



The Ultimate Prescription: What the Medical Profession Isn't Telling You

James L. Marcum , Charles Mills (Contributor)

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Would you like to discover the powerful ways God is part of the healing process? Do you think the media, the government, or your doctor is telling you the whole truth when it comes to health care? Are you tired of taking medications that really don't fix the problem? In *The Ultimate Prescription*, Dr. James Marcum, a board-certified cardiologist, in-demand speaker, and radio host, discusses these questions and many more from a biblical point of view. He encourages you to find the real answers about your health--and the health of your loved ones. Dr. Marcum explains what he believes is wrong with our current health care system, how to get back on track, and how the spiritual dimension of our health is often being ignored. Discover today the true path to healthy living in *The Ultimate Prescription*.

The Ultimate Prescription: What the Medical Profession Isn't Telling You Details

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Download and Read Free Online The Ultimate Prescription: What the Medical Profession Isn't Telling You James L. Marcum , Charles Mills (Contributor)

From Reader Review The Ultimate Prescription: What the Medical Profession Isn't Telling You for online ebook

Kathleen (Kat) Smith says

We all know the signs of a heart attack and how we should seek medical care immediately when the symptoms present themselves, but is it possible that everything we have been doing in our lives have been leading us down the wrong path, heading for heart issues, cancer and disease?

In the latest book by Dr. James L. Marcum, M.D., *The Ultimate Prescription: What the Medical Profession Isn't Telling You* is perhaps the best eye-opening book on biblical health care that I've had the opportunity to read. Dr. Marcum is a leading cardiologist at the prestigious Chattanooga Heart Institute who believes there are two paths in life we can all walk, one that will lead us to a healthy life and one that will lead us to disease and health issues.

He takes us into the first book of the Bible, Genesis for the biblical foundations to great health, beginning with what he calls the Eden Plan. This is God's formula for what our lives should be about. Instead of popping pills for everything from stress, sleeplessness, weight loss, and medications for most preventable health issues, he guides the readers through the Bible to show you how you can achieve a more healthy, relaxed and peaceful life for the believer in Christ.

He exposes the lies the media and medical professions have been telling us about the dangers of food additives, high fructose corn syrup and hydrogenated oils and the most simple guide to a healthier inside, just adding water to our day. We all take showers to clean the outside of our bodies, yet so many of us are ignoring our internal care with stopping for convenience of fast food meals and things we can eat while we are on the go. Technology made have made things easier but at this rapid pace, we are literally killing ourselves while the pharmaceutical companies, medical professionals and the media are making profits of our preventable deaths. This book is one that every single person should read for a simple formula to get back to health, through God's Word.

I received *The Ultimate Prescription* compliments of Tyndale House Publishers for my honest review and have made some personal changes in my own health and that of my family. I never considered the Bible to have the formula for a healthy physical life before and believe that everyone will truly benefit from reading these profound words. I rate this one a 5 out of 5 stars and it's just the perfect book to begin your New Year's resolutions with.

Orbs n Rings says

Pivotal information for the true management of a healthier lifestyle.

Not surprisingly everything that Dr. Marcum tells the reader in this book is what we should do as a society. However the bad habits that plaque our society begin at a very young age when we are children. Unless parents already have these habits instilled in their children we will always have stressed out unhealthy people walking around this planet. One thing Dr. Marcum left out was how parents need to be instrumental in teaching their children this true path to healthy living. I am not saying it is to late once you are an adult to turn your life around. However most of the time when people decide to change bad habits it is because they

are already very ill, desperate and actually scared. The early prevention Dr. Marcum speaks about in this book is the best medicine overall and I see the connection with the bible as it is quite clear.

This book like many books is not a quick fix for any medical problem whatever it may be and certainly not a quick fix for someone who is already diagnosed with heart disease. But it is the best advice one can receive when it comes to how to live a healthier life. Which place us in tune with what God had planned for us from the very beginning, all of which can be found in the bible in the book of genesis. It can be easy to say that the most widely sold book on the planet the bible with over 6 billion copies sold since its first existence has failed us all, has brought us to this point, because it is not easy to understand. The rules are not as clear as the 10 commandments. Does it matter really? When people even fail to implement the 10 commandments while knowing exactly what they mean. The whole point and a sad truth is that in this generation where information is easiest and most abundant to find, is when we have the most unhealthy society of all time, since the beginning of time. First I would recommend this book earnestly to anyone who truly and honestly is tired of feeling sick and would like to feel better. Second this book is for anyone, more so for those who do not know how to go about living a healthier lifestyle, which takes a lot of hard work to maintain. Some people have gotten used to popping a pill as an alternative, which is why the pharmaceutical business consists of multi billion dollar companies. At the end of the book Dr. Marcum goes over early symptoms of heart problems and different testing procedures for those who may already be diagnosed with heart problems and what to expect during these procedures. This is an eye-opening book for anyone who is not taking care of themselves.

