

JUST BE WELL

Thomas A. Sult, MD

"This book
is inquisitive,
boldly honest,
and full of
intelligence,
heart, and humor."
—Mary JoAnn, MD,
Executive Director
of the American
Board of Integrative
Medicine

A Book for Seekers of Vibrant Health

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What's the underlying biochemistry? Doctors write prescriptions to fight symptoms but, all too often, don't even make an effort to solve the root cause of the condition. In *Just End up Being Well*, Dr. Tom Sult points just how toward a fresh path. He and an increasing number of physicians practice functional medicine, a self-discipline that treats people, not diseases. What's this person's previous and present environment? Whether you're suffering from a debilitating condition or just don't feel the radiant health you used to, Dr. Sult says, "They see that all of us is a marvelously interconnected program, and that whenever we understand what lies in the centre of a condition, we are able to work our way in the past to true wellness through changes in our lifestyle, attitude, and relationship with the world around us. In severe illness and injury, the diagnosis and appropriate protocol for treatment is essential. And Dr. Sult says, 'How can we stem the tide of symptoms?' Sult. In *Just Become Well*, Dr. Sult is about how people like everyone else have joined the functional medicine movement and discovered the power to you need to be well. PRAISE FOR *JUST BE WELL* "If I acquired a complicated, chronic illness, I'd want helpful information like Dr. Sult's advice will benefit you. In chronic disease, Dr. Sult goes through the eight essential physiological processes of the functional medicine matrix, weaving together available information, real-life patient tales, and actionable tips you can use to begin with your own journey back again to wellness. Sult calls it as he sees it. The stories he has to talk about aren't about miracle remedies or instantaneous results; Sult requires what can seem complicated and onerous—articulating the underlying factors behind disease and what to do about it—and turns it into an available, captivating, and hope-loaded read, complete with patient tales and his own private trip of discovery. This reserve will provide direction for sufferers who are spinning their tires in the dominant medical paradigm. It will inspire physicians mired in the limitations of the same medical paradigm eager for a more effective strategy." Kara N. Sult's book displays us why the medical profession must switch from concern about what a patient has (the analysis) to why they will have it. It reminded me of the satisfaction I experienced when reading Rachel Remen's *Kitchen Table Wisdom*. Not only did I learn a tremendous amount, but like reading a novel, I enjoyed the experience of story. Tom Sult is a get better at storyteller. Dr. Fitzgerald, ND Integrative and Functional Medication Co-author and editor, *Case Research in Integrative and Functional Medicine* Contributing author, *Textbook of Functional Medicine* Contributing writer, *Laboratory Evaluations for Integrative and Functional Medicine* "This book was therefore much fun to read! Chapter by chapter, Dr. Sult trusts his deep cleverness and intuition, and I really like his love of life. Sult helps us realize why it's time to say goodbye to the diagnosis. Rather, we should begin to find out why the individual has this issue at the moment and how it relates to other problems he or she has. An incredible number of Americans have problems with chronic diseases—cancer, diabetes, depression, obesity, mental illness, and many more—and traditional medicine is failing woefully to bring them back to health. Functional medication doctors ask "Why do you have this illness? What are this person's stressors and mindset? This publication is the greatest explanation of functional medicine that I've ever read, and if we hope to reverse the upward development of persistent disease in America, this book has the answers. I recommend it." Expenses Manahan, MD Recent president, American Holistic Medical Association



