

SANTASADŌ

Lieneke van de Griendt - Medicine: Prescription vs. Healing?

A new way to approach chronic conditions

HEALTH



We studied medicine, but do we really cure people?

Lieneke van de Griendt has been a general practitioner since 1995 and has observed that many patients with chronic diseases don't fully recover despite all the medical efforts. There are drugs prescribed to suppress the symptoms, but the illness maintains, leaving the patients to take their medicine for the rest of their lives. But what exactly goes wrong inside the patients' bodies and why is it happening?

If we know this, we could cure our patients' health with chronic diseases like diabetes, cardiovascular disease, multiple sclerosis, rheumatism, thyroid problems or even psychological complaints, without drugs. So, do we study Medicine, or do we study Health?

This book is a must-read for every doctor who is wondering whether prescribing medicine really contributes to curing their patients. By diving into the basic subjects of medical education (like biochemistry, physiology and immunology) and studying a new field – the microbiome (healthy gut bacteria) – Lieneke van de Griendt is searching for answers. In clear and transparent language and easy explanations, this book is also very interesting for the patient who wants to make the right decisions for his or her own natural recovery.

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ABOUT THE AUTHOR

Lieneke van de Griendt graduated in 1991 as doctor at the Erasmus University in Rotterdam, and in 1995 as general practitioner at Leiden University. She spent parts of her training as a general practitioner on the island of Aruba, and after graduation she lived and worked on the other islands of the Netherlands Antilles, Bonaire and Curaçao, for four years. She is currently a general practitioner in Schiedam, near Rotterdam.

RECOMMENDATIONS

'By looking at the problem of the growing number of chronic patients from all perspectives, you suddenly get a complete and clear view on the source and the solution. A very valuable book for each healthcare professional and everyone who wants to gain insights in this field.'

Rogier Larik, trainer and consultant Cure For Care and former pharmacist

'How many general practitioners are brave enough to challenge the medical establishment and question the serious shortcomings of their education? And question the health risks of the generously prescribed drugs like cholesterol reducers, antacids (for gastric acid) and antidepressants? Lieneke van de Griendt is courageous enough to write this clearly-written book.'

Anton de Bont

'As nurse and expert by experience, I have read this book from cover to cover. Filled with truths and interesting views on modern medicine. Besides providing tips on lifestyle, nutritional supplements and healthy food, Lieneke shows a humane attitude as a doctor. By putting back responsibility with her patients, she gets them involved with their own process, which is exactly how it should be in my opinion. And she shows that Medicine isn't a matter of black-or-white situations, there are more ways to solve the problem than one. A great book!'

Paul van de Meer, nurse

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