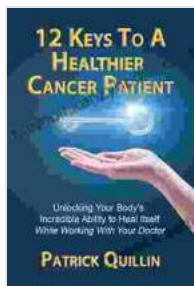


Unlocking Your Body's Incredible Ability to Heal Itself While Working with Your Doctor



12 Keys to a Healthier Cancer Patient: Unlocking Your Body's Incredible Ability to Heal Itself While Working with Your Doctor by Patrick Quillin

★★★★☆ 4.7 out of 5

- Language : English
- File size : 28444 KB
- Text-to-Speech : Enabled
- Screen Reader : Supported
- Enhanced typesetting : Enabled
- X-Ray : Enabled
- Word Wise : Enabled
- Print length : 461 pages
- Lending : Enabled



In her book, *Unlocking Your Body's Incredible Ability to Heal Itself While Working with Your Doctor*, Dr. Tieraona Low Dog shares her wisdom and insights on how to tap into your body's innate ability to heal itself. She discusses the mind-body connection and how it plays a role in recovery, and she offers practical tips and techniques for working with your doctor to create a personalized plan for your healing journey.

The Mind-Body Connection

Dr. Low Dog believes that the mind and body are deeply connected, and that our thoughts and emotions can have a profound impact on our physical health. When we are stressed, anxious, or depressed, our bodies release hormones that can suppress our immune system and make us more susceptible to illness. Conversely, when we are happy, relaxed, and grateful, our bodies release hormones that can boost our immune system and promote healing.

Dr. Low Dog offers a number of practical tips for managing stress and promoting relaxation, including:

- Meditation
- Yoga
- Tai chi
- Spending time in nature
- Connecting with loved ones

Working with Your Doctor

Dr. Low Dog emphasizes the importance of working with your doctor to create a personalized plan for your healing journey. She believes that the best approach to healing is one that combines conventional medicine with complementary and alternative therapies. This may include:

- Surgery
- Medication
- Physical therapy
- Nutritional counseling
- Acupuncture
- Herbal medicine

Dr. Low Dog encourages patients to be their own advocates and to take an active role in their healing process. She suggests asking your doctor questions, researching your condition, and exploring different treatment options.

Case Studies

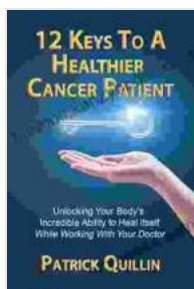
Dr. Low Dog includes a number of case studies in her book to illustrate the power of the mind-body connection and the benefits of working with your doctor. One case study is about a woman named Sarah who was diagnosed with breast cancer. Sarah underwent surgery and chemotherapy, but she also used meditation, yoga, and nutritional counseling to support her healing process. Sarah is now cancer-free and believes that her holistic approach to treatment helped her to recover.

Another case study is about a man named John who was diagnosed with a heart attack. John took medication and underwent cardiac rehabilitation, but he also made lifestyle changes, such as eating a healthy diet, exercising regularly, and reducing stress. John is now living a full and active life, and he credits his recovery to the combination of conventional medicine and holistic therapies.

In *Unlocking Your Body's Incredible Ability to Heal Itself While Working with Your Doctor*, Dr. Tieraona Low Dog provides a comprehensive guide to healing from illness and injury. She offers practical tips and techniques for managing stress, promoting relaxation, and working with your doctor to create a personalized plan for your healing journey. Dr. Low Dog's book is an invaluable resource for anyone who is looking to take a more active role in their health and well-being.

About the Author

Dr. Tieraona Low Dog is a board-certified physician and a Fellow of the American Academy of Family Physicians. She is also a certified herbalist and a licensed acupuncturist. Dr. Low Dog has been practicing integrative medicine for over 30 years, and she is the author of several books on health and healing.



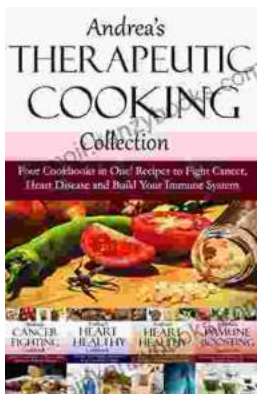
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