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# The Body Is the Hero

*MD Ronald J. Glasser*  
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**MD Ronald J. Glasser : The Body Is the Hero** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Body Is the Hero:

1 of 1 people found the following review helpful. Informative, Clear, Interesting ReadBy CustomerI read this book for the first time when I was 10 waiting for my dad at the Chiropractor's office. It was the first time I had ever understood what the immune system was, or how vaccines really worked. Even as an adult, I find myself returning to that book to explain to friends and family what vaccines are and why they are one of the most amazing scientific developments in medicine. I can't recommend this book highly enough.1 of 1 people found the following review helpful. We need to take control of our bodies. We can't just leave it all to the medical system.By hunlarSomeone gave me a copy of this book back in 1980 when I was hospitalized with a hemmorhaging ulcer. I was in intensive care and after reading it I tried to vary the temperature of my index fingers. It worked! I became a convert to the basic thesis of the book. We do have some control over our body systems and while we need the benefits of modern medicine, modern medicine can benefit by having us stay positive and focused on getting better.This book order was for my daughter-in-law who is suffering from chemotherapy for breast cancer. She hasn't read it yet2 of 2 people found the following review helpful. Benefit of "The Body is the Hero" from .comBy A. McentireThis book is a superb and detailed examination of the miraculous working of our bodies, particularly the immune system as it has evolved over millions of years, and of the medical profession as it has fought hard against new insights that would have brought us much farther in medicine years earlier. Anyone reading this book will always have a greater appreciation for the body he inhabits.

The task of the physician today is what it has always been, to help the body learn to do what it has learned to do so well on its own during the unending struggle for survival, to heal itself. It is the body, not medicine, that is the hero.