



# **PTSD and Cardiometabolic Disease: Healing the War within Mind and Body**

*T. Barry Levine MD, Arlene Bradley Levine MD, Sammie Justesen RN*

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# PTSD and Cardiometabolic Disease: Healing the War within Mind and Body

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In their medical practices, physicians T. Barry and Arlene Levine and Sammie Justesen began seeing young men and women who suffered from PTSD, and were also plagued by severe, advanced, and chronic diseases. Despite their young ages and physical training, many PTSD-afflicted veterans and first responders presented with accelerated aging and premature mortality. The authors realized that short-term stress can turn into full blown physical illness and become a living nightmare for the afflicted and their families. Yet, medical care is often fragmented because healthcare providers tend to treat PTSD as a purely psychiatric illness instead of treating the whole patient. Written from a mind-body perspective, this book explains PTSD and its treatment in a way both practitioners and patients will understand. While creating a bridge between specialties, the authors show why and how to address the neuropsychiatric underpinnings of PTSD, along with the serious psychosomatic dimensions of this disorder.

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