

# Paoli resident featured in best selling book

Paoli resident Mary Jo Bean was featured recently in a book by author Julia Schopick, titled *HONEST MEDICINE: Effective, Time-Tested, Inexpensive Treatments for Life-Threatening Diseases*.

Ms. Bean contributed a chapter to this Amazon.com bestselling book, in which she describes her experience finding a successful treatment for her terminal liver disease.

Says Ms. Bean: "Back in 2002, I was deathly ill. I had been diagnosed with a combination of chronic hepatitis C and severe stage 4 cirrhosis. I contracted the hepatitis C from a blood transfusion years earlier; the cirrhosis resulted from the damage done to my liver by the hepatitis.

"Doctors gave me just two to twelve months to live, at most, even with the toxic drugs they wanted to give me. I just couldn't see putting myself through their side-effect-laden treatments, so I set out to find a better way.

"Thank goodness, I found intravenous alpha lipoic acid and Dr. Burt Berkson, its pioneer. Thanks to Dr.

Berkson, I am alive and well today. I wanted to contribute to Ms. Schopick's book, so that others would learn about this lifesaving treatment."

Ms. Schopick's book profiles four lifesaving treatments that doctors don't recommend as readily and as early or as readily as she thinks they should.

One of the treatments is intravenous alpha lipoic acid, the treatment that saved Mary Jo Bean's life.

Says Ms. Bean: "I shudder to think about what would have happened to me if I hadn't found this innovative treatment. I am proud that Julia wanted to include my story in her book, so that I can help others with seri-



**Mary Jo Bean**

ous diseases like mine find treatments they otherwise would not have found."

The other three treatments featured in *HONEST MEDICINE* are Low Dose Naltrexone for autoimmune diseases, the Ketogenic Diet for pediatric epilepsy, and Silverlon for non-healing wounds.

Julia Schopick wrote *HONEST MEDICINE* in order to educate the public about non-toxic, effective treatments that doctors often don't recommend—treatments like intravenous alpha lipoic acid.