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Why Suffer: Airline Pilots’ Health Secrets

Captain James W. Woeber (Ret

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Why suffer heart attack? Why suffer flu and pneumonia? Why suffer bypass surgery? Why suffer gum surgery? Why suffer joint pain? Why suffer knee and hip surgery? Why suffer gallbladder surgery? Why suffer back surgery? Why suffer foot amputation? Why suffer breast amputation? Why suffer cancer? Why suffer skin cancer? Why suffer diabetes? Why suffer macular degeneration? Why suffer food sensitivities? This book tells how members of a group of airline pilots and their families saved themselves from all this avoidable suffering. These are all in brief reports prepared for our pilot group and, in most cases, verified by their personal experience.

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