

WHAT REALLY MAKES YOU ILL?

why everything you
thought you knew
about disease is
wrong



What Makes You Ill

Florence Holbrook



What Makes You Ill:

What Makes You Ill? Mike Unwin, Kate Woodward, 1993 Easy to read text discusses illnesses germs accidents allergies going to the doctor and staying healthy

Is Your Job Making You Ill? Dr Ellie Cannon, 2018-01-04 An incredibly helpful guide Jonny Benjamin MBE Groundbreaking so relatable given the current way we approach our work Amy Wall Woman s Way What happens when the effects of work are far more detrimental to your wellbeing than a simple case of Sunday night blues Whether you re suffering from work induced high blood pressure depression migraines or panic attacks Dr Ellie Cannon has the answer and it s not quitting your job We all have a moan about going to work groaning about getting on the bus in the rush hour counting down to the weekend A gripe here and there is understandable and expected but what happens when your job is making you mentally or physically unwell When you are in this situation it can be very difficult to know where to turn who to speak to or where to find good quality help and advice In *Is Your Job Making You Ill* Dr Ellie Cannon uses her decade of experience treating patients to create an essential resource for anybody suffering from job related ill health Part one of the book lays out the key causes of job related illness from the pressure of an unmanageable workload to the challenges of an emotionally draining job and identifies the most common illnesses and symptoms which can occur as a result including stress anxiety insomnia high blood pressure and IBS Part two will help you to find a way out It includes a practical self directed programme that can be tailored to your individual circumstances covering everything from where to find help when and if to seek professional advice or take time off work to micro actions like improving your commute and adjusting your diet to support a healthy lifestyle Work related ill health can happen to anyone This book is all about how to survive and thrive when it happens to you Don t let your job rule your life anymore

Plays and Essays: Friedrich Dürrenmatt Friedrich Dürrenmatt, 1982-06-01 Six richly inventive pieces by the Swiss master of existentialist theater Includes *Romulus the Great* *21 Points to the Physician* and *A Monster Lecture on Justice and Law*

Finding Oneself in the Universe Jean Berry, 1923

The biblical museum. Old Testament James Comper Gray, 1895

Paul Harvard's campaign; or, A hero in hospital Evelyn Everett- Green, 1901

The Library of Wit and Humor, Prose and Poetry Ainsworth Rand Spofford, 1894

What Really Makes You Ill? David Parker, Dawn Lester, 2019-12-24 This book will explain what really makes you ill and why everything you thought you knew about disease is wrong Doctors are men who prescribe medicines of which they know little to cure diseases of which they know less in human beings of whom they know nothing

Voltaire The conventional approach adopted by most healthcare systems entails the use of medicine to treat human disease The idea encapsulated by the above quote attributed to Voltaire the nom de plume of Fran ois Marie Arouet 1694 1778 will no doubt be regarded by most people as inapplicable to 21st century healthcare especially the system known as modern medicine The reason that people would consider this idea to no longer be relevant is likely to be based on the assumption that medical science has made significant advances since the 18th century and that 21st century doctors therefore possess a

thorough if not quite complete knowledge of medicines diseases and the human body Unfortunately however this would be a mistaken assumption as this book will demonstrate

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