

THE WORLD'S LEADING ENTREPRENEURS AND PROFESSIONALS
REVEAL THEIR **ROADMAP TO HEALTH, WEALTH & SUCCESS**

DRIVEN



JOHN PARK STROWBRIDGE M.D. & BRIAN TRACY

WITH OTHER EXPERTS FROM AROUND THE WORLD

DRIVEN

Self-Improvement and success are not qualities dropped in our laps. Occasionally, we might win the lottery or stumble into an opportunity, but the odds are not good. The most reliable method for improving one's position and to succeed in life is to make it happen yourself.

While thoughtful actions do not guarantee success, they make good results likely. Most successful people go through similar difficulties to all of us at the start, but they proceed to make decisions focused on their vision. Even with knowledge, planning and passion, success is attainable but not guaranteed – there could still be missing elements.

To be successful in private or public careers, or following some other desirable path, we are advised to formulate our goals, chart the way forward, and take action now. You need to be *DRIVEN*! To summarize the counsel of General George Patton: "A good plan today is better than a perfect one tomorrow."

The CelebrityExperts® in this book wish you to succeed. These authors have experienced success in their various fields. For your success and satisfaction, you can move forward with their help. So, do not procrastinate, go for it!

One of the qualities of top men and women is that they are extremely self-reliant.

~ Brian Tracy

CHAPTER 9

WHY DID I STUMBLE PAST THE POINT OF NO RETURN?

LEADING THE FUTURE OF HEALING

BY JOHN PARKS TROWBRIDGE MD, FACAM

But ... death was a known and listed risk. K.W. had suffered with painful, limiting arthritis pains in the past few of his 53 years, and no prescribed medications had helped. Desperate, he saw another new physician. “A drug has come out that might help – Let’s try it.” Sudden relief from the shackles of continuous pains thrilled him and his wife. The doctor felt deep satisfaction ... until weeks later, when he was called to the Intensive Care Unit across the street. Despite forcing unit after unit of blood into his veins, K.W.’s pressure steadily fell, dimming hopes of taking him to surgery 80 feet down the hall.

Watching him slowly die crushed the nurses – *and* the doctor, in his first year of general practice. The depression that set in lasted for months. He finally decided to go to

law school or business school, close his solo practice, and focus on public policy medicine behind a desk, maybe at the National Institutes of Health, where he had trained.

Perhaps you have guessed that the doctor above is ... *me*. Sure, the risk of bleeding and death from **any** prescription *or even over-the-counter* anti-inflammatory pain and arthritis drug is well known, including “low-dose” aspirin, non-steroid “NSAIDs,” and *all* cortisone-type medications. NSAIDs are the most widely-used medications in the world, now *Number 5* on the list of Top 10 Most Dangerous Drugs.

Medication-caused ulcers and other gut bleeding from NSAIDs kill many thousands of Americans yearly, a documented “side effect” in each drug brochure – not to mention their major risks for heart attacks and strokes, and much more. What are the chances? About one hundred percent, if it happens to **you!** Who ever expects to be the victim?

Known side effects – all potentially suffered by the **patient** not by the doctor. Perhaps, I thought, I misunderstood what really needed to be treated. My drive to avoid contributing to such losses was intense. What follows are some of the secrets I discovered. I resolved to find and design safer ways to help patients, following the time-honored caution to physicians-in-training: “First, do no harm.”

I will forever remember that the signature on his prescription was **mine**. Unexpectedly, by the grace of God, I soon discovered my answer: the phenomenal power of **natural healing methods** to reverse and even cure many problems that cripple us, steal our vitality, and even cause our death. *I had stumbled past the point of no return.*

□ NOW¹ you can easily help your doctor help YOU better – www.doubtyourdoctor.com/driven/drug-side-effects

Finally Healing With Nutrition Where Drugs Had Failed

Biology or health classes in school share no hint of how “processes” work inside our bodies. Simple fact: each “part” is made from foodstuffs, they provide the nutritional “pieces” (amino acids, essential fats, minerals, vitamins) that are rearranged to construct all of our organs *and* to repair them when damaged. Unless ... the pieces are *missing*! I *had* to rescue Robert from a peg-leg future.

