

[PDF] Healing From The Heart: A Leading Heart Surgeon Explores The Power Of Complementary Medicine

Dean Ornish, Mehmet C. Oz M.D. - pdf download free book

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Description:

Mehmet Oz is a Renaissance man of cardiac care, combining yoga, aromatherapy, hypnosis, energy healing, music therapy, acupuncture, and visual imagery into his surgery practice at the Complementary Care Unit of New York City's Columbia Presbyterian Medical Center. He's adamant that the relationship between traditional and alternative medicine should be symbiotic, not mutually exclusive. His patients are proof of this: when treated holistically, not as just "another transplant

patient" with a plaque-addled heart, they perceive less pain during surgery and recuperation, are less likely to suffer depression, and heal more quickly.

While med school at the University of Pennsylvania didn't expose Oz to the holistic healing methods he employs today, his upbringing in Turkey and exposure to cultures worldwide did leave him open to new ideas. Oz helped develop the LVAD, or left ventricular assist device, which helps the heart of a patient awaiting a transplant keep pumping. Piqued when he was asked about his patients, "But has restoring their hearts restored their health?"--and he had to respond, "No"--Oz started incorporating one alternative method after another into his practice. He started with massage after seeing how it rejuvenated his wife after childbirth.

Healing from the Heart is not for the weak of stomach; Oz occasionally gets graphic, such as in the opening heart-transplant scene: "I finished closing the last tiny bleeder, then called for the electric saw, which was plugged in and handed to me by its metallic handle ... the saw cut through the bone like soft pine." If there's anything that might inspire you to pass up greasy French fries, this book is it. Current cardiac patients and their families will be enthralled by the tale of Oz's holistic revolution and his patient-success stories, and other health practitioners would do well to pay attention to what he advocates. --*Erica Jorgensen*

From Library Journal Oz, a noted cardiovascular surgeon and director of the Complementary Care Center at Columbia-Presbyterian Medical Center in New York City, relates his experiences in combining complementary medicine with more traditional treatments. Today, his scientific approach is setting the standard for measuring outcomes and benefits of various complementary healing modalities in pre-operative, intra-operative, and post-operative cardiac surgery patients. His multidisciplinary team of nurses, energy healers, and various health practitioners continues to integrate and investigate the roles of music therapy, hypnotherapy, nutrition, massage therapy, yoga, and therapeutic touch in allopathic medicine. Not since Norman Cousins's *Anatomy of an Illness as Perceived by the Patient* (LJ 9/1/79) has the patient's mind-body healing potential been so eloquently described. Recommended for all libraries. [Previewed in Prepub Alert, LJ 6/1/98; see also Julie Motz's *Hands of Life* (LJ 9/15/98) for another account of Dr. Oz's program.AEd.]ACharles Wessel, Falk Lib. of the Health Sciences, Univ. of Pittsburgh.

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