



The Free and Impartial  
Wellness Resource  
Connecting You to the  
Power of Choice

# WELLNESS CONNECTION

*For member networking and association news*

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## GOOD NEWS

*The holistic approach to wellness has wonderful success happening every day! We invite you to share your good news.*

Never doubt that one person can make a difference. **Julia Schopick** (AHHA General Member) of Oak Park, IL, never intended to become a patient advocate and author. Now it's her life's mission to help patients find little known, innovative treatments when their doctors' recommendations aren't working. She tells us that her goal is to support empowerment of patients as they make their health care choices. Julia's life-changing journey started in 1990 when her husband Tim was diagnosed with a cancerous brain tumor and given three years to live. Julia began to research treatment options the doctors were not offering. The innovative treatments she found were added to Tim's plan and his life was extended for a dozen years more than predicted. His doctors were not, however, interested in learning about the treatments Julia had found that were giving Tim these extra years. Not even in 2001 when Tim's tumor returned. After eight surgeries, he was dealing with a suture line on his skull that just wouldn't heal. Again, Julia searched for solutions and found a silver mesh product that could be

applied directly on the suture area. It healed overnight. Julia was thrilled. She assumed Tim's doctors would be, too. But they weren't. One doctor said that he thought it wasn't the silver mesh product that worked, but rather the intravenous antibiotics Tim had been on for weeks finally "kicking in" on the very day the silver mesh was

**"...lifesaving treatments..."**

laced on Tim's head. This reaction, on top of similar ones from other doctors, led Julia to a life-changing moment of awareness that there might be other lifesaving treatments that other doctors were ignoring and that she could help other patients learn about them. Sadly, Tim died in 2005 from side effects of his numerous surgeries. This tragic journey led to her mission to find other life-saving treatments not being shared by the medical community. As she selected treatment options to investigate, she decided to set the bar very high. Her criteria were that the treatment must have been around for a very

long time, have solid, documented results, and have provided benefit to tens of thousands of patients with life-threatening illnesses. First, she created her website, HonestMedicine.com. Then, she decided to write a book. She began by selecting and investigating four established, but normally overlooked, treatments that offered help to patients with several diseases, including childhood epilepsy, multiple sclerosis, lupus, rheumatoid arthritis, hepatitis, and cancer. And her book, *Honest Medicine: Effective, Time-Tested, Inexpensive Treatments for Life-Threatening Disease*, was thus born. Imagine her delight when the patient and physician advocates for those dealing with these diseases enthusiastically stepped forward to support and help spread the word about this book. Several integrative doctors, including Julian Whitaker, Ronald Hoffman, Jeffrey Dach, David Brownstein, and Jacob Teitelbaum, wrote testimonials and reviews full of praise for this book, which is now available in major online bookstores. For additional information visit her website or phone Julia directly at (708) 848-4788.