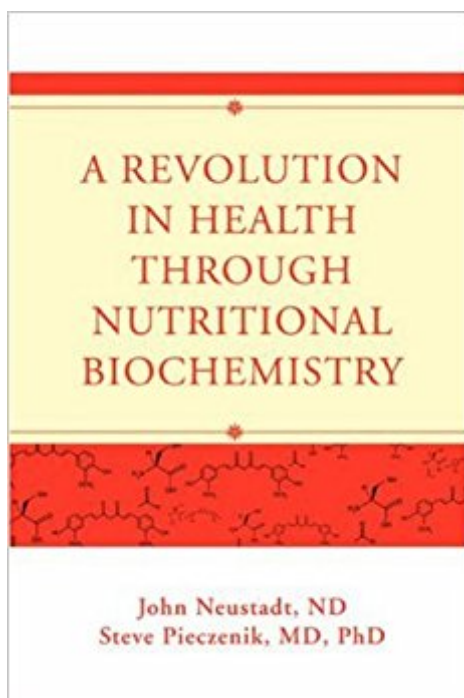


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# A Revolution In Health Through Nutritional Biochemistry



## Synopsis

Biochemical testing is a revolutionary concept in medicine that has saved many lives and improved the health of countless others. Symptoms and diseases have underlying biochemical causes, and advanced testing technologies can now detect the exact steps within pathways causing diseases, including depression, fatigue, adult-onset asthma, seizure disorders, multiple sclerosis, osteoporosis, diabetes, metabolic syndrome, irritable bowel syndrome, memory loss, and more. Biochemical abnormalities may then be corrected using targeted nutrient therapies. Nutritional Biochemistry is a revolutionary approach that is redefining medicine and providing clinicians the ability to treat the underlying causes of disease instead of just ameliorating symptoms with drugs. "The principles set out in this book are at the same time both ancient and revolutionary. Ancient because they have been known and followed for thousands of years, but revolutionary in our time because they run counter to the approach to health with which all of us have grown up. The principles are simple: 1) most medical approaches treat symptoms not causes; 2) most pharmaceuticals and medicines are intended to destroy something, not add something; 3) with our modern lives and diet, most people are lacking one or more things essential to the proper functioning of the body and need to add them, both to eliminate existing problems and to maintain optimum health. These principles are always a supplement, sometimes an alternative, to conventional medicine. I cite my own successful experience that they work when conventional treatments have not done so." -John W. Hanes, Jr. Former Director, Squibb Corp.

## Book Information

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## Customer Reviews

John Neustadt, ND received his naturopathic medical degree from Bastyr University. Dr. Neustadt also earned degrees in Literature (cum laude) from the University of California, San Diego and Botany (departmental honors) from the University of Washington. He worked as a journalist in Chile and San Francisco before returning to naturopathic medical school. He is medical director of Montana Integrative Medicine and president and CEO of NBI Testing and Consulting Corporation in Bozeman, Mont. Dr. Neustadt has published more than 100 research reviews, is co-author with Jonathan Wright, MD, of the book, *Thriving through Dialysis* (Dragon Arts Publishing, Auburn, Wash, 2006), and an editor of the textbook, *Laboratory Evaluations in Molecular Medicine: Nutrients, Toxicants, and Cell Regulators*, 2d edition (Metamatrix, Norcross, GA, 2007). Steve Pieczenik, MD, PhD trained in psychiatry at Harvard and has both an MD from Cornell University Medical College and a PhD in International Relations from M.I.T. He is a board-certified psychiatrist and was a board examiner in psychiatry and neurology. He is chairman of the board of NBI Testing and Consulting Corporation, and an angel investor who has started more than 30 successful companies.

These guys are brilliant! If you've been disappointed w/ western (conventional) medicine, Integrative and Functional Medicine is the way for you.

Informative.

Given the subject matter of this book, readers might assume that it's about as readable as a textbook on rocket science. I was pleasantly surprised to discover that, not only is it readable, it's a page-turner, breaking down nutritional biochemistry in a way that is useful and interesting. Its relevance to any reader's own health is easily grasped early in the book. What's more, it makes a great case for why pharmaceuticals often fall short and gives us compelling evidence and case studies about what to do when the old tricks simply aren't working. I have had the distinct pleasure of working in Dr. Neustadt's office for the past year. Simply put, I've seen sick, frustrated people heal. Additionally, I have personally been helped by this form of medicine. It's revolutionary medicine and it works. As Dr. Pieczenik would say: "You're either on the bus or off the bus". I, for one, am on this bus. You will be, too, when you read the book.

This book completely changes the way the medical profession and consumers should think about

approaching health. In a comprehensive, yet easy-to-understand way, the authors explain how testing one's nutritional biochemistry is a very powerful tool and can eliminate the need for more expensive and invasive procedures that provide far fewer answers and are driving the cost of medicine higher and higher. A fascinating fusion of knowledge and ideas from an MD and an ND. A great find if you want to know more about how to prevent and treat illness!

A very enlightening book! Discovering and treating the underlying biochemical causes of a problem, makes more sense than treating symptoms that may not be cured, but merely masked by the introduction of chemicals. Dr. Neustadt's approach of analyzing and treating one's disfunctioning mitochondria with tested bio-natural nutrients that attempt to rebalance the body's chemistry and seeks a solution to the underlying problem, makes more sense to me than being subjected to crafted chemicals, many of which are synthetic and not natural to the human body.

For years I've been taking Fosamax, standing for one hour every week without any increased bone density. This book allowed me to look at an alternative theory of bone density and an incredible product called OSTEO-K based on new principle of biochemistry using high doses of Vit K and Vit D. I think that every woman who is concerned about osteoporosis no matter how old or young you are should read this book to prevent that 'horrible' disease. Keep up the great work. Looking forward to your next book.

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