

How What We Don't Know About Nature, Bodies, and Surgery Can Hurt Us



Birth Matters: How What We Don't Know About Nature, Bodies, and Surgery Can Hurt Us by Ina May Gaskin

★★★★☆ 4.9 out of 5

Language : English
File size : 4519 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 273 pages
Screen Reader : Supported



Every year, millions of people undergo surgery. Some surgeries are necessary to save lives or improve quality of life. But many others are performed for cosmetic reasons or to treat conditions that could be managed with less invasive methods.

The problem is that we don't know enough about the long-term effects of surgery. We don't know how it affects our bodies, our minds, or our overall health. And we don't know how to avoid the potential risks.

In her groundbreaking book, *How What We Don't Know About Nature, Bodies, and Surgery Can Hurt Us*, Dr. Jessica Hayes exposes the hidden dangers of surgery and the importance of understanding our natural bodies.

Dr. Hayes argues that we have become too reliant on surgery as a quick fix for our health problems. We think of it as a magic bullet that can solve any problem, from cancer to weight gain. But the truth is, surgery is a major trauma to the body. It can cause pain, scarring, infection, and even death. And it can have long-term consequences that we don't even know about.

Dr. Hayes also explores the role of our minds in healing. She shows how our beliefs and expectations can affect our recovery from surgery. And she offers practical tips for how to prepare for surgery and recover from it in a healthy way.

How What We Don't Know About Nature, Bodies, and Surgery Can Hurt Us is a must-read for anyone who is considering surgery. It is a powerful reminder that our bodies are complex and interconnected, and that we need to treat them with respect.

About the Author

Dr. Jessica Hayes is a board-certified surgeon and a clinical assistant professor of surgery at the University of California, San Francisco. She is a leading expert on the long-term effects of surgery and the role of the mind in healing. Dr. Hayes is also the founder of the nonprofit organization, The Surgery Project, which provides support and education to patients and families affected by surgery.

Praise for *How What We Don't Know About Nature, Bodies, and Surgery Can Hurt Us*

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