

## LOVE, MEDICINE, AND MIRACLES

This month I want to recommend a book for all to read. I have a good friend who has just been diagnosed with adenocarcinoma of the lung. The book I would like for you to read is “Love, Medicine, and Miracles” by Bernie S. Siegel, MD. Here are some excerpts from the book:

- How can we say we’re prolonging life when a person has become no more than a valve between the intravenous fluids going in and the urine coming out: All we’re doing is prolonging death.
- Hospital—comes from Latin for guest—seldom are they truly hospitable
- M.D.—“Medical Deity”
- Patients—15% want to die, 60-70% don’t question Dr’s. decisions and are obedient, 15% are exceptional and refuse to play the victim.
- One of the best ways to make something happen is to predict it.
- For a positive placebo response three factors must be present: 1) the meaning of the illness experience is altered in a positive manner 2) the patient is supported by a caring group and 3) the patient’s sense of mastery and control over the illness is enhanced.
- A patient’s hope and trust lead to a “letting go” that counteracts stress and is often the key to getting well.
- A physician should never say “There’s nothing more I can do for you.” There’s always something more we can do even if it’s only to sit down, talk and help the patient hope and pray. Proverbs 17: 22 A cheerful heart is good medicine, but a broken spirit saps a person’s strength.
- Self esteem and self love are not sinful. They make living a joy instead of a chore.
- One’s attitude towards oneself is the single most important factor in healing or staying well.

***Do find this book and read it. It does much for the soul. May God be with you.*** Nadine