Barbara says

This book is written by a Christian cardiologist, and it does truly make you think about how simple lifestyle choices may greatly influence our health, either for better or for worse. If I were rating simply on that, I would give it a 5. However, I do not agree with a couple of the points he makes about God, and he seems to come from a strictly vegan viewpoint, which includes no dairy either, just fruits, vegetables, legumes, etc. Steps in that direction would be very beneficial, but it would take me a long time to accomplish what he suggests as far as diet. It is, however, an enjoyable, worthwhile book. There were many other points that I will be able to implement immediately, and plan to do so.

Betty Peck says

This book makes you think more about how good really affects your body and what foods can help you stay or get healthy. I think everyone should read it.

Marmie says

The serpent was the shrewdest of all the wild animals the LORD God had made. One day he asked the woman, "Did God really say you must not eat the fruit from any of the trees in the garden?" Genesis 3:1 I can imagine the serpent lowering himself to eye level with the woman, smiling reassuringly, and saying in a soothing, confident voice, "You won't die!...God knows that your eyes will be opened as soon as you eat it, and you will be like God, knowing both good and evil." Genesis 3: 4 & 5 (Can't you just hear Satan whispering: "You won't die. Go ahead. Eat the forbidden fruit; choose whatever

you want; Go ahead. Eat the forbidden fruit; choose whatever you want; enjoy all the junk food your heart desires; completely ignore your circadian rhythm; fill your mind with scenes of sex and violence; destroy God's creatures to satisfy your perverted appetite; stare at a computer terminal all day; text instead of talk; ride instead of walk; lust instead of love; worship technology, sports and anything else except the true God; none of these things will hurt you. What does God know? He's a heartless dictator who just wants you to be His slave and do exactly what He says or...well...look what happened to me. I got tossed out of heaven because I dared confront Him with the truth."

You won't die. Millions of people still believe those words when they light up their first cigarette, make food choices based solely on what satisfies their additive-perverted taste buds, hurry past nutrition-packed foods in the grocery store as they load their shopping carts with highly processed favorites. How many people shuffle off to the doctor's office seeking answers to their illnesses when, like Eve, the garden in which they live overflows with what they really need to build and maintain optimum health?

God's words to Adam and Eve were more than a warning. They were identifying a set of laws--the very same laws that hold the universe in place. God's revelation also specified in no uncertain terms what would happen if those laws were broken. When God told Adam that if he ate of the forbidden fruit he would die, He wasn't bringing judgment down on the man's head. He was simply allowing earth's first humans to make a choice based on complete and proper information. Don't eat that fruit, and you live forever. Eat the fruit, and you die. Period.

God was saying, "Adam, Eve, here's the deal. My laws, based on love and liberty, will lead to eternal life. You can walk with me, talk face-to-face with Me, and enjoy all the benefits of living in harmony with My universal laws. But I'm no dictator. I know that love without liberty is not love at all. So I give you the ability to choose. You can determine your own future. You can decide which path you want to follow. The tree of which I am speaking represents everything that is not within my path. I put it there so that you can demonstrate to me--and all created beings--that you choose to remain loyal to my laws of love. You have to understand that by eating the fruit of that tree, you will be switching paths, and the consequence of doing so will mean eternal separation from Me. You...will...die."

From The Ultimate Prescription by Dr. James L. Marcum, MD

Jackie says

A good book based on Biblical view. Not KJV. We have to change the way we eat and some concepts we been told our whole life it will be hard to change. I don't believe in no meat ever but less, and if you can get it from a farm where you know no chemicals haven't been pumped into them. More fruits and veggies!

Tracie says

First off, I would recommend this book even though I am only giving it 3 stars. And I may change that rating by the time I finish the book.

