



Mind Over Meds: Know When Drugs Are Necessary, When Alternatives Are Better – and When to Let Your Body Heal on Its Own

By Andrew Weil MD

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Too many Americans are taking too many drugs -- and it's costing us our health, happiness, and lives.

Prescription drug use in America has increased tenfold in the past 50 years, and over-the-counter drug use has risen just as dramatically. In addition to the dozens of medications we take to treat serious illnesses, we take drugs to help us sleep, to keep us awake, to keep our noses from running, our backs from aching, and our minds from racing. Name a symptom, there's a pill to suppress it.

Modern drugs can be miraculously life-saving, and many illnesses demand their use. But what happens when our reliance on powerful pharmaceuticals blinds us to their risks? Painful side effects and dependency are common, and adverse drug reactions are America's fourth leading cause of death.

In *Mind over Meds*, bestselling author Dr. Andrew Weil alerts readers to the problem of overmedication, and outlines when medicine is necessary, and when it is not. Dr. Weil examines how we came to be so drastically overmedicated, presents science that proves drugs aren't always the best option, and provides reliable integrative medicine approaches to treating common ailments like high blood pressure, allergies, depression, and even the common cold. With case histories, healthy alternative treatments, and input from other leading physicians, *Mind over Meds* is the go-to resource for anyone who is sick and tired of being sick and tired.

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Editorial Review

Review

"Dr. Andrew Weil continues his multi-decade journey to educate the American public as to the importance of natural health and healing. This book should be required reading for all health practitioners and all people interested in optimal health." ***Richard Carmona, MD, MPH, FACS, seventeenth Surgeon General of the United States***

"Weil's revolutionary book casts a critical eye on modern medicine, examining the very serious risks that medicine can carry....Those who seek to understand the ramifications of overmedicating, are interested in the impact of modern medicine, or want to learn alternative therapies and how to take an active role in their health care will appreciate this book." ***Library Journal***

"Weil, who may be the nation's foremost advocate for integrative medicine...meticulously explains why the multitude of medicines prescribed in America is problematic....In all, a sensible approach to reducing what Weil correctly identifies as our 'excessive reliance on medication.'" ***Booklist***

Praise for *Spontaneous Happiness*

"A comprehensive roadmap for the prized path to true happiness...Weil provides sensible, accessible advice...Immensely beneficial information for those seeking a self-galvanized life lift." ***Kirkus Reviews***

"Weil's program aims for 'positive emotionality'-a far better destination than the roller-coaster ride between bliss and despair. This is more than a New Age prescription for contentment. Weil's revelations and insights from his own lifelong battle with depression lift this guide from a hip and clinical 'how to' to a generous and heartfelt 'here's how.'" ***Publishers Weekly***

"If you use this book as a tool to help you change your life, you might be surprised by what it can do for you." ***Yahoo! Voices***

"*Spontaneous Happiness* spells out some amazing guidelines on becoming a healthy individual." ***Seattle Post Intelligencer***

"Like all of his books, *Spontaneous Happiness* is a refreshing combination of clarity, science and practical wisdom. But it's also warm and, indeed, personal." ***iVillage***

"Weil...offers a new approach to thinking about happiness. The case studies and practical guidance here can help readers make life-changing decisions." ***Library Journal***

About the Author

Andrew Weil, MD, is the author of numerous bestselling books, including *Spontaneous Happiness*, *Spontaneous Healing*, *Eight Weeks to Optimum Health*, and *Healthy Aging*. A graduate of Harvard College and Harvard Medical School, he is professor of public health, clinical professor of medicine, and the Lovell-Jones Professor of Integrative Rheumatology at the University of Arizona as well as director of the

University of Arizona Center for Integrative Medicine. He is also the editorial director of www.drweil.com, the leading Web resource for healthy living based on the philosophy of integrative medicine. He authors the popular "Self-Healing" newsletter and columns for *Prevention* magazine and is a frequent guest on numerous national talk shows. He lives in Arizona.

Users Review

From reader reviews:

Coleen Faircloth:

Information is provisions for people to get better life, information nowadays can get by anyone with everywhere. The information can be a information or any news even restricted. What people must be consider if those information which is inside former life are challenging to be find than now is taking seriously which one is suitable to believe or which one the particular resource are convinced. If you receive the unstable resource then you obtain it as your main information you will see huge disadvantage for you. All those possibilities will not happen within you if you take Mind Over Meds: Know When Drugs Are Necessary, When Alternatives Are Better – and When to Let Your Body Heal on Its Own as the daily resource information.

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Arthur Mead:

Is it you actually who having spare time after that spend it whole day through watching television programs or just lying down on the bed? Do you need something new? This Mind Over Meds: Know When Drugs Are Necessary, When Alternatives Are Better – and When to Let Your Body Heal on Its Own can be the respond to, oh how comes? A book you know. You are consequently out of date, spending your spare time by reading in this fresh era is common not a nerd activity. So what these publications have than the others?

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