Amputation made sense as the only choice ... to his doctors. Robert enjoyed his motorcycle almost more than anything else in his 28 years – until the accident that almost ripped off his right leg. He came to see me 15 months later, his lower leg supported by a posterior splint (half a cast). He spent almost 13 months in the hospital. Repeated operations “cleaned up” his gaping wound, but various procedures failed to reunite the bones. Robert’s raw tissues kept “spitting” splinters of bone, and he refused every insistent recommendation for amputation.

The key: eating hospital food for a prolonged period was a shortcut to nutritional deficiencies and failure to heal. Simple testing showed massive shortage of minerals. I knew precisely what supplements he needed for repair – and his bones mended

1. I am thrilled to share how you and your family and friends can **find easy answers** for a healthier, more active, more rewarding future by reviewing exclusive checklists, reassuring articles and booklets, easy home health hints, delightful patient experiences, and links to informative audios, videos, books, and websites available at each ACTION ITEM link in this chapter. *Even better* – you can freely propose these resources to your personal physicians, exceptional nuggets of knowledge “off the beaten path” so they can easily learn and offer these impressive treatments to all their patients.

as usual in just over 4 months.

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As a birthright, each of us receives the priceless gift of a self-healing body. Unaware of the consequences, we easily trade it for a bowl of porridge called “drugs and surgery.” Then we complain “that don’t taste right.” How could you activate true healing? *That* was the start of my journey on the path of natural healing.

Early successes with *safe* and *effective* “nutritional medicine” convinced me that 4 lecture hours in medical school were not near enough. In 1985, I earned a Diplomate in Preventive Medicine for master’s level studies in nutrition. A key lesson: healthy repair is a *science* that *can* be learned and practiced with elegance.

□ NOW you can easily help your doctor help *YOU* better – www.doubtyourdoctor.com/driven/healing-with-nutrition

Toxic Metals Are Killing Your Heart! (and More)

In the 15 minutes while you’re reading this chapter:

21 Americans will suffer a heart attack, 3 of those will have an unexpected first attack – 11 will die, almost all of them out of the hospital.

Then more will suffer and die in the *next* 15 minutes – and the *next* – and the *next*

Another trip to the E.R. and I could be dead! E.W. didn’t look or act as old as his 50 years, but vitality was seeping from his life due to nine “small” heart attacks: progressive muscle damage stole his energy, he couldn’t walk more than

five minutes, worrisome pains came and went, and he was helplessly watching his business fail. The surprise was how quickly he began to improve with reducing toxic metals (such as lead, mercury, arsenic, cadmium, others) through an FDA-approved treatment called “chelation therapy.” Strength and stamina returned but his conventional doctors had promised “You have to get used to suffering, that’s just a fact.” Then his chest pains simply ... *disappeared*. After just a year of treatment, he joyfully resumed fulltime work.

Now 17 years later, he excitedly shares, “I’m almost back to a pre-heart attack wellbeing.” Quite a testimonial to the profound power of natural healing when factors **blocking** your healing are removed, when factors you need are **missing** and are finally provided, and when “**switches**” such as hormones, oxygen, and others are “flipped on.”

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He limped in with just a flicker of hope in his eyes. Life had taken a brutal turn for J.S. as he struggled every day in the last several of his 74 years. Worsening blockage in his legs and feet meant operations, drugs, and mediocre results. Amputation was looming. His cardiologist just shook his head as he documented deteriorating blood flow every 3 months.

He wandered across from their parking lot to my building. “Well,” I began, “we’ve successfully treated folks looking far worse than you, and many even older. Chelation reduces toxic metals, even though heart ‘specialists’ aren’t familiar with the treatments, doubt they’re safe, and don’t believe they produce results naturally.”

His hopeful enthusiasm quickly blossomed into unbeatable

conviction as he was walking farther and faster on feet that felt normal and legs that were stronger. His bragging to the nurses performing circulation tests wasn't necessary – the tracings were *proof-positive* and they insisted that their doctor “come see!” His cardiologist just nodded ... and *no*, he didn't send *any* of *his* patients for *my* care.

