



The Origins of Health and Disease

Michael E. Hyland

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Some phenomena in medicine and psychology remain unexplained by current theory. Chronic fatigue syndrome, repetitive strain injury and irritable bowel syndrome, for example, are all diseases or syndromes that cannot be explained in terms of a physiological abnormality. In this intriguing book, Michael Hyland proposes that there is a currently unrecognised type of illness which he calls 'dysregulatory disease'. Hyland shows how such diseases develop and how the communication and art of medicine, good nursing care, complementary medicine and psychotherapy can all act to reduce the dysregulation that leads to dysregulatory disease. The Origins of Health and Disease is a fascinating book that develops a novel theory for understanding health and disease, demonstrates how this theory is supported by existing data and how it explains currently unexplained phenomena. Hyland also shows how his theory leads to new testable predictions that, in turn, will lead to further scientific advancement and development.

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