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That's among the best things about Dr. Sult. Anyone who is suffering from chronic illnesses should read this publication! Like me, you will believe that this book was written specifically for you. I've had IBS & Five Stars The very best book on overall health!. I was identified as having fibromyalgia at 39, type 2 diabetes at 50, contracted Lyme Disease, ARTHRITIS RHEUMATOID and so on.... and on. I've struggled with my excess weight because the birth of my initial child.. and on. I am 65 yrs . old right now and had recognized that was just the way it was for me. However, when I examine this reserve I felt the initial glimmer of wish that I've acquired in many a year. After 1 month of following Dr. Sult's recommendations, I am currently noticing some improvements - while my RA hasn't completely disappeared, I can now make a fist - that i couldn't before. essential read for all that are striving for great wellness. I still have a long way to move, but I'm hopeful about the future. SHOULD YOU HAVE a Chronic Illness - You need to read this book! Sult's publication - he's not really promising any miracle cures - he's not promising any over night cures - he offers a realistic picture of how exactly we got to where we have been and how to start making our way back to a healthy body. And.. A+ It was an easy read., as expensive simply because medical consultation time is, on my 1st appointment, Dr.! A practical functional medicine approach filled with cases. In my own decades of going to doctors, never did anyone claim that perhaps a transformation in diet may help. Sult actually cares for each of his individuals and really wants to solve their unique puzzle of illness. Sult. Sult says --it is amazing to have first hands proof concerning how one can come through a chronic disease --& For ex. It's very interesting because each case give us enough background to understand the methods he used to improve that health condition. This Book Changed MY ENTIRE LIFE This book changed my life. Many thanks Dr. Sult! Examples of this can be within the book. I decided to give the immunity diet a try. What an AMAZING switch. My many symptoms faded out. With forthcoming chemo, my hair was going to go. Sult spent a good area of the morning getting to know me & Excellent material. Over the last 5 years, I have been able to live cancer free of charge. I recommend this reserve to those experiencing chronic illness, searching for relief, and searching for answers. Take the first steps down the road toward wellness. ... My bloodstream sugars are lower by about 10 points and I haven't had a bout of IBS since I started following his recommendations. Dr This book is crucial read for all that are striving for great health. Dr. Sult came to our rescue when my husband was therefore ill. After several times at Mayo Clinic (where my hubby got great care but no genuine help) we were disheartened to be delivered home with no reason behind his weakened state. He could hardly walk 15 methods without help and had lost a lot of his cognitive skills to the idea I didn't think he would be able to keep down his position at work. Dr. Upon the suggestion of Dr. The reserve explains why conventional medicine is lacking the point, not considering the total picture. It is a straightforward read with tales of true people in each chapter. The book is very motivating and we know first hand Dr. Thomas Sult is an example of how wrong our "medical paradise" is built.... Mandatory read for anyone attempting to begin learning about the new thought process and practicing FUNCTIONAL MEDICINE. It is like a new set of eyes and a complete transformation in you perspective and a means of learning and practicing the WHY? Five Stars Excellent.. Dr Sult provides great insite and an ability to practice individual centered health care. He's magnificent. Would recommend. He is better still than his book. He was touching his very own struggles and comes to the patient knowing what it really is like to struggle as well..with gratitude Dom Costabile DO MS FAAFP RMSK I love this book. This book is essential for anybody considering functional medicine. The next issue was - would the finish of my life quickly follow? It's an excellent self help book as well. an amazing read!! Sult's own way to functional medicine. Finally a person who writes a

book about what ails you and how to treat it that can be read simply by ordinary people! I felt like Dr. Sult was speaking directly to me! He outlines how the body depends on each system to function properly and when one program will go wacko how devastating the results can be. The good news is that he provides us the tools to work with in self evaluation and treatment. I acquired heard of Functional Medication but never really had it explained so openly and truthfully. my husband. I came across many pleasant surprises. to "Just Be Well". As my 91 year old mother, who's a retired RN says, "the circle should be broken" of constantly throwing drugs at an indicator and not addressing the underlying issues that are creating the symptoms. Dr. Sult's publication may be the beginning of an evergrowing movement to transformation the system ~ to "break the circle". We as People in america cannot continue on this medication induced path, we have been destroying ourselves. I no longer live with discomfort, numbness, or have chronic constipation. . It is like a new set of eye and a complete switch .. He really seems to listen well to the individual and works together with them to figure out the core of their health issues. Sult's patients attended in with complicated medical problems. I too have been in this group, getting identified as having Stage 3C cancer. I now feel amazing. It's ideal for anyone else who wants to know what functional medicine practitioners perform. Sult took the useful health strategy and my husband is now functioning at 100% and much healthier than he has ever been. Hughes, I visited see Dr. This intelligent physician creates his own medical career predicated on sense and logic. Acute to Chronic As we move from acute treatment (which mainstream medicine can be an professional at) to chronic care (which mainstream medicine has no clue about) because of our lifestyle (heart disease, diabetes, obesity, and the rest of the chronic autoimmune illnesses), mainstream medicine would do well to start treating the complete person instead of throwing drugs at a symptom or two. This publication is like a medical record of different situations of a wide variety of health issues, thought in a functional medicine strategy. it's written in a very entertaining way - I thoroughly appreciated reading about his individual case histories and Dr. Sult spent an excellent section of the morning learning me & I cannot wait around to start this elimination diet plan and the routine of nutrients to see if I can YOU NEED TO BE Well once again. During ongoing visits, time for his teaching would be a part of our meetings. After experiencing chronic illnesses for 25 years I read this book. My care was also specific to the info that was coming through in my lab reports. I'd leave with what to read, ideas for stress reduction, quality recipes to try, including "prescriptions" for gratitude & pleasure. As Dr. Actually, my husband (who is in pretty good form) also got improvement in his ratings.. It is astonishing that such a simple change can impact such positive switch in health. My labs scores began to improve. From his beginnig, he had to face the wrong viewpoint of the medical teaching system, but this wasn't something that interfered with his commitment of being a doctor, I think because of that leads him to his current approach. My wish is that functional medicine, that is a holistic method of diet, lifestyle, and health supplements, will lead just how. asthma since I was a child. of searching for root causes in health insurance and Disease.. Interesting. His "doctoring" perspective seems very humane. Many of Dr.. We read it aloud as a few and we both laughed and cried at differing. I say this from a perspective to do the same old paradigm over and over again only treating signs and symptoms.



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