



Slow Medicine

Michael Finkelstein

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What would you do with your life if your health were completely restored? If you're chronically sick, tired, or depressed, you need a medical examination that includes, but goes beyond, the exact location of your symptoms.

Integrative medicine pioneer Dr. Michael Finkelstein has helped tens of thousands of patients achieve extraordinary health with his slow medicine prescription of Skillful Living. In this refreshing book, he guides you through the essential questions for understanding various symptoms and their causes, on a path you may never have thought would lead you to solutions. Each chapter includes the key components of a successful consultation—from revealing lessons to practical prescriptions—along with illustrative anecdotes from real patients.

Taking you beyond conventional medicine to examine the intricate network of factors that lie behind many common illnesses, Dr. Finkelstein empowers you to take your health back and walk down the slow medicine path—one where the answers are in the questions.

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