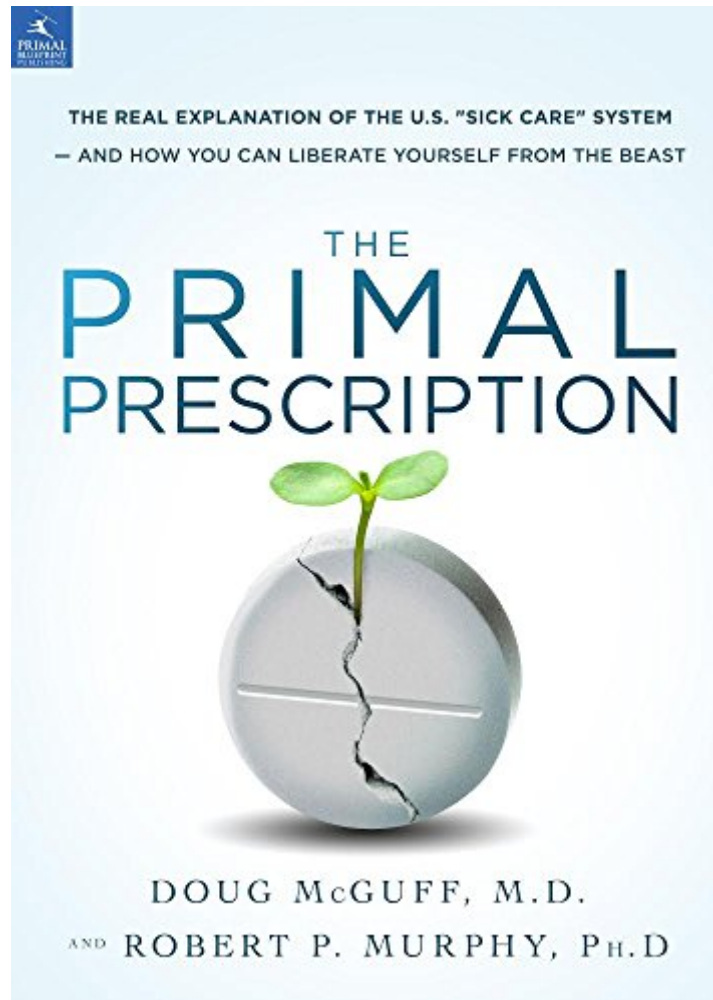


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# The Primal Prescription



## Synopsis

It's no secret that the U.S. health care system is in a state of disrepair, but the rabbit hole goes deeper than even the staunchest critics may realize. In *Primal Prescription*, authors Doug McGuff, MD and Robert P. Murphy, PhD, combine their expertise in economics and medicine to offer a shocking, disturbing, and ultimately enlightening view into America's health care system. You'll discover the real history of what went wrong with U.S. health care and insurance, and why current efforts to clean up the mess are only making things worse. But far from leaving you feeling helpless at the dismal—and sometimes deadly—state of affairs, *Primal Prescription* equips you with both the knowledge to understand the health care conundrum and the tools for navigating your way out of it. McGuff and Murphy offer an evidence-based "game plan" for taking control of your own medical care, protecting yourself and your loved ones regardless of what the future holds for the rest of the nation. Whether you're currently tangled in America's broken health care system or simply trying to avoid its clutches, *Primal Prescription* is a must-have resource for taking your health into your own hands.

## Book Information

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## Customer Reviews

Your benefit from reading this book is determined by your expectations. The title, Primal Prescription, harkens to the 'Primal' book series and world-view brain-child of Mark Sisson (who also wrote the forward). The second half of the book focuses on educating readers in responsible medical decision-making in line with the 'Primal' goal of engendering personal health. However, do not make the mistake of reading this book to understand the 'Primal' philosophy. I know that this is a gripe with some reviews, but they should understand that this is beyond the scope of the book. Go read the original if you want to learn about 'Primal' living. That being said, having never been exposed to the 'Primal' ideas myself, I didn't feel as if I missed out on anything. The major theme of this book combines libertarian worldview and the Primal philosophy: Just as government intervention in free-markets leads to lower standards of living, modern human lifestyles that go against our evolutionary history lead to negative health outcomes. This book is mainly divided into two parts: (1) The history, politics, and economic reasoning of interventionism in US healthcare, and (2) what individual patients can do to improve and protect themselves within (or outside) of the system. Here is the table of contents to get a good idea of the book contents: Part I: Understanding US healthcare, up through Obamacare<sup>1</sup>. How we got here: a brief history of US healthcare through 2009<sup>2</sup>. The deadly FDA<sup>3</sup>. The Medicare Ponzi Scheme<sup>4</sup>. Perverse Economics of US medicine Part II: Obamacare, the futility of health redistribution<sup>5</sup>. The inner 'logic' of the Affordable Care Act<sup>6</sup>. Fatal flaws of the ACA<sup>7</sup>.

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