However, I do have one BIG problem with this book. The author obviously writes with a huge vegetarian bias, and doesn't seem to have a problem interpreting scripture in a way that supports that agenda. Along with his very interesting interpretation of the creation, he goes on to represent the ancient Hebrew diet as being vegetarian, which it was not. There were restrictions on which types of animals that could be eaten, but animals were eaten. Not only were they eaten but they were also eaten as part of the law of sacrifice. So I wonder, if he is willing to misrepresent that (IMO), what else is he willing to misrepresent?

Really though, so far I find most of what he says intriguing, and probably most of his diet advice (efficacy of water) sound.

Holly says

Dr. Marcum gives us a lot of "food for thought" in his book. Using the creation story to outline God's plan for our health was an interesting concept. So much of it makes a lot of sense, yet there are some that I question. I would have liked it if he would have explored Jesus' dietary habits. After all, several of his disciples were fisherman, was fish a staple in the diets of New Testament Israel?

I did like the fact that Dr. Marcum brought the focus to scripture. He tells the salvation story in this book.

Denise DiFalco says

Named by USA TODAY as one of the most influential physicians in his field, Dr. James L Marcum, MD is not only a board-certified cardiologist but a firm believer in God's word. He practices both the spiritual and natural ways of making ourselves whole. He conveys in his writing that too many doctors are too quick to prescribe medications than get to the root of the real problem that causes ailments. For example: not enough exercise; eating the wrong types of foods and too much stress. Dr. Marcum shows the readers how the Bible gives us the answers on what we must do to stay physically fit. Additives and soft drinks should be replaced by fresh foods and plenty of water on a daily basis. He also correlates how this all affects our emotional well-being. His advice is sound and down-to-earth yet requires a lifestyle change. Too many individuals want a quick fix and to walk down the wide path which is easier. Dr. James L Marcum, MD tells us the truth, a truth which may save our life. I admire the doctor for supplying this information and going against the grain.

I had the wonderful opportunity to review this book from the Tyndale blogging community in exchange for my thoughts.

Harold Cameron says

“What the Medical Profession Isn’t Telling You – This Book Can Save Your Life!”

“Would you like to discover the powerful ways God is part of the healing process? Do you think the media, the government, or your doctor is telling you the whole truth when it comes to health care? Are you tired of taking medications that really don't fix the problem? In *The Ultimate Prescription*, Dr. James Marcum, a board-certified cardiologist, in-demand speaker, and radio host, discusses these questions and many more from a biblical point of view. He encourages you to find the real answers about your health—and the health of your loved ones. Dr. Marcum explains what he believes is wrong with our current health care system, how to get back on track, and how the spiritual dimension of our health is often being ignored. Discover today the true path to healthy living in *The Ultimate Prescription*.” (From the Tyndale House Website)

About Dr. Marcum: James L. Marcum, board-certified cardiologist practicing with Chattanooga Heart Institute, has been named by USA Today as one of the most influential physicians in his field. He is the author of *The Ultimate Prescription* as well as an in-demand speaker for his role as the director of Heartwise Ministries. Currently, his radio program, *Heartwise*, airs on more than 500 radio stations across the nation.

Dr. Marcum, speaker/director of HeartWise Ministries, hosts the health programs "Heart of Health" and "BibleRX" which can be seen on secular and Christian television. He is married to Sonya and has two children, Kelli and Jake. He enjoys music and outdoor activities.

My Thoughts About the Book: Believe it or not I actually have an extensive background in nutrition and the treatment of medical conditions using natural means including the use of nutritional supplements. I realize that those of you who know me and the fact that I live with 2 brain tumors are probably asking the million dollar question, "If I know so much about achieving good health through proper nutrition and the sensible and appropriate use of supplements, how did I end up with 2 brain tumors in the sad physical shape I'm in?" Ever heard of the cobbler's son who didn't have any shoes to wear? Well, I'm not the cobbler's son but I am however the "cobbler" so to speak and even though I have shoes to wear – (plenty of men's pairs actually but not as many as Imelda Marcos once did), I don't have a "leg to stand on" (no pun intended) when it now comes to not applying what I know. I blew it and blew it big time when I "fell off the proverbial "wagon" – the good health wagon. My ex-wife and I even had a thriving nutritional practice at one time in a board certified MD's office here in PA, and what he saw and we saw occur in the lives of his patients was nothing short of miraculous and amazing in many cases.

So, about the book at hand, The Ultimate Prescription...

