

# TAKING CHARGE OF YOUR OWN HEALTH

*Needing Your Way Through  
Diagnosis, Treatment, Insurance*



LISA HALL

*With Medical, Insurance, and Legal Advice*

Lisa.. Hall

Taking Charge of Your Own Health by Hall, Lisa [Paperback]



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Excellent health care reference for anyone worried about their health Lisa Hall is an excellent advocate for people who have already been failed by the medical establishment and for those who need guidance in order to not fall victims. She shares her personal experiences with how she not merely struggled with her misdiagnoses but her struggles and lastly victory, in finding you to definitely finally help her! Her story gives desire to others in similar situations and brings consciousness to the problems that occur too often with doctor/patient issues. I believe most readers will see this book hits home with them in a few forms, and gives them direction to find medical resolutions. The story of the author's battle to get a diagnosis for her own condition is woven through the book. There is also practical general dietary and lifestyle advice and conversation of alternate and complementary therapies. Great Job! Hall did an excellent job of crafting tips, through her personal encounter, to help the individual in every way. Hall once did. Very well written and explains how to get information you need in language which can be well understood by everyone. In depth and Inspiring! Lisa's medicine is of the best sort. Listening to the patient is often the simplest way to reach a diagnosis, be totally honest when you just don't know the solution and treat your sufferers with the respect that they should have at all times. Ronald Wyatt. Lisa's trip is harrowing not merely because she suffered therefore deeply but also because her story is all as well common. Her focus on the spiritual areas of well-being and curing may not be to all tastes nonetheless it is included as an element of a holistic strategy with a recognition that there may be other views. Negotiating and navigating the Health Care System, with almost all its turns and twists could be hard, and Ms. whether you're healthy or not, you'll come away with something to use (or pass along). Author Lisa Hall faced a battle which took her to areas and through experiences nobody really wants to endure...it educates, comforts, and cures. Strongly suggested! Michele Howe, author of *Burdens Do a Body Good: Meeting Life's Challenges with Strength (and Soul)* Lessons for sufferers and their doctors You can find 2 stories in this book. One is about the author's struggle over many years to get a diagnosis on her behalf own rare condition; the other is usually a compilation of top tips for patients attempting to negotiate the US healthcare system. The reserve itself is an easy read, due to the author's personal tale, the results of her recovery, once correct diagnosis and care came into play, and I personally found this publication to be informative, along with fascinating about the inn's and out's of the health care system. In conclusion, We strongly urge folks to give this book some attention, especially for the patients that have already been associated with the system, and are hitting brick walls, as Ms. I especially like the sections providing advice on making certain the physician has adequate written information regarding previous conditions, medicine, and past remedies and the book includes templates for recording these. The publication is created with support and assistance from her trusted Major Care Physician, Dr Ron Wyatt, and they seem to make an excellent writing team. It could certainly help me to help my patients if indeed they were to stick to this advice! I am hoping to see even more books written by this writer as she is among those "it only takes one person to make a difference" type people. There is a section on the normal safety problems which take place in hospitals and suggestions on what patients can contribute to reducing these dangers. Read alongside Lisa to find out how to greatest navigate these current tumultuous medical waters. It's wonderful that she not only shares her own private experiences, but that she supplies the readers with suggestions for their own skills to "consider charge" of their health in an easy however organized format. Obviously her diagnosis was not straightforward, but her description of how she was dealt with by some healthcare professionals makes depressing reading. She describes way too many occasions when she was top quality neurotic or otherwise psychologically disturbed because we couldn't make a diagnosis and it was only with the future support of Dr Wyatt and a few others that she persevered. If this book was

required reading at all medical colleges then students would find out some useful lessons; After nine very long years (and 37 medical practitioners later) this female who had actually been strike by lightening, found substantive help through her PCP Dr.Kevin Stewart MB FRCPPhysician Taking Charge OF YOUR Health Acquiring Charge of your own health is crucial read for current sufferers, family members, and pre- patients.Patients, their families and those who also are not yet patients will benefit from her tips on negotiating the system.. Great read. Although it is the patients job to maintain with their own health and records, it's easy to get lost in the system, specifically when the insurance firms are involved. Insurance firms also needs to read this book, since it might help them to derive better plans. Her style is balanced and reasonable with a recognition of the down sides which professionals face. I would highly recommend this Clear, concise, very imformative. To learn of her story, and what she's done since then, will be a "Best Seller" by itself.John Ross FarleyPatient Taking Charge Of Your Own Health Adds A Voice To A Needed Cause That is an inspiring read that lets us see what so many around the world go through with regards to getting the treatment they need and deserve. Lisa Hall can be fearless in her pursuit to greatly help others not feel the challenges she faced, and this book is an important step towards that cause.At a time when healthcare is front and center in the minds of so many, this reserve couldn't have come at a better time.



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