Talk about opening my eyes! I barely contained my excitement 35 years ago when learning how to diagnose and safely reduce toxic metals – *I had found Ponce de León's “Fountain of Youth!”* Conventional physicians and regulatory agencies are *dozens* of years behind the advancing knowledge. My lectures in Taiwan, Brazil, Canada, and Mexico are far better received than in the United States, where unjustified intolerance, prejudice, and even prosecution have been the norm since the 1960s.

Personal pollution by toxic metals over a lifetime is stealthy and goes undiscovered, undiagnosed, and untreated because conventional doctors stop asking “Why?” about 5 questions too soon. Drugs are “stoppers” or “blockers” (*anti*-histamines, *anti*-acids, *anti*-hypertensives – prescribed by *anti*-doctors?) that interrupt chemical reactions causing distress. Toxic metals interfere far more. Our world is more toxic every year. Patients see “organ” doctors (heart, gut, skin) who ignore sneaky poisoning ... so *your* health worsens by the day. Makes sense to treat the *cause* not just the *complaint*!

☐ NOW you can easily help your doctor help YOU better – www.doubtyourdoctor.com/driven/toxic-metals-choke-blood-flow

You're Poisoned By Elusive Infections No Doctor Sees?

It's just heartburn – but those drugs never help me. Years of testing and prescriptions from “wonderful medical specialists” meant D.R. was desperately suffering. Her newest “acid-blocker” wasn't any more special than many

before ... and it didn't help any better, either. What astonished her (and her skeptical engineer husband) was how effortlessly her detailed *history* revealed chronic *fungal* overgrowth sapping the comfort from her life. Within weeks, every day became a joyful experience, just like years earlier: "better and better, amazing ... no headaches, no nausea ... energy and stamina is increasing so nicely ... I was so sick and weak, I am not now ... I am getting a good night's sleep, none of that awful back pain in the morning ... You saved me, no kidding ... [my husband] can see a big difference in my quality of life." Oh, her reflux and belly pains? Gone. Quickly.

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Imagine my wonderment in 1983, realizing how common yeast infections were connected with extraordinarily differing symptoms and illnesses – in up to *40 percent* of patients! In 1986, Bantam Books published my continuing bestseller, *The Yeast Syndrome*². *Localized* yeast infections (athletes' foot, vaginitis, thrush, chafing skin, dandruff, and so on) are easily treated. Recurrent or *persistent* conditions signal a deep-seated *syndrome* with "harmless" yeast *overgrowing* in your gut,

2. Here's a laugh: Reduction of sugars and starches is essential, so I developed the "MEVY" diet (Meats-Eggs-Vegetables-Yogurt) in 1984, the same year I taught my good friend Doug Kaufmann how to diagnose and "treat yeast." As a Med Tech, Doug needed to work with (and *educate!*) interested doctors. He learned well and began writing wonderful books. While videotaping in spring 2016 for his syndicated TV show, *Know the Cause*, I asked Doug, "Why did you 'steal' my diet program?" "Did I steal it?" "Kinda looks like it, Phase I and so on." "Sorry about that, didn't mean to ... But I have story for *you*. Several years ago, some fellow called to ask if he could 'steal' my program. I said sure ... but what for? He said 'I want to call it the *paleo* diet!' I thought, 'Well, what a crazy name.' " Now trademarked by Loren Cordain, "Paleo Diet" is the leading buzz on the internet. *I will take my bow now*. (P.S. – I still like my MEVY program better.)

generating severe problems. Unseen and unsuspected, they percolate toxins that are absorbed along with your foods. These substances journey throughout your body, **poisoning** chemical processes everywhere. (Secret: yeast are dedicated to making a *Happy Meal*® out of *you*.)

Many *young adults* “mysteriously” suffer discomforts and outright illnesses ... first in one system, then another, the next, and so on. The Yeast Syndrome does not always show “outward” signs while creating devastation inside. “Elegant clinical testing” involves keen observation. Without expert diagnosis and care, fungus problems *always* lead to unnecessary drugs, operations, and even death. Conventional doctors are wearing blinders, referring patients to one “organ” specialist after another.

