
New Book Announcement

A Return to Healing

Radical Health Care Reform and the Future of Medicine

By Len Saputo, MD with Byron Belitsos

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We Can Heal Our Broken Health Care System

Pioneering doctor offers sweeping solutions that Washington should heed

As a frontline witness to the failure of America's health care over four decades, Len Saputo, MD-author of *A Return to Healing: Radical Health Care Return and the Future of Medicine*-is in a position to raise some rather embarrassing questions:

- Why are health care costs bankrupting millions of us-while 50 million have no coverage at all?
- Why is our health care ranked 37th in the world-yet is twice as expensive per person?
- Why are we suffering from an epidemic of chronic diseases like cancer and diabetes?
- What makes doctors focus on symptoms, and fail to get at causes?
- Why do we ignore prevention, as well as the many proven treatments of alternative medicine?

In his widely praised book, Dr. Saputo provides answers to these questions, and advocates a far-reaching set of reforms that Larry Dossey, MD calls "exceptional-wise , workable , and utterly necessary."

A Return to Healing opens with a searing diagnosis of America's biggest domestic problem: We're obsessed with curing symptoms *once disease occurs*-rather than focusing on healing and wellness strategies-and we've *commercialized* this obsession. Our medical-industrial system searches for those symptoms that can be most profitably treated, meanwhile leaving huge gaps in coverage where less money can be made.

Saputo's diagnosis of American health care also includes eye-opening chapters on the perils and scandalous practices of "Big Pharma" as well as on conventional medicine's misleading claim to the mantle of "science ."

Dr. Saputo's quest to transform our dysfunctional system led him to create one of America's first integrative medicine clinics, which he describes in detail. But Saputo is a crusader on a broader scale.

His book goes on to recount how he also founded of a reform movement called *Health Medicine*-but then goes even further, offering a new national agenda for American health care. "Corporatized medicine opens up America's health care institutions-even biomedical science-to corruption by moneyed interests. This leads to skyrocketing expenses for the care we do deliver. The Rx," says Dr. Saputo, "requires far-reaching paradigmatic and institutional change."

The Unstoppable Rise of a New Medicine-Plus Affordable Care for All

The final chapters of *A Return to Healing* explain where we need to go next: If the twentieth century brought us "disease-care" medicine based on profit, the twenty-first century will witness its replacement by integral-health medicine based on genuine service. This new paradigm is already well evolved, writes Saputo. But delivering it widely requires the reforms outlined in the book's concluding chapter:

- Objective, comparative scientific research into all possible treatments for disease
- An integrative treatment methodology-based on a template Dr. Saputo pioneered
- Subordination of the invasive treatment strategies of allopathic medicine
- An ambitious five-point national plan for prevention and wellness
- National health insurance for all Americans

"The new paradigm of integral-health medicine seeks the best-evidenced solutions from mainstream, alternative, and traditional medical disciplines alike," explains

Saputo. "It focuses on the causes of disease rather than just symptoms; it works in collaboration with nature for the sake of genuine healing, rather than pursuing a war against symptoms."

Single-payer Health Insurance: Necessary But Not Sufficient

Saputo and co-writer Byron Belitsos close the book by arguing that single-payer national insurance-even a system as progressive as those in Canada or France-is a necessary but insufficient solution to our health-care challenge. ("Single-payer" insurance is the equivalent of "Medicare for all.")

They show why a transformed medical paradigm is needed *along with* broad reform in the delivery of care, and that the two are inseparable. The efficiencies provided by the new "integral" model of medicine-with its emphasis on prevention, support for the patient's innate healing power, and noninvasive, natural treatments as the first line of defense-will lower costs, thus opening the way to guaranteed care for all Americans-that is, quality health care that is truly sustainable.

Len Saputo, MD, a 1965 graduate of Duke University Medical School, is board certified in internal medicine, and was in private practice in affiliation with John Muir Medical Center for more than thirty years. After his awakening to the deep flaws in conventional medicine, Saputo developed a new paradigm that is now known as integral-health medicine. Len founded the Health Medicine Forum in 1994, and went on to found and direct the Health Medicine Center in Walnut Creek, California -one of the first integrative clinics. Len is the coauthor of *Boosting Immunity: Creating Wellness Naturally*

Byron Belitsos, is a widely published journalist, author and editor. He was educated at the University of Chicago and was an inaugural member of the Integral Institute.

Book Ordering Information

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