



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

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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Ross Adams:

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Kevin Zavala:

Spent a free time to be fun activity to try and do! A lot of people spent their leisure time with their family, or all their friends. Usually they doing activity like watching television, gonna beach, or picnic in the park. They actually doing ditto every week. Do you feel it? Do you want to something different to fill your own free time/ holiday? Can be reading a book can be option to fill your cost-free time/ holiday. The first thing that you'll ask may be what kinds of book that you should read. If you want to consider look for book, may be the reserve untitled Mind Over Meds: Know When Drugs Are Necessary, When Alternatives Are Better – and When to Let Your Body Heal on Its Own can be good book to read. May be it may be best activity to you.

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