

The Origins of Health and Disease

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 shows 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 advance and development.

MICHAEL E. HYLAND is Professor of Health Psychology at the University of Plymouth. For the first 15 years of his career he worked as a theoretical psychologist and helped set up the International Society for Theoretical Psychology. He went on to develop an interest in health psychology, specialising in respiratory disease. Michael is the author of several quality-of-life questionnaires and has published over 120 articles in psychology and medical journals.

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Michael E. Hyland



CAMBRIDGE
UNIVERSITY PRESS

Cambridge University Press & Assessment
 978-0-521-89539-2 — The Origins of Health and Disease
 Michael E. Hyland
 Frontmatter
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Shaftesbury Road, Cambridge CB2 8EA, United Kingdom
 One Liberty Plaza, 20th Floor, New York, NY 10006, USA
 477 Williamstown Road, Port Melbourne, VIC 3207, Australia
 314–321, 3rd Floor, Plot 3, Splendor Forum, Jasola District Centre, New Delhi – 110025, India
 103 Penang Road, #05–06/07, Visioncrest Commercial, Singapore 238467

Cambridge University Press is part of Cambridge University Press & Assessment, a department of the University of Cambridge.

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www.cambridge.org
 Information on this title: www.cambridge.org/9780521895392

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First published 2011

A catalogue record for this publication is available from the British Library

Library of Congress Cataloging-in-Publication data
 Hyland, Michael.

The origins of health and disease / Michael E. Hyland.
 p. ; cm.

Includes bibliographical references and index.

ISBN 978-0-521-89539-2 (hardback) – ISBN 978-0-521-71970-4 (pbk.)

1. Psychoneuroimmunology. I. Title.

[DNLM: 1. Psychoneuroimmunology. 2. Cumulative Trauma Disorders—etiology. 3. Fatigue Syndrome, Chronic—etiology.

4. Irritable Bowel Syndrome—etiology. 5. Neuroimmunomodulation.

WL 103.7]

QP356.47.H95 2011

616.07'9—dc22

2010052185

ISBN 978-0-521-89539-2 Hardback

ISBN 978-0-521-71970-4 Paperback

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To my wife

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Acknowledgements

New ideas do not come out of a vacuum, but it is often difficult to tell how they have arisen. I would like to thank those academic colleagues in the UK and elsewhere as well as my research students, who, through discussion, have encouraged and helped me to develop these ideas. I will not embarrass them by name but they will know who they are.