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## **The Disease Delusion** ***Conquering the Causes of Chronic Illness for a Healthier, Longer, and Happier Life***

Dr. Jeffrey S. Bland  
HarperCollins

Dr. Bland, one of the founders of Functional Medicine has planted the groundwork for the lay reader. Because Americans live longer, many become unhealthy for longer periods in their lives. Our healthcare system is great for unexpected problems such as an auto accident or pneumonia, but functions very poorly in preventing or treating chronic diseases like heart disease, diabetes, cancer and dementia.

For anyone who intends to buy this book, be sure to start with the foreword by Mark Hyman, M.D., who is the Chairman of the Institute for Functional Medicine. I firmly believe that functional medicine is the future and the pathway to saving American health. *The Disease Delusion* is the guidebook.

Robert P. Goldman, MD