

Real Hope for Real Cures

By [Jan Folsom](#)

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I've been reading a great book called Real Cause, Real Cure by Jacob Teitelbaum, MD and Bill Gottlieb. After curing himself of chronic fatigue syndrome and fibromyalgia., Teitelbaum finished med school and has spent the last 35 years helping others get well.

Having a daughter with an auto-immune disease, I have a particular interest in finding ways to deal with chronic illness.

This book explains the causes of a large number of diseases and conditions, and has practical, natural strategies and treatment suggestions to vanquish them once and for all. This book presents information in an easily understandable way. The tone throughout is encouraging and insightful.

There are nine real causes of disease according to the book. These are:

- Nutritional Deficiencies
- Poor Sleep
- Inactivity
- Happiness Deficiency
- Prescription Medications
- Hormonal Imbalances
- Digestive difficulties
- Cellular Toxicity
- Chronic Inflammation

The first part of the book explains why each of these is a real cause of disease, and addresses ways to alleviate them.

For instance, Teitelbaum cites an article in The Journal of the American Medical Association that states that prescription medicines kill 106,000 people every year in hospitals. He believes it's probably twice that many, because often the disease for which the medicine was prescribed is blamed. They can also kill by causing liver damage, allergic reactions, bleeding ulcers and more. Often, medicines block the enzymes that we need to keep us healthy.

Statins are a good example. Many people on statins develop heart failure which is then blamed on high cholesterol. Teitelbaum suspects that it is actually caused by a coenzyme Q10 deficiency that is a result of the statins. The resultant heart failure could easily be prevented by simply taking a CoQ10 supplement.

The specific diseases and conditions he addresses range from Acne, Adrenal Exhaustion and Anxiety to Sinusitis, Urinary Incontinence and Vaginitis.

Kidney stones are another example. When certain substances in urine become too concentrated, they can crystallize to form a kidney stone, which my daughter has also experienced. As anyone who has ever suffered from kidney stones will tell you, they can be incredibly painful. Teitelbaum states that the real cause of kidney stones is nutritional deficiencies and that prevention is simple. Several studies have indicated that a daily regimen of 200 to 400 milligrams of magnesium along with 10 to 25 milligrams of vitamin B6 decreased the recurrence of kidney stones by 90 percent. 90 PERCENT! I think that's incredible, and I will definitely pass this tidbit on to my daughter.

The last section of Real Cause Real Cure contains "The 28-day Life-change Cure", a four week series of tips and recommendations to help improve your happiness and health. These are practical strategies that include putting on a pedometer, getting a massage and making time for sleep.

One of my favorites is Day 22: Start each day with a positive thought. Dr. Teitelbaum suggests starting each day saying "I feel great today" in your mind, and see that it is a self-fulfilling prophecy. I intend to start doing this and will report back.

Do you suffer from a chronic disease or condition? There is help available. Jan Fowler Folsom is a Professional Health Coach specializing in helping baby boomers successfully deal with their chronic health issues so they can live their most vibrant lives. She can help you, too! For more information, visit <http://healthhappenscoaching.com>.

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