

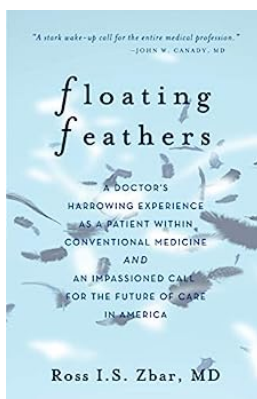
Doctor's Harrowing Experience As Patient Within Conventional Medicine And Beyond

Being a doctor, one would assume that navigating the world of medicine as a patient would be a smooth sail. However, my personal journey through conventional medicine turned out to be a harrowing experience that opened my eyes to the shortcomings of the system.

The Beginning of the Nightmare

It all started when I began experiencing unexplained fatigue and persistent headaches. As a medical professional, I knew these symptoms could signal a variety of underlying conditions. Concerned about my health, I decided to seek medical help.

The first visit to my primary care physician was nothing out of the ordinary. Initial blood tests were ordered, but no conclusive results were found. I was advised to take a few days off work and rest. However, my symptoms worsened over time, and I found myself increasingly debilitated.



Floating Feathers: A Doctor's Harrowing Experience as a Patient Within Conventional Medicine — and an Impassioned Call for the Future of Care in America by Ross I.S. Zbar (Kindle Edition)

★★★★☆ 4.2 out of 5

Language	: English
File size	: 1223 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled

Print length : 228 pages
Lending : Enabled



A Series of Frustrating Tests and Misdiagnoses

In hopes of finding some answers, I underwent numerous tests, ranging from MRIs to genetic screenings. Each test came back with no significant findings, leaving both me and my doctors perplexed. Multiple specialists were consulted, yet my condition remained a mystery.

The frustration of being a patient lost within the system started to take its toll. I, who had spent years diagnosing and treating others, found myself feeling powerless and vulnerable. The extensive medical knowledge I possessed seemed inadequate in the face of my own health crisis.

Rediscovering Alternative Medicine

As traditional medicine failed to provide answers, I began exploring alternative healing modalities. Friends and colleagues recommended everything from acupuncture to herbal remedies. Intrigued by the prospect of finding relief outside the conventional medical paradigm, I decided to give it a try.

Through extensive research and experimentation, I stumbled upon a range of alternative treatments that showed promising results. From naturopathy to energy healing, I discovered a world of therapies that were often dismissed or overlooked within mainstream medicine.

An Inclusive Approach: Blending the Best of Both Worlds

Embracing both conventional medicine and alternative healing practices, I embarked on a journey towards healing and self-discovery. Combining evidence-based treatments with holistic approaches, I slowly regained my health and vitality.

My own harrowing experience as a patient within the conventional medical system sparked a desire to bridge the gap between the two worlds. As a doctor, I wanted to advocate for a more inclusive approach that considers the benefits of alternative healing while acknowledging the importance of evidence-based medicine.

The Lessons Learned and the Call for Change

Throughout my personal journey, I realized that the medical system can sometimes fail its patients. Misdiagnoses, lack of communication, and limited treatment options are just a few of the issues I encountered.

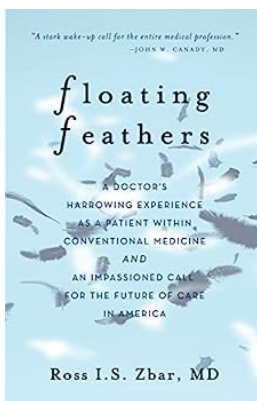
However, I also discovered that the integration of alternative healing practices could provide immense benefits to patients who do not find answers within conventional medicine alone. By embracing a multidimensional approach, doctors can better serve their patients and offer a more comprehensive range of treatment options.

My harrowing experience within the medical system prompted me to become an advocate for change. I am now dedicated to bringing awareness to the limitations of conventional medicine and the potential benefits of alternative healing practices.

