



Just Be Well: A Book for Seekers of Vibrant Health

Thomas A. Sult

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Millions of Americans suffer from chronic diseases—cancer, diabetes, depression, obesity, mental illness, and many more—and traditional medicine is failing to bring them back to health. Doctors write prescriptions to combat symptoms but, all too often, don't even try to solve the root cause of the condition.

In *Just Be Well*, Dr. Tom Sult points the way toward a new path. He and a growing number of physicians practice functional medicine, a discipline that treats people, not diseases. Functional medicine doctors ask “Why do you have this illness?”—not “How can we stem the tide of symptoms?” They see that each of us is a marvelously interconnected system, and that when we understand what lies at the heart of a condition, we can work our way back to true wellness through changes in our lifestyle, attitude, and relationship with the world around us.

Chapter by chapter, Dr. Sult takes you through the eight key physiological processes of the functional medicine matrix, weaving together accessible information, real-life patient stories, and actionable advice you can use to begin your own journey back to wellness.

Whether you're suffering from a debilitating condition or just don't feel the vibrant health you used to, Dr. Sult's advice will benefit you. The stories he has to share aren't about miracle cures or instant results; they're about how people just like you have joined the functional medicine movement and discovered the power to just be well.

PRAISE FOR JUST BE WELL

“If I had a complex, chronic illness, I would want a guide like Dr. Sult. I trust his deep intelligence and intuition, and I love his sense of humor. And Dr. Sult calls it as he sees it. In *Just Be Well*, Dr. Sult takes what can seem complicated and onerous—articulating the underlying causes of disease and what to do about it—and turns it into an accessible, captivating, and hope-filled read, complete with patient stories and his own personal journey of discovery. This book will provide direction for patients who are spinning their wheels in the dominant medical paradigm. It will also inspire physicians mired in the limitations of the same medical paradigm eager for a more effective approach.”

Kara N. Fitzgerald, ND

Integrative and Functional Medicine

Co-author and editor, *Case Studies in Integrative and Functional Medicine*

Contributing author, *Textbook of Functional Medicine*

Contributing author, *Laboratory Evaluations for Integrative and Functional Medicine*

“This book was so much fun to read! It reminded me of the pleasure I experienced when reading Rachel Remen's *Kitchen Table Wisdom*. Not only did I learn a tremendous amount, but like reading a novel, I enjoyed the experience of story. Tom Sult is a master storyteller. Dr. Sult's book shows us why the medical profession must switch from concern about what a patient has (the diagnosis) to why they have it. In acute illness and injury, the diagnosis and appropriate protocol for treatment is important. In chronic illness, Dr. Sult helps us understand why it is time to say goodbye to the diagnosis. Instead, we must begin to figure out why the person has this problem at this time and how it relates to other problems she or he has. What is the

underlying biochemistry? What is this person's past and present environment? What are this person's stressors and mindset? This book is the best explanation of functional medicine that I have ever read, and if we hope to reverse the upward trend of chronic disease in America, this book has the answers. I highly recommend it."

Bill Manahan, MD

Past president, American Holistic Medical Association

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Jose German:

Have you spare time for any day? What do you do when you have far more or little spare time? That's why, you can choose the suitable activity with regard to spend your time. Any person spent their own spare time to take a go walking, shopping, or went to the particular Mall. How about open as well as read a book titled Just Be Well: A Book for Seekers of Vibrant Health? Maybe it is to get best activity for you. You recognize beside you can spend your time using your favorite's book, you can more intelligent than before. Do you agree with it is opinion or you have additional opinion?

Michael Vines:

Book is to be different for every single grade. Book for children until eventually adult are different content. We all know that that book is very important for all of us. The book Just Be Well: A Book for Seekers of Vibrant Health ended up being making you to know about other understanding and of course you can take more information. It is quite advantages for you. The book Just Be Well: A Book for Seekers of Vibrant Health is not only giving you a lot more new information but also to get your friend when you sense bored. You can spend your spend time to read your reserve. Try to make relationship together with the book Just Be Well: A Book for Seekers of Vibrant Health. You never feel lose out for everything in case you read some books.

Michael Sweet:

Spent a free time for you to be fun activity to try and do! A lot of people spent their sparettime with their family, or their friends. Usually they performing activity like watching television, gonna beach, or picnic within the park. They actually doing ditto every week. Do you feel it? Do you wish to something different to fill your own free time/ holiday? May be reading a book might be option to fill your free of charge time/ holiday. The first thing you ask may be what kinds of reserve that you should read. If you want to attempt look for book, may be the book untitled Just Be Well: A Book for Seekers of Vibrant Health can be fine book to read. May be it can be best activity to you.

Danilo Ernest:

A lot of people always spent their very own free time to vacation or go to the outside with them family members or their friend. Are you aware? Many a lot of people spent that they free time just watching TV, or playing video games all day long. If you wish to try to find a new activity this is look different you can read any book. It is really fun in your case. If you enjoy the book you read you can spent 24 hours a day to reading a guide. The book Just Be Well: A Book for Seekers of Vibrant Health it is extremely good to read. There are a lot of individuals who recommended this book. These were enjoying reading this book. In case you did not have enough space to deliver this book you can buy often the e-book. You can m0ore simply to read this book from a smart phone. The price is not to fund but this book has high quality.

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