

LIES

MY DOCTOR TOLD ME

MEDICAL MYTHS
That Can Harm Your Health



KEN D. BERRY, M.D.

Ken D. Berry MD

Lies My Doctor Told Me: Medical Myths That Can Harm Your Health



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The Truth Will Set You Free In "Lies My Doctor Told me," Dr. I recommend reading this book irrespective of where you are in your daily life currently. Great starting place for each and every reader. Dr. Berry focuses on how lifestyle choices, particularly diet, should be the first factor addressed to be able to achieve optimal health. He is not against pharmacology when appropriate, but feels that many drugs are over-prescribed by doctors. He feels these doctors will be doing their patients an improved service by being up-to-date on the current analysis and advising their patients to look at a variety of diet and lifestyle choices before resorting to medication. Dr. Berry is quite honest in this book about how exactly he used to be 'that doctor' who provided out the standard assistance and protocols discovered by all doctors in medical school, even when in the rear of his mind he knew that there needed to be an easier way. He also acknowledges that he utilized to end up being the out of shape, fat doctor giving health advice to individuals, and how he finally noticed that to business lead by example and be healthier, he needed to arm himself with the reality based on current analysis and actual science. I learned all about Dr. Berry. The chapters are comprehensive yet succinct, and assets for further reading on each subject are always offered. Dr. Berry. Although I was familiar with almost all of these medical myths because of my own personal awakening several years ago, it was therefore exhilarating to find them listed and structured in such a fashion. Be prepared to not put this publication down! Anticipate to not place this book straight down once you begin reading it!! I was delighted to find that Dr. Berry is informed and help your Doctor help you become healthier and cure a lot of things that Nutrition alone will cure! Don't be afraid to read, it could literally save you or someone you like. This reserve led me down a far greater path compared to the one I was heading down before. Albeit not a bad one, but one which needed more good tuning and path. Each topic discussed is delivered within an informative, entertaining, and witty way. Berry on the The Primal Blueprint Podcast. I must say i linked to what Dr. Berry. This publication is a real attention opener. I was happy to see that I have read a few of the books he recommends at the end of every chapter. Dr. Berry want's the very best for his patients and actually cares. Like the majority of people, they trust their current doctor and the care they provide them, which if you're lucky is about a 6-7 go to where 9 moments out of 10 it ends with the physician providing you a prescription. We've been trained by the machine to feel good about getting a prescription, because it is the "only" way to better health. Dr. Berry. Which, if you ask me, means that it is not adulterated by a publisher's wishes to drinking water down the message and/or be politically right in it's demonstration. When I discovered of his book, the title really piqued my interest, therefore i immediately ordered it. I quite definitely look forward to reading a few of the newer titles I've not yet heard of. I like how he wrote the publication. Each chapter begins with the lie, why you need to care, support for the lie, the study and then everything you might perform. He always points you in a path to go learn more for yourself. just misinformed and hasn't caught up yet to the reality of Nutritional Wellness. Ken Berry takes an honest, evidence based method of debunking many generally held beliefs about wellness, wellness, and modern medicine. I guarantee become familiar with something new that will have a positive transformation on your own diet and/or lifestyle. Take charge of your health care with this book this book may be the perfect place for readers who wish to start taking charge of your medical care. All in all, a very good read! Berry's writing design is easy to go through and makes it easy for the reader to grasp the subject matter. Unlike many doctors, Dr. Berry. Information you will need before your next trip to the Doctor! In simple language, Dr. Ken fills us in on what the medical system has gotten to the point that it is in today, where doctors are trained mainly to take care of disease and illness, but aren't taught how to help their sufferers remain healthy. He tells us of several of the lies we are told that lots of doctors don't even understand are lies! He continues on to tell us how we can do a better work of of looking after ourselves, and stop disease, however, not necessarily by following a same rules that doctors would reveal to follow. YOUR PHYSICIAN is not a poor person; There are a few typos, but not more than enough to detract from the important info that he's presenting. Dr. Berry. A real Honest down to Earth Doctor I really like this book, and I thank God some Doctors do not ride with the tide and go with the flow. Dr. Berry is a down to earth doctor

