

Holistic Medicine: Do You Believe?

Written by Kelly Brogan, M.D.

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I've always been confident

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Fear is an appropriate response to symptoms.

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We need chemicals to feel better.

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Science knows the definitive answer.

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The body is a collection of gears and levers.

To believing these things:

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Prevention and disease remission are possible.

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Your health is under your control.

Working with lifestyle medicine is an effective way to send the body a signal of safety and to encourage your body's natural desire for balance.

Your journey is your journey for a reason.

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