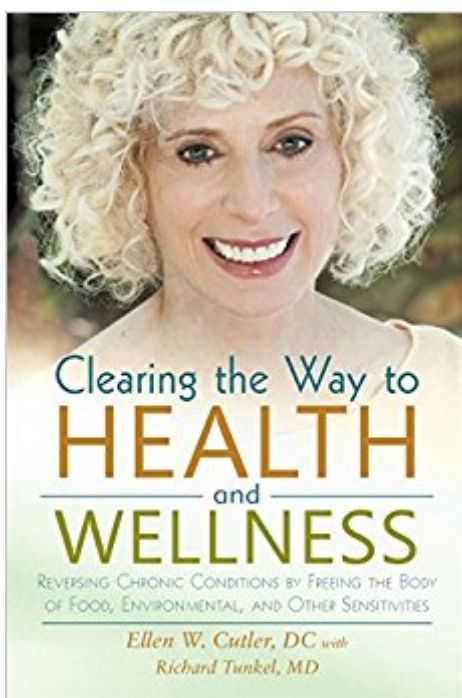


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# Clearing The Way To Health And Wellness: Reversing Chronic Conditions By Freeing The Body Of Food, Environmental, And Other Sensitivities



## Synopsis

Dr. Ellen Cutler is one of the pioneering holistic doctors who have spent years of research to find the best ways to boost our immune system and get it back in its power. By following her advice, you can not only get younger biologically and become more vital, but you are also making your body more cancer-proof. There is no one I trust more than Dr. Ellen Cutler. To have her in your corner is already winning half the battle. Please study this book and apply all the advice as soon as possible. Your life and health could depend on it-Roy Martina, MD, bestselling author of Emotional Balance "Four years ago, my fibromyalgia symptoms forced me to 'retire' from medical practice. Thanks to Ellen Cutler's BioSET treatments, the guaifenesin protocol, and acupuncture, my health is so much better. I have been able to return to practice medicine as a fibromyalgia consultant, and I feel blessed to be able to continue my recovery with the help of Dr. Cutler's digestive enzymes and clearing treatments"-Melissa Congdon, MD, fibromyalgia consultant. If you are one of the millions of people who suffer from chronic fatigue syndrome, fibromyalgia, Crohn's Disease, colitis, Hashimoto's thyroiditis, candidiasis, sinusitis, hay fever, environmental illnesses, and other autoimmune disorders and sensitivities, you've probably tried a myriad of treatments just trying to gain control of your life. Clearing the Way to Health and Wellness presents BioSET, an innovative technique that offers hope for those for whom other treatments have failed. It provides an empowering new explanation of allergies and sensitivities as the cause of chronic illness, as well as a groundbreaking approach to overcoming them.

## Book Information

Paperback: 318 pages

Publisher: iUniverse (February 25, 2013)

Language: English

ISBN-10: 147597244X

ISBN-13: 978-1475972443

Product Dimensions: 6 x 0.7 x 9 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 8 customer reviews

Best Sellers Rank: #598,554 in Books (See Top 100 in Books) #105 in Books > Health, Fitness & Dieting > Nutrition > Food Allergies #197 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Allergies #1787 in Books > Health, Fitness & Dieting > Alternative Medicine > Healing

## Customer Reviews

Ellen W. Cutler, DC, has over twenty-five years of clinical experience as a chiropractor and is one of the pioneers of contemporary natural medicine. Since completing her chiropractic training, Dr. Cutler has become an internationally recognized authority on enzyme-based therapy and sensitivity identification and resolution. She continues consulting with patients from around the globe. Richard Tunkel, MD, practiced for several years as a chiropractor before becoming a board-certified physician. After years of academic medical practice, he entered private practice using predominantly non-pharmacological interventions. He has become increasingly involved in the application of natural methods of healing.

This book is not for reading straight through. It is a guide to a new therapy poorly understood and underpracticed -- "bioset" is a way to reduce / eliminate blockages along energy pathways, those same pathways used by acupuncture practitioners. All of those hard to treat / difficult to diagnose / chronic illness that often beset those of us not hit by heart disease or cancer are caused by blockages invisible to the naked eye. The histories make fascinating reading, and the promise of help for people suffering chronic ills that baffle their AMA doctors is.... enticing, gratifying, a gift.

Brilliant book! Highly recommended, like all other books by Dr Ellen Cutler. I am glad a lot more people will learn about the BioSET system, which she founded, and which is the most comprehensive natural healing system that I came across. By removing stress caused by allergies and sensitivities, and providing proper nutrition, BioSET simply allows the body to heal itself. This book offers hope to all chronically ill people who cannot find help anywhere else and who are open to new approaches to healing.

This is a must read for anyone with chronic illness.

Very informative about things the doctors don't tell, i enjoyed it, and found out some useful things to apply in my everyday life.

