Foreword

As a young undergraduate student, I recall waiting for my medical school interview at one of the colleges where I had submitted an application. I was dressed for success, hoping to be accepted and I’m sure that I looked young for my age. I heard some students mocking me as they passed saying in a little girl’s voice, “I want to be a doctor so that I can help people.” The ironic thing is that I thought that was precisely what I was doing. Inspired by the health issues in my own family, I thought that I would try to help others by going to medical school. I became a physician and at medical school learned about the anatomy and physiology, then the pathology and pathophysiology and then the pharmacology in order to treat all of that. But I know that I am not alone when I say that medical school was an excellent foundation. However that was only the beginning. I began my career and met so many families over the years while practicing pediatrics. So much of what I did then consisted of treating ear infections and giving parenting advice.

But I soon would stumble on so many odd illnesses or just simple ones that were far too frequent. Soon, I began to feel ill-prepared for the great, true needs presented before me. I began to ask the why question. Why are these children and adults getting so sick? I felt that there must be another way to help families in their struggle to raise healthy, resilient children who didn’t get sick so often. How do we understand the clues and prevent illness instead of waiting for sickness to happen? The herbologists know it; the alternative health providers promote it; but where is the representation from the traditionally trained provider? I was recently at a conference where two physicians each spoke about the rise in very rare conditions in certain geographic areas. The disorders specifically included septate uteruses (uterus is divided by a septum or thin membrane) in Midland, Michigan and gastrochisis (abdominal wall defect allowing intestines to protrude outside newborn’s body) in Southern Ohio along the Ohio River. The physicians both spoke about how they believed that the increased incidence was a direct result of the water which ought to be tested. But no one does the testing. Or worse yet, if the testing is done and a toxin identified, nothing is done to remedy that situation. We see it all the time, but unfortunately resort to our training. We gather the history, perform the examination, diagnose the condition and then e-prescribe the medication over to the pharmacy or worse yet, excise the problem surgically. Chemotherapy, radiation is advocated and we will get rid of the cancer. There are amazingly gifted surgeons who correct these conditions of deformities like gastrochisis or make fertile those who once were not, but why do the conditions occur?

Some of us, traditionally trained providers still just want to help people but are we really helping? Physicians took an oath to do no harm, but are we still true to that oath? Then we think to ourselves it is too late to go back and retrain; it’s been thirty years since medical school; I need to collect my check, put my kids through school, and pay the mortgage. But in order to speak to that original desire to help
people, it requires a passion and a desire to answer the why question; to figure out why people are getting so sick and what we may be doing to cause that. Yes, it is really evident that we are doing harm. We are contributing to causative factors for some of the illnesses, for which we have been so fervently scribbling prescriptions! This text will delve into the mechanisms of this irresponsibility. Read it and learn; read it and study; then figure out how you and I can each be effective in cleaning up our water and air, so that we can drink and breathe our way to health. As a health professional, I feel an obligation to take a leadership role in identifying the problem, helping to resolve it and spreading the word in order to help others understand its impact, especially those in governmental and regulatory positions. I believe that after you read this book, you will feel the same passion.

Valda Byrd
Independent Researcher, USA

Valda Byrd received a Bachelor of Science in Zoology from University of Michigan in 1976, Medical Degree from Wayne State University School of Medicine in 1980 and did a Pediatric Residency at Children’s Hospital of Michigan from 1980-1983. Dr. Byrd practiced for the last 32 years in various areas of pediatrics including outpatient care, Emergency Pediatrics, Neonatal and Hospitalist Coverage as well as locum tenens and has participated in training medical and nursing students.