

DR. BRADY'S

HEALTHY REVOLUTION

What You Really Need to Know to Stay Healthy in a Sick World

- Can't make sense of all those diet and alternative medicine books?
- Which diet books are right and which ones are wrong?
- Are vitamins and other supplements really necessary?
- Do safe natural alternatives for many common drugs really exist?
- Are herbs really safe and effective?
- What easy lifestyle changes can actually make a big difference in your health?
- Are there doctors and healthcare providers who really understand wellness and can help you?
- Is there an easy way to determine which foods and supplements you really need?

DR. DAVID M. BRADY

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New York

Dr. Brady's Healthy Revolution

What You Really Need to Know
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by Dr. David M. Brady

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Disclaimer

The material in this book is for informational purposes only and is not intended for the treatment or diagnosis of individual disease. Please visit a qualified medical or other health professional for specific diagnosis and treatment of any ailments mentioned or discussed in this book.

This book is not meant to serve as medical advice and should not be interpreted to replace the necessity for diagnosis and direct management by a qualified healthcare provider.

Dedication

This book is dedicated to my mentors, teachers, colleagues, patients, and friends who inspire me to think outside the lines and who motivate me to continue searching and seeking that which is wonderful about alternative, complementary, and integrative medicine. You know who you are. I thank you with all my heart.

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Yours in wellness and vitality,

Dr. David M. Brady

About the Author

Dr. David M. Brady

Dr. Brady is a licensed Naturopathic Physician, a Board Certified Clinical Nutritionist, and a Diplomate of the American Clinical Board of Nutrition. He also completed an undergraduate degree in electrical engineering technology and was employed by McDonnell Douglas Aerospace Corporation before starting his clinical education. He is presently the *Director* of the *Human Nutrition Institute* at the University of Bridgeport and an *Associate Professor of Clinical Sciences* at the University of Bridgeport Colleges of Naturopathic Medicine and Chiropractic in Bridgeport, Connecticut. Dr. Brady is the *Chief Medical Officer* of Designs for Health, Inc., a nutraceutical and nutritional supplement manufacturer. He has been a leading nutritional product formulator and clinical consultant to some of the most innovative nutraceutical companies and clinical laboratories in the country during the past 15 years. Dr. Brady is a very popular lecturer and has appeared on speaking panels of numerous major scientific conferences in the field of nutritional and integrative medicine throughout the world. Dr. Brady maintains a private practice at *The Center for the Healing Arts* in Orange, CT where he specializes in “*Functional and Metabolic Medicine*”.

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Table of Contents

Introduction	1
Diet	7
Vitamins	39
Herbs.....	65
Lifestyles	99
Creating Your Unique Nutrition Program.....	121
Comprehensive Metabolic Profiling	122
The Providers.....	127
Medical & Osteopathic Physicians	127
Chiropractic Physicians	130
Naturopathic Physicians.....	135
Herbalists	139
Homeopaths	143
Nutritionists & Dieticians	147
Acupuncturists & Oriental Medicine	148
Massage Therapist.....	153
Esoteric and Intuitive Healers.....	156
The New Paradigm: “The New Medicine”.....	159
The Disorders	163
ADHD	164
Anxiety.....	165
Arthritis.....	166
Bladder Infection	168

Cold and Flu.....	168
Constipation	169
Depression.....	169
Diabetes.....	170
Diarrhea.....	172
Fibromyalgia.....	172
High Blood Pressure	174
High Cholesterol	175
Hypothyroid	176
Inflammation & Injury	177
Muscle Tightness & Spasm.....	178
Stress	178
Resources.....	181
Recommended Reading	181
Resources and Organizations	187
Accredited Naturopathic Medical Programs.....	189
Naturopathic Licensure.....	190

Introduction



If you are like everyone else, you are confused by the myriad of diet, vitamin, herb, self-help and alternative therapy books available on the market these days. It seems as if every time you go to a bookstore or supermarket you see a new book that often contradicts what you have read in another book. Ten years ago you would have had to look long and hard to find one or two books with similar subject matter. Why are there so many new books on subjects such as these? The answer is simple. The public wants them! Authors are attempting to capitalize on the ever-increasing demand for answers and advice on how to live healthy and longer and comprehensive answers for many of these questions are often unavailable from family doctors.