From some of my sickest patients, testing shows conclusive evidence in the blood: **plant** fungus. We find these “weirdos” in MS (multiple sclerosis) *and* in heart blockage plaque *and* elsewhere. An avenue for odd fungi might be the mouth, slipping along the gums to the roots of the teeth then into the general circulation.

“Normal appearing” teeth with infected root-tips deep in your jaw can harbor dozens of nasty bacteria – also documented in the “plaque” blocking heart arteries in those very *same* patients! And we’re finding *plant fungus* **in** those deposits. Treating other unsuspected/silent **parasite** infections can restore comfort, vitality, even life itself. (We “worm” our dogs, cats, horses, and cattle – but *ourselves*?) Don’t overlook “volatile organic compounds” (gases, VOCs) in buildings and vehicles, making your immune system vulnerable to **all** invaders.

Hey! Bacteria, parasites, fungi/yeasts – they *cannot* exist in blood without killing you quickly (sepsis). “*Old school!*” We need to rethink our “rules” in light of cutting-edge research. Reminds me of the drunk leaving the bar, crawling on his hands and knees, looking for his car keys on the corner ... when he last

remembered having them “down the block.” When asked why he wasn’t looking over *there*, he replied, “Because the light is so much better over *here*.”

You *don’t think* about what you *don’t know* about or you disbelieve, you *don’t test* for what you don’t think about, you *don’t treat* what you don’t find, and you *don’t help* patients whose diagnosis you *simply missed*. . . often for years, even decades. “Close” counts only in horseshoes, hand grenades, and shotguns.

□ NOW you can easily help your doctor help YOU better – www.doubtyourdoctor.com/driven/yeast-syndrome-suffering

Seriously? Complete Relief From Suffering “24/7”?

The drive back from San Diego was brutally painful. J.T. dove into the motel pool and his low back pain was sudden and severe. Alarming, his legs wouldn’t kick: could he struggle to the side and pull himself out of the pool? His friend drove 500 miles back home with him writhing in pain in the back seat of the VW Beetle. The orthopedic surgeon slapped films on the x-ray viewer: “If I didn’t know you were 21, I’d say these changes were in a 70-year-old man.”

Ligament laxity syndrome (inherited disorder causing “hypermobile” joints) spans a wide gamut with perhaps 10 percent affected, mostly women. Most people with “mild” forms don’t know unless diagnosed with scoliosis. J.T. had a moderate undiscovered case with a straight spine. Twenty years later, a freak accident caused severely pinched nerves, requiring cleanup of a ruptured low back disk. Suffering like many “lax” patients, he underwent not one but two operations for his lower *neck*. Happily he avoided “fusions” that set the stage for worsening degeneration and later operations. Each procedure gave immediate relief of pain.

Most importantly, he discovered an advanced form of prolotherapy, unusually safe natural injections (*not cortisone!*) to stimulate strengthening of stretched/torn supporting tissues in his neck and back, shoulders, knees, eventually *all* of his joints. As with about 90+ percent of “prolo patients,” his pain relief and functional recovery was outstanding. Like many others with arthritis or most sports injuries, surgery was *not* the right choice for most of his joints. Full disclosure: J.T. is ... *me*.

I’m surprised that you still have a shoulder! D.P. enjoyed unexpected results with “prolo” to his complex ankle injury – and asked whether his shoulder could be helped. Tic-tac-toe scars betrayed several extensive operations, last one involving major reconstruction. The 4-page “op report” was impressive – and because of that surgeon’s expertise, he *still had* a shoulder that could be treated with healing injections. Almost unbelievably, the 54-year-old finally recovered *full* strength and function.

Your knee injury is severe – Playing soccer again is possible – but ... “Grabbing life by the horns” was how it always was for G.R., both work and play. A national-champion level soccer player for many of his 38 years, his knee injury cut short his hustle, despite aggressive operations. “Can you get me back to intensive play?” After exam and assessment, I replied “Probably, ***but*** you won’t like the intricate treatment needed.” “I didn’t ask whether I’d *like* it, just can you *do* it.” After dozens of exacting prolotherapy sessions, he enthusiastically returned to a couple more years of extreme performance and many more of daily comfort.

