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Medicine, Eastern Medicine, You Power: Together They Could
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Dr. Radha Gopalan's second book, " You Power," is about harnessing the eight powers of you for a healthy lifebecause health is not what people do (or don't do) but who they must "be." Dr. Gopalan explores his belief that we, ourselves, are responsible forand create or perpetuateour own illness. You Power is perhaps

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the most important player in the outcome of dealing with disease. In fact, it is the most important factor in "not" developing disease. In his first book, "Second Opinion: 8 Deadly Diseases," Dr. Gopalan addresses how combining Eastern and Western medical philosophies with one's own You Power can change the game when it comes to how we approach health, wellness and disease. Dr. Gopalan poses the question: How did patients who are successful in maintaining good health and fighting disease do it? They do it by understanding themselves...and using their unique You Power. A wise man should consider that health is the greatest of human blessings, and learn how by his own thought to derive benefit from his illnesses.

Most people would agree that we aren't taught much about

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wellness.' And while there seems to be an increased awareness related to 'fitness,' more often than not we only think about 'health' or doctors when we're sick. What's left in the middle of those two extremes is a life-long struggle to stay healthy and productive in a world of mixed medical messages. For the first time, Dr. Radha Gopalan, gifted heart transplant Cardiologist, Acupuncturist and Yoga Teacher, clears up the confusion around health, wellness, and illness. And he does it in a way that will change the way you think about yourself--and medicine--forever. Dr. Gopalan merges his education and experience in both Eastern and Western medicine to look at health and wellness from a unique and powerful perspective and delivers not only concepts and philosophies that can change the way you think about health and wellness, but assesses the most common medical conditions that impact our world--from cancer and

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diabetes to heart disease, obesity, and chronic illnesses. In Second Opinion, Dr. Gopalan will explain: * how Eastern and Western medicine can work together for optimum health and wellness ? * how you can influence the outcome of your health--and disease ? * how the five levels of the H-I Triangle shape your personality, reactions, health, and ?happiness ? * how insurance and finances are affecting your healthcare ? * why some people who eat healthy, exercise, and lead a healthy lifestyle still have a heart ?attack ? * how being healthy has more to do with who you must be than what you must do ?

An examination of the most important medical issues of our time

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Globalization is by no means a new phenomenon; transcontinental trade and the movement of people date back at least 2,000 years, to the era of the ancient Silk Road trade route. The global spread of infectious disease has followed a parallel course. Indeed, the emergence and spread of infectious disease are, in a sense, the epitome of globalization. Although some experts mark the fall of the Berlin Wall as the beginning of this new era of globalization, others argue that it is not so new. The future of globalization is still in the making. Despite the successful attempts of the developed world during the course of the last century to control many infectious diseases and even to eradicate some deadly afflictions, 13 million people worldwide still die from such diseases every year. On April 16 and 17, 2002, the Forum on Emerging Infections held a

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working group discussion on the influence of globalization on the emergence and control of infectious diseases. The contents of the unattributed sections are based on the presentations and discussions that took place during the workshop. The Impact of Globalization on Infectious Disease Emergence and Control report summarizes the presentations and discussions related to the increasing cross-border and cross-continental movements of people and how this could exacerbate the emergence and global spread of infectious diseases. This report also summarizes the means by which sovereign states and nations must adopt a global public health mindset and develop a new organizational framework to maximize the opportunities and overcome the challenges created by globalization and build the necessary capacity to respond effectively to emerging infectious disease threats.

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Almost 70% of parents who refuse to vaccinate their children do so because they believe vaccines may cause harm. Indeed vaccines have been blamed for causing asthma, autism, diabetes, and many other conditions most of which have causes that are incompletely understood. *Do Vaccines Cause That?! A Guide for Evaluating Vaccine Safety Concerns* provides parents with clearly understandable, science-based information about vaccines, immunization, and vaccine safety.

