

A Physician's Apology: Are We Making You Sick?

By Thomas Schneider

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In *A Physician's Apology*, Dr. Tom Schneider exposes medical myths and urges readers to take responsibility for their own health, all while unveiling this truth: there are practical and proven steps that can be taken toward living a healthier, longer, and, yes ... happier life. No stranger to personal health issues himself, Dr. Tom has devoted decades of exhaustive exploration and research into what really works-and what does not-when it comes to healing, rejuvenating, and regenerating mind and body.

From his unique vantage point as patient, doctor, and tireless researcher, he simplifies the science behind health and wellness with great humor and unsurpassed expertise, and he has more than a few apologies to make on behalf of the medical establishment.

About the Author Dr. Thomas Schneider is a former Navy fighter pilot and Vietnam War veteran. He attended medical school at Georgetown University and continued his training at some of the world's most prestigious facilities, including Harvard, Bethesda Naval Hospital, Johns Hopkins, and the National Institute of Health, in addition to the rare distinction of being board-certified in five medical specialties. He currently resides in Pensacola, Florida, with his wife and youngest daughter.

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A Physician's Apology: Are We Making You Sick? By Thomas Schneider Bibliography

- Rank: #1533199 in Books
- Published on: 2014-07-15
- Original language: English
- Number of items: 1
- Dimensions: 8.50" h x .35" w x 5.51" l, .44 pounds
- Binding: Paperback
- 152 pages

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Editorial Review

From the Back Cover
In *A Physician's Apology*, Dr. Tom Schneider exposes commonly accepted health concepts as myths and urges readers to take responsibility for their own health - all while **unveiling this truth**: there are practical and proven steps that can be taken toward living a healthier, longer, and yes... happier life. No stranger to personal health issues himself, Dr Tom has devoted decades of exhaustive exploration and research into what really works--and what does not--when it coes to healing rejuvenating and regenerating the mind and body.

From his **unique vantage point** as patient, doctor and tireless researcher, he simplifies the science behind health and wellness with great humor and unsurpassed expertise. And he has more than a few apologies on behalf of the medical community.

Dr. Tom Schneider has dedicated his life to **uncovering practical truths about health, nutrition, wellness and aging in a medical landscape too often muddled with myths and misconceptions**. A former Navy fighter pilot and Viet Nam War veteran, Dr. Tom attended medical school at Georgetown University and continued his training at some of the world's most prestigious facilities, including Harvard, Bethesda Naval Hospital, Johns Hopkins, and the National Institute of Health.

He has the distinction of being board certified in five medical specialties and he currently resides in Pensacola, Florida with his wife and youngest daughter.

About the Author
DR. THOMAS SCHNEIDER is board certified in 5 medical specialties. He is a speaker on television ad radio. Trained at Georgetown, Harvard, NIH and Bethesda naval hospital. A prior Navy combat pilot exposed to agent orange and subsequently contracted and survived most of the diseases found in a medical dictionary. **He not only speaks and writes on health, vitality and medical prevention measures, he lives, walks and talks the lifestyle.**

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