

INTERVIEW QUESTIONS

A Return To Healing: Radical Health Care Reform and the Future of Medicine

By Len Saputo MD, with Byron Belitsos

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A genuine return to healing requires two transformations at once: radical regulatory reform of health care, and the adoption of a new medical paradigm. In this timely book, the authors present the inspiring story of the rise of integrative medicine, revealing how it can unlock the door to a health care system that works for all Americans. Studded with wisdom for healthy living, this book is a superb guide to the future of medicine—and a call for the overhaul of our system that is now overdue.

GENERAL

- 1—You’ve been a physician for 40 years. What made you an advocate of reform?
- 2—Why “a return to healing”? Has medicine gotten away from true healing?
- 3—What’s your take on the current health care reform effort in Washington?
- 4—What’s wrong with our health care system? What should a reformed system look like?

CRITIQUE OF MAINSTREAM MEDICINE

- 1—Why do you call our system “disease care,” and not true health care?
- 2—You say health care is “corporatized” and corrupted by business values. Why is that?
- 3—You write that mainstream medicine is not really “scientific.” How can that be?
- 4—You claim that Big Pharma has “bad karma.” What’s wrong with the drug industry?

DEFINING THE “NEW MEDICINE”

- 1—You founded the *Health Medicine* movement. What is it? Why did you do this?
- 2—What is the difference between *Health Medicine* and *integral-health medicine*?
- 3—What are the tenets of integral-health medicine?
- 4—What is *peak health*? What is *the wellness buffer*? What makes for a healthy lifestyle?

FIXING AMERICA’S HEALTH CARE SYSTEM

- 1—Obama says he will reform America’s health care. How does your approach differ?
- 2—You founded an integrative medicine clinic. How is this part of the needed reform?
- 3—You don’t give unqualified support to “single-payer” insurance. What is its role, if any?
- 4—You present a five-point national plan for prevention and wellness. Please explain.
- 5—What is “health freedom”? How would you provide for genuine health freedom?

*“Throughout his journey from his medical training at Duke University to his rise to prominence as a highly regarded integrative-care practitioner, Len Saputo has seen it all. In *A Return to Healing*, Len pilots us through our failing medical system and failing health to a brighter future of peak health and a system of health care that works.” —Lee Lipsenthal MD, *Finding Balance in a Medical Life**