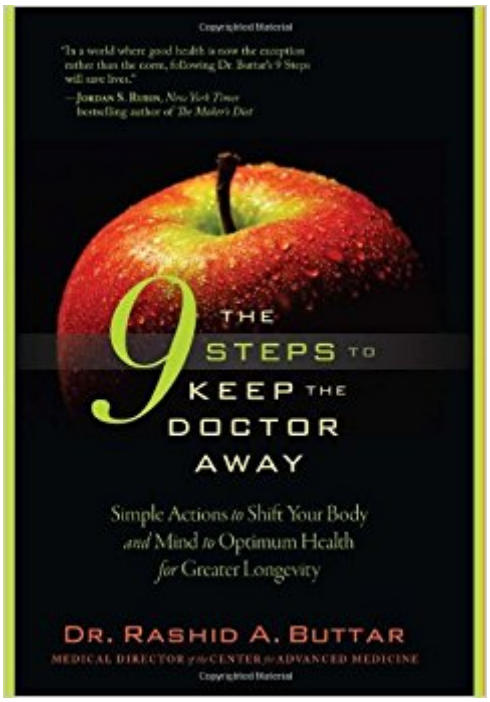
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The 9 Steps To Keep The Doctor Away: Simple Actions To Shift Your Body And Mind To Optimum Health For Greater Longevity



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Synopsis

FROM THE WALL STREET JOURNAL BESTSELLERThe Nine Steps to Keep the Doctor Away shows you nine steps that have been clinically proven over the last ten years to be highly effective in promoting overall health. They have provided the essential framework for Dr. Rashid Buttar's philosophy and treatment plan as he has helped many patients considered to be treatment failures improve their conditions drastically. Dr. Buttar's Clinic, Advanced Concepts in Medicine, the Center for Advanced Medicine, specializes in the treatment of cancer, cardiovascular and neurodegenerative disease in patients who have failed conventional medical treatments. The clinic has also attracted international patients suffering from various other chronic diseases as well as ''difficult to diagnose'' medical conditions from all over, including Africa, Europe, Central/South America, Australia and Asia.

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Customer Reviews

Rashid A. Buttar, DO, FAAPM, FACAM, FAAIM, is a graduate of the University of Osteopathic Medicine and Health Sciences, College of Medicine and Surgery. He trained in General Surgery and Emergency Medicine and served as Brigade Surgeon and Director of Emergency Medicine while serving in the U.S. Army. Dr. Buttar is board certified in Clinical Metal Toxicology, Preventive Medicine, is board eligible in Emergency Medicine and has achieved fellowship status in three separate medical societies. He is the medical director for Advanced Concepts in Medicine, the Center for Advanced Medicine in Charlotte, NC, a clinic specializing in treating patients with cancer and heart disease refractory to conventional medical treatments. He also serves as Director of

Clinical Research and Development for VSAB Medical Labs where he is extensively involved in polypeptide research and development of innovative drug delivery mechanisms. Dr. Buttar has lectured worldwide to physicians and has been featured in national and international news media including TV, radio and newspaper. He has testified in front of the North Carolina State Congress as well as the US Congressional SubCommittee on Human Rights and Wellness at the federal level and continues to serve as faculty to teach conventional medical courses such as Advanced Trauma Life Support, PALS and ACLS. Dr. Buttar currently serves as Visiting Scientist at North Carolina State University and is ranked as one of The Top 50 Doctors in the US since 2003 by Phillips Publishing, Healthy Directions, and the world famous cardiologist, Dr. Stephen Sinatra.

This book is my FAVORITE health book ever!!!! I'm a natural health practitioner, and I've never found a health book that says so much of what I tell my clients.... and he has done the research to back it up. I recommend it to all my clients. His passion for helping both his clients and his previously autistic son is evident throughout. He doesn't just go with what mainstream medicine offers, but focuses on what actually brings health to people, and for that I'd have to also call him quite courageous.Dr Buttar offers so much practical helpful advice for maintaining one's health. Each of his 9 steps is well supported with research and references. The stories he includes about his clients to illustrate each of his steps are very well written, both interesting and engaging, and VERY inspiring..... makes me want to exercise and drink water among other things.I love that he's set up a book owners reference website where I can go find additional and updated information. I had a little trouble getting set up with it initially, but perseverance finally worked, so don't give up. And through owning this book I have access to a free audio series of Medical Secrets.

I really enjoyed this book. Bought after watching the series "The Truth about Cancer" Gives you a starting point and steps to follow to heal your body. We put way too much reliance on doctors and drugs. It is downright sad that we have allowed big pharma and doctors to dictate what is best for us. No more. I choose the road less traveled for me and my family.

If you want to take back your health from your doctor, you need to get this book. Your doctor doesn't care about you but only cares about making money to pay off his medical school debt, which the AMA enslaves him/her. People have been healing their bodies for thousands of years naturally without Western Medicine. Western Medicine (Modern medicine) kills over 900,000 people every year just in the US (what about all the other countries who use modern medicine) from people taking

"properly" prescribed drugs. These are updated numbers from Dr. Carolyn Dean, who authored "Death by Modern Medicine", which were updated from the Dr. Barbara Starfield Report from the year 2000.Your doctor doesn't want you to know about this book because you soon will no longer be his patient because you would have improved your health without harming your health.

Excellent, straightforward and superbly-articulated reference book that offers many excellent resource and affirmations that can greatly benefit everyone. Don't wait until you are sick to read this book and to research Dr. Butler's website. I've read and researched many books and resources since I am on the cancer healing journey - I find this book and site to be one of my top and favorites! :)

a very good book explaining how to regain and maintain health by detoxifying on all levels - physical, emotional and spiritual. Disease is overcome by a strong immune system that can function as intended once toxic overload has been removed.

This is a book that everyone should read - if you're interested in the prevention of disease and illness!

I highly recommend this book. I couldn't put it down! If you are interested in health or are dealing with a chronic health issue, you will value what's offered in this book n

This is SO easy to read and has such great, helpful information. Though I am a fan of Dr. Buttar, I didn't realize how easy this book is to read and understand. For a doctor whose son was hurt by vaccines, he researched deeply (against the grain of the medical establishment) and found such easy steps for anyone to secure their health. I'm glad his son's health turned around, and I am glad this book is out there for all of us to read. It is one of the easiest books I've ever read. Give yourself time to sit with it and "dive in." When you look up, it'll be an hour or two later ... it is THAT magnetizing.

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