In

My journey as a patient within conventional medicine was both challenging and transformative. It taught me that being a doctor does not make one immune to the flaws within the system.

By sharing my experiences, I hope to shed light on the importance of an inclusive approach to healthcare. No patient should have to go through what I did, and by embracing alternative healing practices, we can revolutionize the way medicine is practiced and offer more comprehensive care to those in need.



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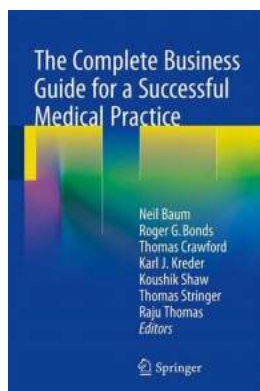
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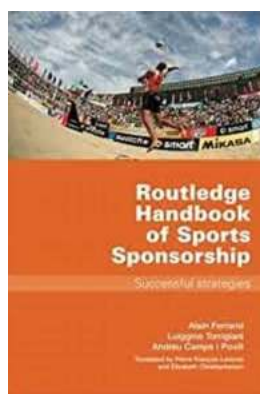
Dr. Ross I.S. Zbar spent his career as a plastic surgeon, in the US as well as abroad in developing countries, mending disease- and trauma-related deformities —and he was never hesitant to make his voice heard as an advocate for better patient care. Then, on a warm December day in 2018, Ross suffered a trauma that nearly took his life, putting him into the hands of his profession in a way he never anticipated. While his life was ultimately saved, his journey to wellness

within the conventional medical establishment—from three weeks in the ICU to in-patient rehab—was nothing short of nightmarish. Frequently sedated and physically restrained, he was inundated with mental, emotional, and sensory evidence of an industry gone haywire, experiencing clearly from the patient side what he had only touched on as an advocate. Vowing to be an even stronger voice for change, Ross used the power of his mind to recover faster than any of his doctors predicted. *Floating Feathers* not only recounts his compelling story but elucidates a thoughtful and authoritative critical call to the members of his beloved profession for a massive overhaul. “We possess the technology and the brilliant minds to motivate this level of sweeping change so desperately required,” he says. “We simply need to champion it as a non-negotiable priority.” This profoundly personal yet wide-reaching book endeavors to be a vital first step toward that goal.



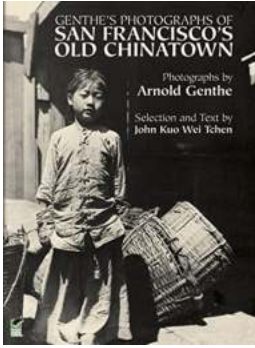
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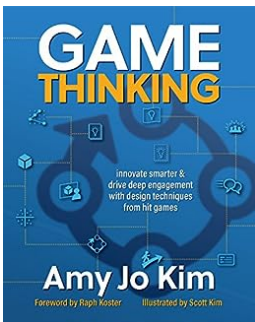
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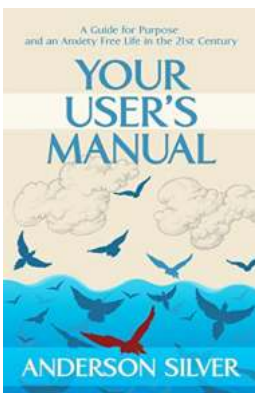
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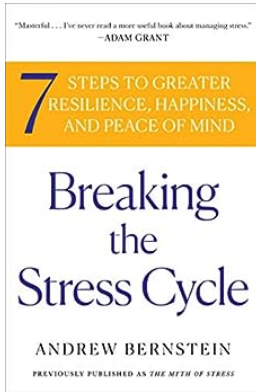
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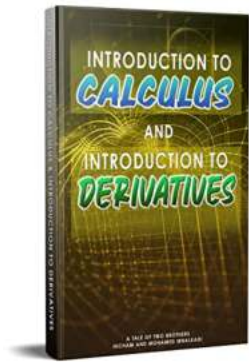
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