

# One Final Word

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**You cannot teach a man anything.  
You can only help him to find it within himself.**

– Galileo

**You are the final word because you are the healer!**

This book is about you and what you can do for yourself. Knowledge is power and usually more important than medicine. You are the healer, for healing comes from within. It's up to you.

Daniel Sulmasy, M.D., a physician, ethicist, and Franciscan friar says, “All illness is multidimensional.” To optimize the healing system, everyone must improve his or her health in multiple dimensions:

- Emotional—psychological
- Physical
- Social
- Spiritual

You now see that our mental state (*mind*) and physical health (*body*) are interconnected and that these connections are bidirectional. You know that the *mind* (brain) and *body* are connected through the spinal cord and nervous system and how information, including emotional information, is exchanged throughout the *mind* and *body* by way of protein chemicals called neuropeptides.

But you realize that even though chemistry is involved, your mental and emotional states can affect your physical health, and your physical health can affect your mental and emotional states. All illness like fibromyalgia has psychological and emotional consequences as well as causes. So illness is understood through a model which is both chemical *and* emotional, rather than either chemical *or* emotional.

Now you can appreciate the increasing evidence that *spirit* is an important part of the connection as well. *Mind* and *body* are embedded in *spirit*.

You see that *MindBodySpirit Symptoms*, like widespread musculoskeletal pain and fatigue, are experienced by all of us from time to time in one form or another. And when they bother us enough to see a doctor about them, these *MindBodySpirit Symptoms* are diagnosed as *MindBodySpirit Syndromes* like fibromyalgia. You see why so many of us experience multiple bodily symptoms and syndromes.

You understand and accept the *MindBodySpirit Connection*. We are confident that—with this knowledge and an appreciation of your own power—you will experience *MindBodySpirit Healing* and become stronger than you have ever been.

**Out of the night that covers me,  
Black as the Pit from Pole to Pole,  
I thank whatever gods may be  
For my unconquerable soul . . .  
I am the master of my fate;  
I am the captain of my soul.**

– *Invictus*

William Ernest Henley

# About the Authors

## *William B. Salt II, M.D.*



William B. Salt II, M.D., is board-certified in both internal medicine and gastroenterology. He received his M.D. degree from The Ohio State University in Columbus, Ohio, in 1972, where he currently holds an appointment as Clinical Associate Professor in Medicine. He trained for five more years in internal medicine and gastroenterology at Vanderbilt University Hospitals in Nashville, Tennessee, where he also served as a Chief Resident in Medicine.

Dr. Salt practices with the Ohio Gastroenterology Group in Columbus, Ohio. He has spent over 22 years caring for patients with digestive and liver diseases and has a special interest in irritable bowel syndrome, as well as other functional disorders. His primary hospital is Mt. Carmel Health, which is a teaching hospital and affiliate of The Ohio State University and where he serves as a chairman of the Continuing Medical Education Committee and as the Educational Director in Gastroenterology. He is actively involved in teaching medical students and residents in medicine, family practice, surgery, and obstetrics and gynecology.

His students at Mt. Carmel Health have honored him as “Teacher of the Year in Medicine, 1978–1979,” and as the first nonfamily practice physician to receive the “Family Practice Residency Teacher of the Year 1995–1996.” His peers have also honored Dr. Salt by including him in the fourth listing of *The Best Doctors in America*<sup>®</sup>.

The author of *Irritable Bowel Syndrome & the Mind-Body/Brain-Gut Connection*, 12 articles in medical journals, and one chapter in a book for physicians, Dr. Salt spent nearly three years collaborating with Dr. Season to write *Fibromyalgia and the MindBodySpirit Connection*. He writes, “Fibromyalgia occurs commonly with irritable bowel syndrome. These illnesses, as well as other functional bodily symptoms and syndromes, share a common origin found in the *MindBodySpirit Connection*. Understanding this is the first step to healing.”

# About the Authors

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## *Edwin H. Season, M.D.*



Edwin H. Season, M.D., is board-certified in orthopedic surgery. He received his M.D. degree from The Ohio State University in Columbus, Ohio, in 1971, followed by internship at the University of Virginia. He then returned to Ohio State for his residency and upon its completion, taught orthopedic surgery as an assistant professor in The Ohio State University College of Medicine from 1976 to 1980.

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During his years in private practice, Dr. Season has increasingly come to recognize the value of the *MindBodySpirit Connection* in his self-care, as well as its importance for his patients. He has been impressed with how his fibromyalgia patients are able to take control of their condition when they become empowered through education and improved self-care.

Dr. Season is the author of numerous scientific and medical papers that have been published in various medical journals. He collaborated with Dr. Salt for three years to write *Fibromyalgia and the MindBodySpirit Connection*. He recognizes the importance of inspiring people to heal by understanding their own power through the *MindBodySpirit Connection*.



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