The good news is that Dr. Marcum has not written his book using the medical jargon that some doctor's like to use to confuse those of us who are less educated in such things than they are, otherwise few of us would be able to read the book, understand it and fully appreciate the veracity and value of what he has written. Thankfully he writes in easy to read and understand terms so that we get the points he is trying to make in his book with the major pointing being that "using scientific evidence and commonsense explanations, we can learn what makes us sick and keeps us that way as well as what to do to improve the quality of our health and life.

Dr. Marcum does come from a pointedly Biblical perspective concerning his beliefs about how we create and maintain good health but if you are not of the Christian faith the book can still be of great value to you. In his book of 18 Chapters and 3 Appendixes he reveals what it is that every person MUST do in order to achieve and maintain a better quality of health and life.

In the beginning of his book he writes about "deception" versus "truth in regards to our health. As he is a renowned cardiologist I don't think it is a coincidence that the first anecdote he shares in his book concerns a patient who has heart disease. We read that he provides the standard and appropriate medical care to save his patient's life. But what he does at the end of the chapter is make a statement that some people might not willingly accept as "standard" today and that is, "It has been estimated that 80 to 90 percent of cardiovascular disease is acquired." In other words, because of how we live and what we eat we are for the most part responsible for our developing heart disease. The deception is that we blame our poor state of health on many things other than our own behaviors and the truth is that we get what we get healthwise because we do what we do and if we change what we do on a daily basis, we can change the state of our health. I know this to be true as I saw it in the lives of hundreds of people in the past.

Dr Marcum then reveals some of the hidden stressors in our lives that contribute to our state of ill health as well as "Deadly Misconceptions" about our life and health that can make all the difference as to how healthy or how sick we actually are and remain. And one misconception he writes about that many people believe is that "medications contain healing powers." You'll have to buy the book to read what he writes about that point. I want to emphasize at this point that Dr. Marcum advocates the use of and uses in his practice very orthodox and traditional treatments for disease; however, in his book he strongly advocates our taking more responsibility for our health and doing certain proven things that will help us improve and then maintain our

health.

After he reveals the “Deadly Misconceptions” we have about health and disease Dr. Marcum lays out a plan for achieving a better quality of health and life in a similar pattern God used in his creative work – I’ll refer to it as his 7-days to better health. And just like God does in his Word in Genesis 1:1 Dr. Marcum starts his plan “In the Beginning.” And then he shares his 7-day plan to health starting with Day 1, “From Darkness to Light” ending up at Day 7, “Healing rest.”

In Chapter 14 he writes about 8 major deceptions we all believe about our health and how we live as a result – and a few of them are quite shocking. In Chapter’s 15 and 16 he contrasts “The Lie” with “The Path of Truth which is his segue to sharing with us as his reader what “The Ultimate Prescription” is and finally to “Ultimate Healing” in Chapter 18. In these chapters Dr. Marcum shares important spiritual principles as well as practical steps to take to achieve maximum health – what he refers to as “healing for our mind, bodies and spirits.”

At the end of his book Dr. Marcum gives us helpful and invaluable medical information about the “Symptoms” of heart disease in the first Appendix, “Diagnostic Testing” for heart disease in the second Appendix, and the “Treatment” for heart disease in Appendix 3.

Although in much of the book Dr. Marcum deals with the issue of heart health from a physical as well as a spiritual perspective, the information he provides in the book will prove beneficial for achieving health and wellness in other areas of our lives as well. And if you are not a Christian please don’t “throw the baby out with the bath water.” By that I mean don’t toss the idea of reading the book out solely on the account that Dr. Marcum is a Christian and shares Biblical truth in his Word. The medical and practical information he shares in his book are vitally important and if you read his book and apply what he writes it just might save your life...and there can’t be anything wrong with that. And as for me, well, time for me to step up and start doing again what I know to do so that I too can improve the quality of my health and life as I want to be around a long time loving and serving my God and others in whatever way He leads and I can.

Holly (2 Kids and Tired) says

Oh, my gosh. Somebody call the American Medical Association. Here is a doctor, a cardiologist, who is openly advocating a lifestyle based on the Commandments of God? Quick somebody lock this guy up. At least, take away his license to practice so that he cannot spew anymore of his hateful, non-scientific, bigoted rhetoric into the lives of humble, quiet and happy people who are just waiting to die at the end of a prescription.