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(Secrets: MRIs are rarely necessary for joint problems. Cortisone never helps joints heal. “Rooster-comb” gives comfort but rarely strength.) “*Standing*” regular x-rays show sagging effects of gravity.) Rarely do neck or back problems require surgery – same for virtually *all* other joints. Knee “scope ‘n’ scrape” operations have been challenged as providing no better result than ... *doing nothing*. (Except they get you closer to your next scope and then finally “joint replacement.”) Patients (inaccurately!) told they have “bone-on-bone” and need “new plastic and new steel” often improve dramatically with prolotherapy instead. Results in virtually any joint can be long-lasting and spectacular: *Get out of your pain and get on with your life!*

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Unbelievably ... A New YOU!

You’re kidding, right? Relief of hip pain you’ve suffered for 40 years? E.B. was happy with the prolotherapy injections helping his knee – and he asked about treating his hip. Quarterback in high school, an onrushing opponent “nailed” his right hip with his helmet. White-lightning pain! Then lingering pains and limitations for 40 years. “I would like to try a unique ‘cellular allograft’ (stem cell) preparation that I think might help.” Injection into his hip was easy and pains disappeared. Where the helmet hit was far different and much more serious, a tissue compression injury (RSD) ... and *that* pain took a week to disappear.

Six months later, he stepped backwards off his hay-baler (*oops* – no step there!) and fell onto – you guessed it! – his right hip. Days later he came in: “This hurts like before; should we try more cells?” “*Wait!* – this is a separate new injury. Let’s see how you recover. Assuming all goes well, that’s confirmation that your earlier treatment was a

success.” His pains *disappeared in a week*, and he continues to enjoy usual activities like he had *never* seen in his adult years.

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As variations on so-called “stem cell” treatments become more mainstream, just what they are and how they heal is important to understand, to best treat degenerative diseases. When special “allograft” tissues (not your own stem cells) are used, the source *must* be a trusted one: a federally-registered tissue bank is the one I depend on, exceeding my expectations in how these youthful cells are isolated, processed, and safely preserved.

I routinely witness impressive results “all over” ... not just for my patients but also for *me*, personally. This rich source of cells and essential growth factors promotes regeneration of joint support tissues and reduces inflammation. I nickname this unique preparation as “the package that performs.” *Because it does!*

☐ NOW you can easily help your doctor help *YOU* better – www.doubtyourdoctor.com/driven/miracle-of-healing

What “They” Won’t Let Me Share With You Now!

Deadly – This heart recovery simply couldn’t be true!

M.H. was stunned by the news: idiopathic cardiomyopathy (heart muscle enlarging and weakening ... but doctors can’t figure out why). In his early 30’s, he was willing to do “whatever,” but results were always disappointing. Some 8 years later, he started taking an obscure botanical concentrate. After only 2-½ months, his heart performance registered “normal” on the tests, with heart inflammation apparently resolved – and he remains *well* some 3 years

later (still taking the plant elixir!). And *that's* just *one* of our “secret potions.” We’re dazzled by emerging supplements, herbals, and other “concoctions” to assist detoxification, reduce inflammation, and achieve improvements never before available.

We’re heartbroken that I just can’t get pregnant. Over the past 39 years, I’ve been blessed to treat over a dozen women with “fertility difficulties” to conceive and bear children. The number could be many more ... but regular doctors stuck on “high-tech” approaches never refer for other procedures. Personalized pregnancy nutrition (starting *months* ahead) and programs to support robust breast milk have rewarding outcomes. ***Most*** “female” problems – PMS, period issues, menopause, even polycystic ovaries and more – are easily corrected by safe and simple approaches, sometimes including elegant and convenient hormone replacement. Even osteoporosis (weakening of bones) can be reversed to “*normal*” without the advertised drugs that can kill your jawbone ... among other nasties.

The older I get, the more I struggle trying to lose any weight! Obesity is the scourge of our time, including pre-diabetes (Metabolic Syndrome) tumbling toward deadly heart attacks and strokes. The “food pyramid” is a joke, a mistake that will crush you like a bug. The best way to control weight and worry – not about blood sugar, cholesterol, and triglycerides – is to avoid sugars and starches, eat meats and lots of crunchy vegetables, and enjoy regular walking and exercise. Alarming fact: “statin” drugs are dangerous and their value is challenged. Another secret: Statin drugs kill yeast! (Maybe *that's* how they produce any benefits!) An essential key: thyroid hormone function must be carefully balanced for energy, better health, and weight control – and *not* by misleading blood tests.

