

Doctors Are More Harmful Than Germs: How Surgery Can Be Hazardous to Your Health And What to Do About It

Harvey Bigelsen M.D.

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Most people would consider a knife wound to the stomach a serious health risk, but a similar scalpel wound in an operating room is often shrugged off. In Doctors Are More Harmful Than Germs, Dr. Harvey Bigelsen explains how today's medical doctors overprescribe surgery and ignore its long-term health implications. Any invasive medical procedure, he argues—including colonoscopies and root canals—creates inflammation in the body, leading to serious and long-lasting health problems.

Inflammation, according to Dr. Bigelsen, is the real cause of all chronic disease (persistent or long-lasting illness). Noting that Western medicine has yet to "cure" a single chronic disease, Bigelsen points to a new paradigm: one that treats each patient as an individual (rather than as a set of symptoms), avoids further damage to the body through surgery, and looks for the root cause of chronic disease in past damage done to the patient's body—whether caused by a bad fall or a scalpel. Provocatively written and radical in its approach, Doctors Are More Harmful Than Germs challenges readers to rethink everything they believe about illness and how to treat it.

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