealing with) and then outlines possible options for treating the CAUSE, rather than just masking the symptoms. Dr. Teitelbaum's approach is a breath of fresh air in a medical world that relies so heavily on prescriptions, when often natural supplements can either solve the problem or give your body what it needs to heal itself. I definitely recommend this book for anyone who wants to take charge of their own health and find out the REAL CAUSE of their health troubles.

29 of 30 people found the following review helpful.

Excellent health advice, practical--and DO-ABLE

By Joanna Daneman

This is a very practical health book that takes the most basic precepts of holistic medicine (nutrition and sleep and exercise!) and tells you what the nutrients do for you, and lists each sort of medical malady and how you can help yourself by simple, inexpensive and really, not unpleasant methods to optimize your health.

This book harks back to all kinds of ancient medical traditions, from Hippocrates and Ayurveda (essentially, let food be your medicine, and take care to sleep and exercise.)

The discussion of micronutrients and vitamins and what they specifically do is excellent; one of my doctors years ago explained to me that our cells are surrounded by liquid (the interstitial fluid, to be exact) and this liquid layer surrounding each cell contains our micronutrients; vitamins, minerals and anti-oxidants. These nutrients form a sort of defense system, preventing free radicals, which are damaging molecules, from entering the cells and doing damage to the DNA, for example. So by staying properly hydrated, properly nourished with quality food and good nutrients, you can keep your cells healthy and keep disease at bay. It's more complex than that--and our foods today, over-processed, full of sugar and white flour that is not supplying healthy nutrition, has to be supplemented by vitamins and minerals. Or else, as the book recommends, substitute healthier foods. The advice given here by Dr. Teitelbaum squares with what my own doctors (the ones who embrace holistics) have told me, but I think the explanation and organization of this book are much simpler and easier to understand for anyone who is trying to live a healthy life.

The discussion on sleep is important, too. It's estimated that Americans are chronically sleep deprived. The healing process of building back up the body happens while we rest, and the author reminds us that sleep is not to be underestimated as an important health component. Likewise, exercise and movement help arthritis, bone health and many other body functions--not only musculature but internal organ function as well.

This is a simple book filled with easy-to-understand information and a lot of well-organized facts about food supplements, for which I think the book is valuable on its own. But the basic tenets here (eat well, sleep well, move well) listed by what ailment is aided by and HOW, make this a very simple book to follow to improve your basic health. Highly recommended reading for anyone.

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