YOUR mind is a dreadful thing to waste. All aging is a *disease* happening one day at a time. “Senior moments” are one thing, early dementia is altogether worse. Consider this: aspirin or Tylenol® can “treat” any fever, but that’s just a fancy Band-Aid® aimed at the ***complaint***. What is needed (for ***all*** “mental” and physical problems) is targeting the ***cause*** of the problem.

Failing organ functions with diabetes, cancer, headaches, chronic sinus and lung infections, high blood pressure, congestive heart failure, blocking arteries, macular degeneration vision changes, sleep apnea, gum inflammation and degenerated teeth, dysfunctional mouth (“jaws too small for your tongue”), even “trivial” constipation, “heartburn”/reflux, and a *zillion* other afflictions often go poorly treated (sometimes even *missed*) due to overlooking the root causes.

This should be obvious: if you want to completely heal a blister, stop wearing the offending shoe! More than a dozen “alternative” strategies can *improve* autoimmune disorders – rheumatoid arthritis, lupus (SLE), psoriasis, ulcerative colitis, Crohn’s colitis, MS (multiple sclerosis), and ***over 70 others*** – without resorting to TV drugs offering dreadful side effects.

The list of simple or complicated distressing symptoms and illnesses goes on and on, based on thousands of patient successes over my career.

Admitting a hidden agenda: I help all kinds of doctors to teach each other how to better care for you! One unique distinction is that I am the *only* professional ever to serve as president, officer, director, and advisor for two of the most influential professional organizations in the integrative healthcare field: one in ***medicine*** and one in ***dentistry***. My years of leadership positions, hundreds of lectures, several

books and major articles, dozens of CDs and DVDs have given me a broad background of all aspects of healing. From that vantage, I **easily** share “the bigger picture” on the development of diseases (and effective treatments) in *every* organ system, persistence of fungal and other infections, spine and joint degeneration, and inflammation patterns that lead to suffering and death.

Why won't they let me share more with you here? These stories and hundreds of others, many just like yours ... seems the book covers limit how many pages I can grab! Take advantage of clear explanations and easy, effective, practical advice and referrals on the link below.

☐ NOW you can easily help your doctor help *YOU* better – www.doubtyourdoctor.com/driven/make-me-well

Past the Point of No Return: Life Celebrating Health

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The lessons in my practice are inspiring: Opportunities are available right now for both you *and* your personal physicians, where your focused commitment to insist on better, to discover better, to do better, and to be better **can and will** produce many of the improvements you seek. Avoid frustration: never try to educate someone who *resists* knowledge at all costs. Just say “You’re fired!”

The only way to find new solutions is to challenge the ones that exist. Especially where the final answer offered is, “There’s nothing more we can do – You have to learn to live with it.” **Not so!** You already know how to live *with* it, you want to live *without* it!

As a caring and curious physician, I was blessed that I “stumbled” early in my career. I have been driven to blaze a trail for patients *and* their doctors, leading to distant horizons of exceptional results with both *medical and health care*. The secrets to “doctoring” are easy: a singular motivation to study intently the emerging sciences, to seek many details from your patients, to ask probing questions then listen intently, to perform competent hands-on exams, and to order and understand advanced tests that unlock the secret causes of inflammation, toxicities, deficiencies, and failing functions ... so that they can finally be corrected – rather than once again merely bandaged.

Once past the point of no return, never, never, never give up.

When life is your choice, failure is not an option.



About Dr. T

What turns a bright-eyed eager Cub Scout into an adult driven by passionate dedication to achieve worthy goals? Should we want each of our children to be so motivated? In 105 years, only 2 percent of eligible Scouts have mastered the tasks for the highest honor: Eagle Scout. Fewer have earned a bronze palm, been honored as Order of the Arrow, performed as Junior Assistant Scoutmaster. So what?

