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The Disease Delusion: Conquering the Causes of Chronic Illness for a Healthier, Longer and Happier Life<sup>1</sup> is a tour de force that reviews the evolution of medical thinking, particularly over the last century, to weave a web of interconnections that draws together every major insight and becomes the foundation of 21st-century functional medicine.

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— Jeffrey S. Bland, The Disease Delusion: Conquering the Causes of Chronic Illness for a Healthier, Longer, and Happier Life “There are many stories locked into our genes. Some of these are health tragedies while others are health miracles.”

### **The Disease Delusion Quotes by Jeffrey S. Bland**

In The Disease Delusion, we learn how we may fundamentally change our perceptions of illness and approach a cure. Dr. Bland has greatly influenced many of the biggest names in medicine today, but until now we have not had access to the larger framework in which to understand chronic illness or ways to foster lifelong health.

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