



Sustainable Medicine

Whistle-Blowing on 21st-Century
Medical Practice

Dr. Sarah Myhill

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“ If you are sick of being sick this book could transform your life.”

—**PAUL ROBINSON**, author of *Recovering with T3*

Dr. Sarah Myhill is a veteran clinical physician and a leader in the treatment of chronic fatigue syndrome. Her story is based on over 30 years of successfully treating patients within a medical system that fails to address the root cause of disease.

The first two decades of her career were spent with the National Health Service (NHS)—the publicly funded national healthcare system for England and one of the largest single-payer healthcare systems in the world. After only a few months of striking out on her own to focus her private practice on the treatment of CFS/ME, Dr. Myhill was confronted with the reality of working outside the confines of conventional medicine. She quickly became the most investigated doctor since the General Medical Council (GMC) started keeping records in 2006. The accusations were coming in from other doctors and the GMC itself and ranged from recommending nutritional supplements and vitamin B12 injections to the use of thyroid hormones in patients with chronic fatigue syndrome and the development of mitochondrial function tests. However, since not a single patient complained and no one was harmed under her care, all investigations were eventually dropped.

The most shocking comment Dr. Myhill uncovered while researching her case files was from an internal GMC memo that read, “My main concerns with all the Myhill files are that all of the patients appear to be improving and none of them are likely to give WS [witness statements] or have complained about their treatment.” It appears to have been of “concern” to the GMC that her patients were “improving.”

Dr. Myhill is not alone in this type of harassment. Many doctors have been subject to General Medical Council investigations for their use of treatments outside of conventional guidelines. They too were trying to diagnose properly, establish underlying mechanisms, treat patients with natural therapies, and continue to ask the question “why?” to find the cause of a disease rather than simply prescribing symptom-suppressing medications.

Sustainable Medicine is based on the premise that twenty-first century Western medicine—driven by vested interests—is failing to ask this important question. In this essential book, Dr. Myhill aims to empower people to heal themselves by addressing the underlying causes of their illness and creating an overall blueprint to achieve good health.



Dr. Sarah Myhill has focused her career on identifying and treating the underlying causes of health problems, especially the “diseases of civilization” with which we are beset in the West. She has worked in NHS and private practice and for seventeen years was the Hon Secretary of the British Society for Ecological Medicine, a medical society interested in looking at causes of disease and treating through diet, vitamins and minerals, and through avoiding toxic stress. She lectures regularly on organophosphate poisoning, the problems of silicone, and chronic fatigue syndrome and has made many appearances on TV and radio.

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