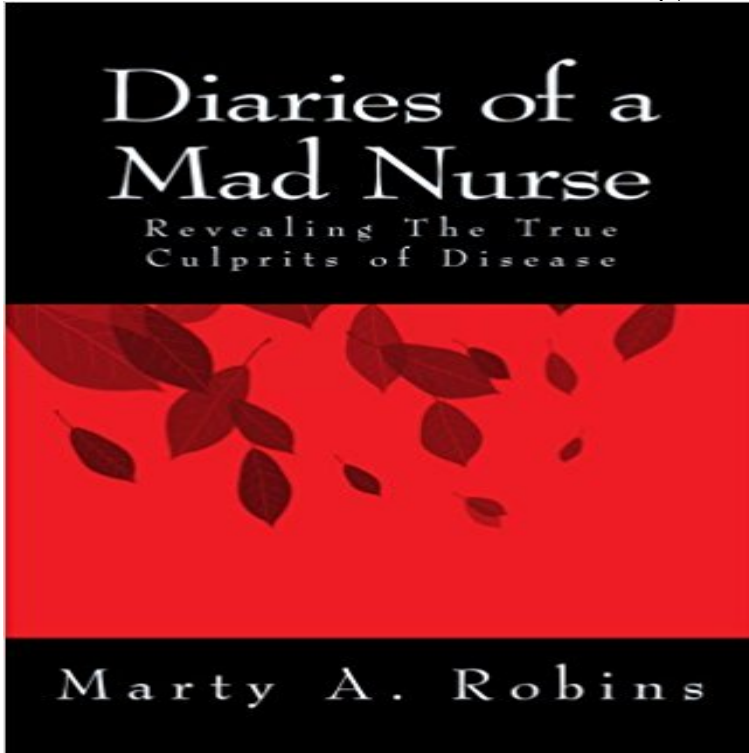


Diaries of a Mad Nurse: Revealing the True Culprits of Disease



Are you sick and tired of being sick and tired? Do you feel lost in the morass of our healthcare system? Do you want to find better ways to get well and stay well - methods that are safe and do not rely on toxic drugs that just make you feel worse? Marty Robins, a nurse for 42 years, reveals why our healthcare system is broken. Through her years of experience helping patients back to health, Marty shows you the reasons for disease and suggests proven, natural steps you should take to regain your health once and for all. This is a must-read for everyone who wants to stay healthy, finds themselves getting sicker from today's miracle drugs, or is dealing with chronic health issues and feels lost in the system.?

Introduction - By Marty A. Robins

It is for the sake of humanity that I have written this book. *Diaries of a Mad Nurse* is based on my personal journals, collected over many years of caring for thousands of people and the hard-learned and often heartbreaking lessons of a medical professional. During my career, a dream began to take root. I wanted to find a way to help people become healthier, while promoting a better level of personal awareness. My dream was not only to write a book on health, but to write a book that would educate and inspire every individual to attain more self-reliance when it comes to managing his or her own care. Today, America's healthcare system is in a crisis. Not only is it compromised and over-utilized, but it is most of all, over spent. As we examine this dilemma, we must ask ourselves one very important question. Are the American people truly receiving a standard of healthcare that is beneficial to all? Yes, people are living longer. However, are they actually living a life that gives them a level of greater well-being? Within this book, one will often see the word quality. This simple word is one I will focus on to address the reasons why health care has lost its

meaning for so many. Today, we are dealing with quantity and not always quality, and this is why we are seeing a decline of the healthcare industry in this country. Through my experiences and personal observations of some of these absurdities of this modern healthcare system, I came to realize that this book desperately needed to be written. Surely, healthcare has many factors and reasons to why it has created its many problems. Yet, before we can ever understand the need for a new standard of healthcare that will be successful, it is imperative that we analyze in depth the existing difficulties with the current system. It will be through this acknowledgement and examination of what is wrong with healthcare today, that we will ultimately discover what is necessary to create a better healthcare for tomorrow. Within these pages, I will reflect upon many of the lifestyle choices of individuals I have encountered during my career, where their choices have led them, and what they really need to do in order to learn how to obtain optimal health. I will examine not only the specific actions and beliefs of these individuals, but the actions and beliefs of many others. These personal diaries will present a clearer perspective to the pathways of improving ones health by giving you, the consumer, the necessary information to develop a more precise and rational way of caring for yourself. What I will show is how to be less dependent on our current healthcare system while learning to be more independent in your healthcare choices. I will also examine the fundamentals of disease from a very different aspect and offer real world, practical solutions to some of the problems caused by chronic diseases. My ultimate goal is to teach people that the path to good health begins with you, and I want very much to help you get there.

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