

The Future of Medicine is Now

by Linda Sechrist

Rashid A. Buttar, DO, medical director of the Center for Advanced Medicine and Clinical Research, in Cornelius, first stepped onto a less traveled road of advanced medicine while he was still an Army brigade surgeon and director of emergency medicine. “In chronic medical conditions conventionally treated, I observed



Rashid A. Buttar, DO

numerous failures. It triggered my passion for better options,” says Buttar, a graduate of the University of Osteopathic Medicine and Health Sciences College of Medicine and Surgery. “Unfortunately, it has brought me criticism and harsh treatment from others in my profession.

Buttar began private practice in 1997 and has worked tirelessly to lend credibility to the concept of the body’s inherent ability to heal itself when in balance with mind and spirit. If Buttar had his way, the practice of every physician today would be focused on disease prevention, wellness and healing through lifestyle changes and other natural means. He holds the status of fellowship in three medical societies—the American Academy of Preventable Medicine, the American College for

Advancement in Medicine and the American Association of Integrative Medicine.

As a pioneer in advancing the science of medicine, Buttar, who is certified in clinical metal toxicology and preventive medicine, establishes a foundation for health for each patient through effective systemic detoxification, immune modulation and physiological op-

timization, which in combination lead to sustainable health. He has treated thousands of patients that travel to Cornelius from 81 countries for relief of suffering with chronic diseases, treatment failures and difficult-to-diagnose conditions, including cancer, autism, cardiovascular disease, neurodegenerative disease, metabolism disorders and different toxicities.

Buttar lectures worldwide to physicians and has codified his no-nonsense approach to health in his internationally best-selling book, *The 9 Steps to Keep the Doctor Away: Simple Actions to Shift Your Body and Mind to Optimum Health for Greater Longevity*. His accomplishments and philosophy of healing have been featured in national and international news media, but not always favorably.

“*The 9 Steps* arose from years of taking care of some of the sickest patients in the world—individuals who were told that nothing could be done for them, or even worse, that their illness was in their head,” states Buttar, who encourages other practitioners to release the limitations of conventional medicine as he did. “My work and results speak for themselves; yet, my proven ideas about medicine have been attacked numerous times by the medical establishment.”

“I have always trusted in something bigger than me, which has allowed me to trust that the answers to my patients’

The doctor of the future will give no medicines, but will interest his patients in the care of the human frame, in diet and in the cause and prevention of disease.

~Thomas A. Edison

health issues will always become evident as we work together. I am wary of others who claim to know more than the One who created us,” he explains. By being open to a lifetime of learning, Buttar has been able to discern that the body really needs detoxification to heal. As the foundation of his *9 Steps*, he clears toxicities in seven areas: heavy metals, persistent organic pollutants, opportunistic infections, energetics, emotional psychological, manipulation of the food consumed, and spirituality.

Buttar is passionate about overcoming media “brainwashing” and medical misdirection regarding our health. He believes each person should take on self-education and implement self-responsibility. From his perspective, we will all be moving in the direction of restoring health and reforming health care when we begin to take responsibility for our own health and wellness, which is a road infrequently traveled through recommendations of our present medical system.

The Center for Advanced Medicine and Clinical Research is located at 19620 W. Catawba Ave., Ste. 100, in Cornelius. For more information, call 704-895-9355 or visit DrButtar.com or The9Steps.com.

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