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Lack of Sufficient SLEEP MATTERS: Decode the Root Cause of Your Illness

Roger W. Washington MD

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Lack of Sufficient SLEEP MATTERS: Decode the Root Cause of Your Illness Roger W. Washington MD
A TRULY PIVOTAL book that will change the way illness is understood. Dr. Washington's concepts of accelerated, crashed, and burned, while being intuitive, are truly revolutionary. This book is a must read of all people concerned with health, and for all physicians, especially those interested in primary care. A MUST READ for all professionals, teachers, parents, and healthcare providers. Dr. Washington tactfully uses his personal experiences with his patients who have distinctive conditions to illustrate how lack of sufficient sleep affects how we feel, how we think, and how we could stay healthy. "DOCTOR, WHY DID I GET SICK?" It's one of the questions people ask most often of their doctor. People want to know why they got sick and what they can do to prevent it from happening again. For 30 years, Roger W. Washington, MD has studied why people get sick when they do. It turns out the cause of sickness is rather simple. In Lack of Sufficient SLEEP MATTERS: Decode The Root Cause of Your Illness, Dr. Washington gives readers the tools to understand: - A simple algebraic equation that predicts your chances of becoming ill. - Why sickness often occurs after "stressful" circumstances. - How lack of sufficient sleep (LOSS) is the cause of diseases such as migraines, IBS, PMS, fibromyalgia, and neuropathy. - How the onset of diabetes, which is supposedly genetic and environmental, could be delayed or even prevented with proper sleep patterns. - The type of sleep needed to achieve good health and longevity.

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