The Public Health Foundation (PHF) in partnership with the Centers for Disease Control and Prevention (CDC) is pleased to announce the availability of *Epidemiology and Prevention of Vaccine-Preventable Diseases*, 13th Edition or “The Pink Book” E-

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Book. This resource provides the most current, comprehensive, and credible information on vaccine-preventable diseases, and contains updated content on immunization and vaccine information for public health practitioners, healthcare providers, health educators, pharmacists, nurses, and others involved in administering vaccines. “The Pink Book E-Book” allows you, your staff, and others to have quick access to features such as keyword search and chapter links. Online schedules and sources can also be accessed directly through e-readers with internet access. Current, credible, and comprehensive, “The Pink Book E-Book” contains information on each vaccine-preventable disease and delivers immunization providers with the latest information on: Principles of vaccination General recommendations on immunization Vaccine safety Child/adult immunization schedules International vaccines/Foreign

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Maurice Hilleman's mother died a day after he was born and his

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twin sister stillborn. As an adult, he said that he felt he had escaped an appointment with death. He made it his life's work to see that others could do the same. Born into the life of a Montana chicken farmer, Hilleman ran off to the University of Chicago to become a microbiologist, and eventually joined Merck, the pharmaceutical company, to pursue his goal of eliminating childhood disease. Chief among his accomplishments are nine vaccines that practically every child gets, rendering formerly dread diseases—including often devastating ones such as mumps and rubella—practically toothless and nearly forgotten; his measles vaccine alone saves several million lives every year. Vaccinated is not a biography; Hilleman's experience forms the basis for a rich and lively narrative of two hundred years of medical history, ranging across the globe and throughout time to take in a cast of hundreds, all caught up,

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intentionally or otherwise, in the story of vaccines. It is an inspiring and triumphant tale, but one with a cautionary aspect, as vaccines come under assault from people blaming vaccines for autism and worse. Paul Offit clearly and compellingly rebuts those arguments, and, by demonstrating how much the work of Hilleman and others has gained for humanity, shows us how much we have to lose.

Public health officials and organizations around the world remain on high alert because of increasing concerns about the prospect of an influenza pandemic, which many experts believe to be inevitable. Moreover, recent problems with the availability and strain-specificity of vaccine for annual flu epidemics in some countries and the rise of pandemic strains of avian flu in disparate geographic regions have alarmed experts about the world's ability to

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prevent or contain a human pandemic. The workshop summary, *The Threat of Pandemic Influenza: Are We Ready?* addresses these urgent concerns. The report describes what steps the United States and other countries have taken thus far to prepare for the next outbreak of "killer flu." It also looks at gaps in readiness, including hospitals' inability to absorb a surge of patients and many nations' incapacity to monitor and detect flu outbreaks. The report points to the need for international agreements to share flu vaccine and antiviral stockpiles to ensure that the 88 percent of nations that cannot manufacture or stockpile these products have access to them. It chronicles the toll of the H5N1 strain of avian flu currently circulating among poultry in many parts of Asia, which now accounts for the culling of millions of birds and the death of at least 50 persons. And it compares the costs of preparations with the costs

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Descubre cómo combinar la medicina occidental y oriental para aumentar tu salud y bienestar, y cambia así tu percepción de la medicina para siempre. La mayoría de la gente estaría de acuerdo en que no se nos enseña mucho acerca del «bienestar». Y aunque parece haber mayor conciencia relacionada con la salud física, a menudo sólo pensamos en salud o médicos cuando estamos enfermos. Lo que queda entre esos dos extremos es una lucha a lo largo de toda la vida para mantenerse saludable y productivo en un mundo de mensajes médicos mixtos. El doctor Gopalan combina su educación y experiencia en la medicina oriental y occidental para ver la salud y el bienestar desde una perspectiva única y poderosa. No sólo ofrece conceptos e ideas que pueden cambiar la forma de

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pensar sobre la salud y el bienestar, también evalúa las afecciones médicas más comunes que afectan nuestro mundo, desde la obesidad y el cáncer hasta las enfermedades pulmonares, hepáticas, renales y cardíacas. En Segunda opinión, el doctor Gopalan explica:

- Cómo la medicina oriental y occidental pueden trabajar en conjunto para lograr salud y bienestar óptimos.
- Cómo Tu Poder puede moldear tu personalidad, tus reacciones, tu salud y tu felicidad.
- Por qué algunas personas que comen sano, hacen ejercicio y llevan un estilo de vida saludable pueden sufrir un ataque cardíaco.
- Cómo estar sano tiene más que ver con quién eres que con qué haces «Al igual que aquellos a quienes les enseño, yo también aprendo y crezco. Reconozco que alcanzar la verdadera felicidad significa ir más allá de una misión de bienestar financiero, que implica una misión de bienestar completo: en la salud y en el

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bienestar, en el despertar espiritual, la filantropía y el propósito de vida. En pocas palabras, una vida rica.» ROBERT T. KIYOSAKI, autor de Padre Rico, Padre Pobre

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