



The Primal Prescription: Surviving The "Sick Care" Sinkhole

By Doug McGuff MD, Robert P. Murphy

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It's no secret that the U.S. health care system is in a state of disrepair, but the rabbit hole goes deeper than even the staunchest critics may realize. In *Primal Prescription*, authors Doug McGuff, MD and Robert P. Murphy, PhD, combine their expertise in economics and medicine to offer a shocking, disturbing, and ultimately enlightening view into America's health care system. You'll discover the *real* history of what went wrong with U.S. health care and insurance, and why current efforts to clean up the mess are only making things worse.

But far from leaving you feeling helpless at the dismal—and sometimes deadly?state of affairs, *Primal Prescription* equips you with both the knowledge to understand the health care conundrum and the tools for navigating your way out of it. McGuff and Murphy offer an evidence-based “game plan” for taking control of your own medical care, protecting yourself and your loved ones regardless of what the future holds for the rest of the nation.

Whether you're currently tangled in America's broken health care system or simply trying to avoid its clutches, *Primal Prescription* is a must-have resource for taking your health into your own hands.

(Doug McGuff, MD, and Robert Murphy, Ph.D)

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Editorial Review

About the Author

Doug McGuff, MD, FAAEM became interested in exercise, diet, and human performance at the age of 15 when he took up weight training to improve his performance in the sport of bicycle motocross. While trading janitorial services for a membership at a Nautilus gym, he stumbled upon Arthur Jones' Nautilus Training Bulletin No. 2. In 1989, he graduated from the University of Texas Medical School at San Antonio; he went on to train in emergency medicine at the University of Arkansas for Medical Sciences at Little Rock, where he served as Chief Resident. From there, Dr. McGuff served as faculty in the Wright State University Emergency Medicine Residency and was a staff emergency physician at Wright-Patterson AFB Hospital. In 1995, Dr. McGuff completed his tour of duty in the Air Force and became a partner in Blue Ridge Emergency Physicians, P.A. in Seneca, South Carolina. In 1997, he realized a lifelong dream when he opened Ultimate Exercise, a personal training studio specializing in state-of-the-art high intensity exercise.

Robert P. Murphy has a Ph.D. in economics from New York University. After teaching at Hillsdale College, Murphy left academia to work in the financial sector. In 2007, Murphy started his own firm, Consulting By RPM, where he specializes in teaching economic principles and analyzing government policies for the general public. Murphy is affiliated with several non-profit organizations devoted to economic education, including the Institute for Energy Research, the Fraser Institute, the Mises Institute, and the Independent Institute.

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