

Foreword

Dr. Walt Larimore is the same doctor of family medicine we doctors and medical students came to know and love a few years back when he produced a training course called “The Saline Solution.” Walt took this seminar across America to teach doctors and medical students how to practice medicine in a “salty” way—referring to Jesus’ command to be “the salt of the earth”—and to show how the practice of medicine could give doctors opportunities to minister to the mind and spirit, as well as to the bodies, of their patients.

Early in his career Walt practiced family medicine in a rural environment in a small town in the Smoky Mountains (read his *Bryson City Tales*). Later he moved to Kissimmee, Florida. During his more than twenty years of experience as a family physician, Walt became more and more impressed with the close relationship between the physical health of his patients and their mental, emotional, and spiritual background. He’s come to realize that patients need to understand the essential *oneness* of their own minds and bodies.

So *this* book is for patients. Patients must learn to take the initiative and talk to their doctors about their fears and their relationships—and even about their faith. If their doctors turn out to be impatient—quick to prescribe treatment on the basis of primary physical symptoms alone—perhaps they’re not the right doctor for them!

Walt Larimore wants you, the patient, to take charge of your own health. In the critical game of your life, learn to be your own quarterback! This book helps you understand yourself and teaches you to discover the disciplines that will make you highly healthy—including how to choose the right physician to work with you.

If you’re afraid this will be heavy stuff, just begin reading. You’ll find yourself laughing and crying over a whole fund of stories. You won’t encounter highbrow medical terminology here; what you *will* find is a conversation with a trusted physician who realizes that most of his readers don’t have medical training. In between his many stories you’ll gain insights that reveal the great breadth and depth of Walt’s experience and of his own reading, as he backs up his advice with reference to a wide range of excellent research.

Warning to doctors: Of course you wouldn’t want to be seen reading a book for patients. However, I suggest you get a copy, smuggle it home, and read it in the closet. Otherwise you may find that your patients have the book and are ready to tell you things about how they can be highly healthy—things *you* should have been able to tell *them!*

—Paul Brand, M.D.