In case you cannot tell, I feel a little strongly about this book. As a practicing physician myself, I get to see the damage done every day by medications. It is absolute truth to tell you that I have some patients come into my office who are taking upwards of 20+ medications per day, and they seem to be hating life. Dr. Markham obviously feels secure enough in his position that he can be honest about what he thinks. That might not sound particularly daring, except that I can tell you that we routinely have patients referred to our office for a therapy modality that we perform, because the medical doctor who is referring them cannot perform it himself for fear of “losing his credibility”.

In The Ultimate Prescription, Dr. Markham not only outlines a way to live, but the reasons behind it, and he makes no apology for the fact that his spiritual beliefs match up with those that science is now beginning to become aware of.

Do not read this book if you are happy living a drug filled, pain filled mundane existence. Put it back on the shelf, and go take your Prozac. However, if you want to learn what health is actually about, and how happiness can only be achieved by living in harmony with what you are, and what you were created to be, then read this book. It will change your life.

Thank to Tyndale House Publishers for my husband, the doctor, to review this book.

Hina Kharbey says

What I loved about the book was it served as a good reminder for all the natural health solutions that we so often ignore in this day and age. It was an inspiration to work towards a better life style. Although I'm not a Christian, most of his writing about God and His plan was helpful. However, I did feel his tone to be on the preaching side at times. Also some of the conclusions he jumped to made no sense, like the whole idea of Adam naming the animals so he could love them and turn vegetarian. Anyway, would definitely recommend to others both to read and follow.

Phyo Aung Thaw says

Prevention is better than cure, right?

This book guides you how to change your lifestyle, refreshing about your perspective for medical profession, making you believe that pills aren't the things to solve your disease. It's about all of you, how you live. Even as a final year medical student, I found this book really comprehensive, and impressive. Dr. Marcum guides you to love anyone like the way God created us. But I found some lines are too much sweeping into the Bible thing. I am not Atheist but overall it's a nice book to read.

Cheryl says

Dr. Marcum was brave to expose some deceptions about the modern medical industry, like how many people die annually from prescribed drugs and that drugs do not cure the cause of disease but only symptoms of disease (and that is only sometimes) and that they do not cure at all but only facilitate our own body's God-created self-healing mechanisms. Since he was almost bashing his own industry I appreciate the fact that he also included things that the medical community does right, such as help with heart attacks, acute infections, broken legs or gun shots.

The book was easy to read, logically ordered and flowed very smoothly from one paragraph to the other and from one chapter to the other. There were numerous stories and patient histories sprinkled throughout to illustrate his points and to create interest.

I was also mostly pleasantly surprised by the actual health suggestions. I loved that he talked about plain water, sleep, sun, pets, rest, music, love— a lot of important health topics that most people ignore. I loved they way he connected stress to what we believe, especially what we believe about God. I loved that he talked about our spirit-body connection.

I cannot endorse everything he said about what types of food to eat. Not only did he get his science wrong,

but he got his theology wrong here, too. He is advocating a vegetarian diet. Please look up the Weston A. Price foundation for scientifically backed up information on animal products. Basically Dr. Marcum is not distinguishing between factory raised animals and family farm raised animals. Nor is he distinguishing between good fats and bad fats properly.

For theology, don't stop with Genesis 1. Even after the fall, we were different as human beings, then with the flood, God commanded Noah to take seven (not two) of each of the "clean" animals—the ones they were to eat AND the world itself changed after the flood. Prior to the flood there was no rain. Then in the New Testament Jesus clearly ate fish.

Even though I don't agree with all the specific nutritional recommendations in this book, for the average reader this book will have a lot of excellent and new information for them. There is too much good stuff here to ignore and it all comes full circle back to the Bible and to God. Perfect for that! If you are wondering why you're sick and want to know some biblical principles for health you need this book.

Disclosure of Material Connection: I received this book free from Tyndale House Publishers as part of their Tyndale Blog Network program. I was not required to write a positive review. The opinions I have expressed are my own. I am disclosing this in accordance with the Federal Trade Commission's 16 CFR, Part 225: "Guides Concerning the Use of Endorsements and Testimonials in Advertising."

Jan Lloyd says

This book really caused me to look within myself and examine how I am living in terms of my physical and spiritual well-being. It was well-written and gave a lot of practical evidence that most of us are not following the life path that God prescribed for us. It has given me a lot to think about.