Eleven of the twelve Apollo moonwalkers were Scouts, two were Eagles. Most astronauts were Scouts as teens. Advancing ranks in Scouting inspire higher levels of planning, preparation, and skill toward specific, definable goals. Early years of directed effort foretell a tireless commitment to strenuous training, vital in selecting astronauts (and physicians).

Happily, Dr. Trowbridge ("Dr. T") enjoyed early affirmation when selected as a National Merit Scholar and California State Scholar. At the National Science Foundation Summer Biology Program at the University of Texas as a high school senior, he was fascinated with intensive inquiry and research. In his education, he was privileged to relish and embrace the exceptional standards of a half dozen Nobel-winning professors. Working as an assistant in immunology and microbiology during his studies at Stanford imparted the value of exacting research, day after day. His curiosity at Case Western Reserve Medical School inspired a dozen videotapes on congenital heart disease for cardiology education.

Political efforts as the first At-Large National Trustee of the American Medical Student Association allowed his appointment as liaison to several physician boards. His keynote address to the American Podiatry Association and backstage advocacy led to a "meeting of the minds" with the AMA. Three years later, podiatrists previously barred were finally welcomed into hospital operating suites. As chairman of the board of the National Health Federation, he restored financial stability to expand education programs and lobbying for freedom of choice.

A patient tragedy from prescription medication spurred Dr. T to discover safe, natural solutions producing spectacular results not seen in conventional practice. Drawing on his foundation as an Eagle Scout, his commitment is

not merely to exceed but to excel as a world-class practitioner. His innovative discoveries combining effective medical/surgical technologies with classic-but-overlooked healing knowledge and novel scientific breakthroughs are recognized in over five dozen volumes of *Who's Who*.

Encountering patient problems beyond his skills, he sought other techniques ... then set about to upgrade them! A Master's in Nutrition proved essential for his expertise. *The Yeast Syndrome* (Bantam Books best-seller) introduced millions to a clear path to better health. Dr. T's expertise in treating desperate patients suffering with unsuspected toxic heavy metal poisoning is praised by his colleagues. Lectures around the world, books, and articles have shared his perspectives and patients come from far and wide. Honored as a Fellow of the American College for Advancement in Medicine and for Distinguished Lifetime Achievement by the International College of Integrative Medicine, he reflects with deep appreciation for his parents' unwavering encouragement on his path to Eagle and beyond. How has his singular drive for achievement evolved? Look soon for eye-opening revelations in his forthcoming series of *Doubt Your Doctor™* books.

To contact Dr. Trowbridge:

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- DIAL 1-800-FIX-PAIN
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Political efforts as the first At-Large National Trustee of the American Medical Student Association allowed his appointment as liaison to several physician boards. His keynote address to the American Podiatry Association and backstage advocacy led to a "meeting of the minds" with the AMA. Three years later, podiatrists previously barred were finally welcomed into hospital operating suites. As chairman of the board of the National Health Federation, he restored financial stability to expand education programs and lobbying for freedom of choice.

A patient tragedy from prescription medication spurred Dr. T to discover safe, natural solutions producing spectacular results not seen in conventional practice. Drawing on his foundation as an Eagle Scout, his commitment is not merely to exceed but to excel as a world-class practitioner. His innovative discoveries combining effective medical/surgical technologies with classic-but-overlooked healing knowledge and novel scientific breakthroughs are recognized in over five dozen volumes of *Who's Who*.

Encountering patient problems beyond his skills, he sought other techniques ... then set about to upgrade them! A Master's in Nutrition proved essential for his expertise. *The Yeast Syndrome* (Bantam Books best-seller) introduced millions to a clear path to better health. Dr. T's expertise in treating desperate patients suffering with unsuspected toxic heavy metal poisoning is praised by his colleagues. Lectures around the world, books, and articles have shared his perspectives and patients come from far and wide. Honored as a Fellow of the American College for Advancement in Medicine and for Distinguished Lifetime Achievement by the International College of Integrative Medicine, he reflects with deep appreciation for his parents' unwavering encouragement on his path to Eagle and beyond. How has his singular drive for achievement evolved? Look soon for eye-opening revelations in his forthcoming series of *Doubt Your Doctor™* books.

To contact Dr. Trowbridge:

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- www.doubtyourdoctor.com/driven/my-story

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