who want's to know the truth. Dr. This is one of those books that for some of your family and friends, they'll shake their heads at you and tell you that you will be crazy...just like the old time doctors used to be. Berry experienced to state. Most doctors have great intentions, they were simply taught a couple of lies that they pass on to you.. I'm very much looking forward to the next book! Need to lose weight? Our present day doctors are shaped by Big Pharma who have no interest in solving the problem. I wish I acquired him for a health care provider. Pulls no punches. Be informed because you only possess ONE body to deal with! Congratulations, Dr. I'm going to do this as soon as I publish this review. I recommend that you go through this book and follow up with the recommended reading by the end of the chapters. But with your own personal health, you nevertheless still need to accomplish your own research. Be prepared to let proceed of a few of your very long held beliefs and replace them with fresh ones that will make your life and health better in every way. This publication is self-published! Berry recommends to learn a lot, which is certainly something I do regularly. Dr. What an Eye-Opener Excellent Read! Excellent reserve and a real eye-opener. Berry will not believe that the first line of defense against medical problems ought to be a tablet. Berry provides asked his visitors to alert him to any typos or poor grammar also to suggest any various other "lies" to him for his following book. Berry. Easy read. Berry.. I enjoyed reading this book, Dr Berry's writing style is easy to follow. Dr Berry's writing style and content material is simple to follow. Done well! Berry pulls no punches and it shows in the hard-hitting information presented here. I follow Dr. Berry's advice carefully (concerning the Keto diet) and have found everything he teaches is normally gold! If you find an MD, you then need to examine this book! Nutrition! Is your health important to you? Knowing what you don't understand might save you. Probably one of the most important books you could read this season. I watch his YouTube channel a lot, therefore I knew a great deal of what is covered right here before reading it, but nonetheless good to support him for his good journalism, he cites many reports, sources everything in the reserve. We were both influenced by Mark Sisson's publication, The Primal Blueprint. The truth will set you free! Perfectly presented material made to quickly dispell many common medical and health myths which have been promoted and accepted but which are not actually based upon the most recent in scientific research. Written by a medical doctor who is up to date and well researched. Your Health depends on this Message! Have been pursuing Dr. Ken Berry on YouTube for awhile right now, and this is a publication that he wrote in regards to a lot of the incorrect messages we have been getting for years from our Doctors, Pharmaceutical Companies and Medical Associations; points that adversely have an effect on our health. Dr. Berry can be an advocate of the Keto Way of living of eating and once and for all reason. Very nontechnical, but he encourages us to analyze for ourselves how exactly to stay healthy and provides us with resources that people can read or research. Don't simply take his term as the gospel. Read this publication; Berry and I have something in common. Have Type II Diabetes? Possess Inflammation? Today I don't! I did so. Want it gone? Are you in pain from it? Diet is your reply! Learn what foods make you well and what foods make you sick.rather put a band-aid about the indicator. Dr. Berry will let you know! You ARE what you eat! As well as your Doctor may not have honed in on Nutrition in college or beyond. You've NEVER read a book such as this from an MD! It is up to you! The main element to an excellent, healthy life? I extremely suggest it. Eating the proper foods and staying away from those that deteriorate your health! Best book on health I absolutely loved this publication. This is the perfect book to read for yourself and then spread to others.Berry has changed the way I think of my body and wellness. If you want to get healthy and look and feel better then this is actually the book to read I highly recommend everyone read this book A must read whatever type of eating plan you choose to follow. So much important info, and places to find out more if you desire. Great advice to consider Eye opening, practical information. He puts items out there for you to at least consider. In case you have had a feeling that you weren't always getting the best medical advice from your own MD, this publication will explain why! Good for you, Dr.



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