



# Just Be Well: A Book for Seekers of Vibrant Health

*Thomas A. Sult*

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Millions of Americans suffer from chronic diseases—cancer, diabetes, depression, obesity, mental illness, and many more—and traditional medicine is failing to bring them back to health. Doctors write prescriptions to combat symptoms but, all too often, don't even try to solve the root cause of the condition.

In *Just Be Well*, Dr. Tom Sult points the way toward a new path. He and a growing number of physicians practice functional medicine, a discipline that treats people, not diseases. Functional medicine doctors ask “Why do you have this illness?”—not “How can we stem the tide of symptoms?” They see that each of us is a marvelously interconnected system, and that when we understand what lies at the heart of a condition, we can work our way back to true wellness through changes in our lifestyle, attitude, and relationship with the world around us.

Chapter by chapter, Dr. Sult takes you through the eight key physiological processes of the functional medicine matrix, weaving together accessible information, real-life patient stories, and actionable advice you can use to begin your own journey back to wellness.

Whether you're suffering from a debilitating condition or just don't feel the vibrant health you used to, Dr. Sult's advice will benefit you. The stories he has to share aren't about miracle cures or instant results; they're about how people just like you have joined the functional medicine movement and discovered the power to just be well.

## PRAISE FOR JUST BE WELL

“If I had a complex, chronic illness, I would want a guide like Dr. Sult. I trust his deep intelligence and intuition, and I love his sense of humor. And Dr. Sult calls it as he sees it. In *Just Be Well*, Dr. Sult takes what can seem complicated and onerous—articulating the underlying causes of disease and what to do about it—and turns it into an accessible, captivating, and hope-filled read, complete with patient stories and his own personal journey of discovery. This book will provide direction for patients who are spinning their wheels in the dominant medical paradigm. It will also inspire physicians mired in the limitations of the same medical paradigm eager for a more effective approach.”

**Kara N. Fitzgerald, ND**

Integrative and Functional Medicine

Co-author and editor, *Case Studies in Integrative and Functional Medicine*

Contributing author, *Textbook of Functional Medicine*

Contributing author, *Laboratory Evaluations for Integrative and Functional Medicine*

“This book was so much fun to read! It reminded me of the pleasure I experienced when reading Rachel Remen's *Kitchen Table Wisdom*. Not only did I learn a tremendous amount, but like reading a novel, I enjoyed the experience of story. Tom Sult is a master storyteller. Dr. Sult's book shows us why the medical profession must switch from concern about what a patient has (the diagnosis) to why they have it. In acute illness and injury, the diagnosis and appropriate protocol for treatment is important. In chronic illness, Dr. Sult helps us understand why it is time to say goodbye to the diagnosis. Instead, we must begin to figure out why the person has this problem at this time and how it relates to other problems she or he has. What is the

underlying biochemistry? What is this person's past and present environment? What are this person's stressors and mindset? This book is the best explanation of functional medicine that I have ever read, and if we hope to reverse the upward trend of chronic disease in America, this book has the answers. I highly recommend it."

**Bill Manahan, MD**

Past president, American Holistic Medical Association

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