Very thorough, easy to read, instructive. I view it as the shape of healthcare to come. It comes highly recommended.

I read "Clearing the Way to Health and Wellness" after Dr. Cutler and her Bioset system played a

pivotal role in curing my son of seizures. Shortly before my son turned ten, he began having anywhere from three to ten seizures a day and more at night. The types of seizures varied but included tonic-clonic/grand mal seizures. The medication prescribed by the head of pediatric neurology at Oakland Children's hospital did nothing but make him unable to function. According to her, he would be on the medication for a minimum of two years, and let me reiterate - it wasn't working! It was a nightmare. For months I tried various alternative therapies including the GAPS diet with little to no improvement in his condition. Then I heard about Dr. Cutler. To make a long story short, during my son's first treatment with Dr. Cutler, she "cleared" him of grains, sugars and dairy (among other things). To celebrate (we were desperate to celebrate something), we stopped for cupcakes on the way home. Normally, if he had anything with sugar and/or grain in it, he would seize within 30 minutes. Guaranteed. But he ate the cupcake and NOTHING. No seizure! Now, even though this was a miracle to me, Dr. Cutler would caution that her system works "not miraculously and instantaneously, but inevitably and permanently". True, my son's epilepsy was not cured that day, but rather in a two steps forward, one step back progression. Most of his daytime seizures were gone after four visits. After six treatments his nighttime seizures were gone as well, and he was only having seizures when triggered by something (like an illness or his brother throwing a football into his head). My son had only three seizure episodes over the summer and has been seizure free since August of 2012. Since then he has been sick and has hit his head (fell while ice skating), so I feel confident when I say he is cured. Not only that, but he has gained weight (he was sorely underweight before - no muscle tone) and has lost the dark circles under his eyes. In short, he is thriving. To us, Dr. Cutler IS a miracle worker. Not only that, but she is a warm and caring individual and my son just LOVES her. Words cannot express our gratitude for all she has done for our family. I highly recommended her and her books to anyone who is interested in real healing.

Dr. Ellen Cutler's latest book, "Clearing the Way to Health and Wellness", co-written with Richard Tunkel, MD, seems to be the culmination of her life's work. I haven't read her other books, but I am familiar with her work with digestive enzymes and her creation of the BioSET system for improving health. You can catch the replay of my webinar in which I interviewed her here: [...] I know several people that have benefited from using BioSET for the elimination of allergies, and, in my work at Epidemic Answers, I have come across quite a few testimonials of parents who relieved their children from symptoms of allergies and asthma. The book's subtitle, "Reversing Chronic Conditions by Freeing the Body of Food, Environmental and Other Sensitivities", doesn't do it justice. In my own work as a holistic health coach, I know how hard it is to get people to understand how one

thing, such as an inflammation, can apply to a large variety of symptoms. Dr. Cutler painstakingly lays out how allergies, not just outright, anaphylactic allergies and runny noses, but sensitivities to just about anything can lead to a multitude of seemingly unrelated symptoms like headaches, depression, fatigue, hyperactivity, digestive problems and asthma. Many people may not understand that they have sensitivities to foods and chemicals in their environment. What was surprising to me is that people can develop sensitivities to their own hormones and even nutrients like vitamins, minerals and essential fatty acids. Dr. Cutler tells us that having a sensitivity to hormones or nutrients causes a deficiency of them. Interesting! This book lays out for us how the use of digestive enzymes to improve digestive function, which is the basis of health, and the use of BioSET to clear people (hence the title) from these sensitivities can relieve them from symptoms of sinus infections, hay fever, Chronic Fatigue Immune Disorder Syndrome (CFIDS), fibromyalgia, Candida, yeast infections, Chron's disease, ulcerative colitis, hypothyroidism and Hashimoto's thyroiditis. BioSET, for those who don't know about it, is "a holistic approach incorporating acupuncture, energy healing, immunology, enzyme therapy and nutrition to assist the body's natural healing process." Because it uses muscle testing or electrodermal screening for identifying sensitivities, it may be a little too out there for most people. I would encourage these people to keep an open mind, try it, and see if the system helps them or not before judging it. I know far too many people that this type of identification works for, including myself. My naturopath uses electrodermal screening. Here's a quote from the book that I think sums it up quite nicely: "People develop immune disorders in response to poor food digestion, inadequate absorption of nutrients, and the development of sensitivities/allergies." She also says that "allergies/sensitivities are the primary cause of chronic fatigue", and I very much agree. I highly recommend this book for anyone struggling with both understanding the nature of their health problems as well as those with digestive, autoimmune and fatigue issues. As Dr. Cutler writes, "Damage to the immune system is not irreparable, and the effects of chronic conditions can be reversed through boosting digestion and detoxification."

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