The decade of the nineties brought a tidal wave of changes to the way medicine is practiced in the Western industrialized world. These changes created shock waves that have rattled the very foundation of standard medicine as we know it. For most of the twentieth century organized medicine influenced society far more than society influenced it. This all changed in the 1990's when an undercurrent of discontent with the standard allopathic model of healthcare reached a fevered pitch. Allopathic medicine is the type of conventional or

standard medicine we have all become familiar with in Western countries. This system of medicine almost exclusively relies on drugs and surgery to relieve symptoms. Conventional allopathic medicine often places very little emphasis on altering lifestyles and diets of patients or in utilizing more natural, non-toxic treatments that are often available. Make no mistake about it, medicine is not changing willingly. It is being dragged kicking and screaming toward change by patients. Many believe that the straw that broke the camel's back was the advent of widespread managed care, or shall I say *managed inferior care*, during the 1980's. Several studies published in major family practice medical journals have shown the average time doctors spend with patients one-on-one has been reduced significantly in managed care environments (1). The public had been fed drive-through fast-food for decades, but it was not about to quietly tolerate being fed *fast-food* style medicine.

The old models of medicine are breaking down in many important ways. This break down is happening particularly with the chronic degenerative disorders of our time: diabetes, high blood pressure, arthritis, chronic fatigue, and fibromyalgia, to name a few. The public is no longer satisfied with the limited answers and therapeutic options they have been receiving in regards to cancer, heart disease, and other common, lethal diseases. It cannot be denied that high-tech medicine excels in crisis situations, such as traumatic injuries, acute infectious disease, and critical care. However, despite the staggering amount of money being spent on crisis-centered medicine, after factors such as improved infant mortality and the control of infectious disease by modern public health measures and antibiotics are

INTRODUCTION

considered, the average life-span of a human being has not been increased nearly to the predicted levels that were postulated several decades ago, nor has the quality of life in the elderly been significantly improved. This is particularly true for lower socioeconomic segments of the population (2). Sure, we all hear about life expectancy statistically going up by several months every few years. However, the big leaps in life expectancy really occurred in the first half of the twentieth century due to better public health and the development of antibiotic medications to treat serious acute bacterial infections. The gains made have been relatively small over the past several decades and are much less than we had been promised would occur with modern advanced medicine. The small amount of increased life expectancy that has been gained does not seem enough given the massive expenditures in our healthcare system. Much of the healthcare money is being spent to gain a few months of life in elderly people who generally have a poor quality of life due to disabilities and maladies caused by growing old. Many health advocates now suggest we not measure our progress mainly by the extension of lifespan (increasing age of mortality) for a very unhealthy population by small amounts but by reducing the level of disability (compression of morbidity) while we are alive. Healthcare now accounts for \$1 out of every \$6, or \$2 trillion, spent in the U.S. economy. It is expected to account for \$1 of every \$5, or \$4 trillion, in another decade as announced in early 2007 by economists at the Centers for Medicare and Medicaid Services. This means a rise in out-of-pocket expenditures per person, such as the co-pays for medicine and office visits, from

about \$850 per year in 2007 to about \$1,400 by 2016, a 5.3 percent annual increase (3). Are we getting our money's worth?

More and more patients go to their doctors with many vague complaints that seem to overlap each other. These complaints are often not bad enough to warrant a specific medical diagnosis. A typical modern patient does not fit the crisis-centered medical model developed in the early part of the twentieth century when medicine focused on solving acute situations such as deadly bacterial and viral outbreaks. Today's complicated patient is often shuffled from one specialist to another without receiving viable answers to her health concerns. Instead, the patient is often put on multiple drugs to suppress her multiple symptoms. Eventually, if she returns to her doctor enough times, she may even be diagnosed with an apparent *Prozac deficiency*. The patient begins to feel that her physical complaints are all in her head since the doctor cannot figure it out and she was given a medication for depression. This is not only arrogant and lazy medicine; it's just plain bad medicine. Although, consider the dilemma of the average doctor in the modern managed-care environment. What else can he or she do in five minutes? Get to know you? Know your diet and lifestyle? Know your life stressors? Not likely.

People have begun to realize that they have to take control of and assume the responsibility for their own health. To retain their vitality and achieve a greater level of wellness, many people are trying to learn all that they can about alternative health methods, only to be confronted with the previously alluded to plethora of contradictory information.

INTRODUCTION

In this short to-the-point book, I used my experience as a university professor of alternative and integrative medicine and my experience as an alternative medicine practitioner who practices within a multi-specialty integrative medicine clinic to give you some insight into the alternative medicine revolution. You will find common sense information on diet, vitamins, herbs, and more. To help you in your quest for wellness, I have also outlined major alternative healthcare providers available to you. Included are my opinions on the strengths and weaknesses of each type of therapy and practitioner's approach. While this may be somewhat politically incorrect, and knowing not all my colleagues will be very happy with me, I feel the reader deserves this information. After all, this is not a particularly politically correct subject to begin with. Let us begin the journey through the often confusing but fascinating world of alternative medicine. Let me teach you how to make rational choices and construct an individualized wellness program unique to your needs.

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