

# The Physical Death & Resurrection

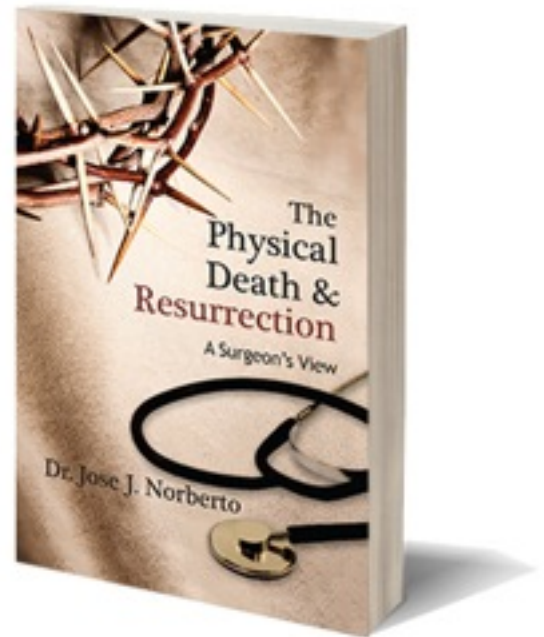
## A Surgeon's View

By Dr. Jose J. Norberto

Award-winning cardiothoracic surgeon Jose J. Norberto invites you on a fascinating journey of discovery as he examines the physical characteristics of the life, death, and Resurrection of Jesus of Nazareth—the man revered by millions as the Son of God. In *The Physical Death and Resurrection*, Dr. Norberto combines history with modern science to offer a unique perspective on the humanity of Jesus Christ.

In the first century, crucifixion was the chosen method of execution, meant to intimidate enemies of the Roman Empire. The cross, a brutal instrument of torture, has become the chosen symbol for Jesus' followers. As we better understand Jesus' physical suffering, profound value is added to His sacrifice. His death and Resurrection take on deeper significance as the pivotal events on which the entire religious movement of Christianity is founded.

This book helps bridge the gap between the religious significance of Jesus' life, death, and Resurrection and the science that can help make these events more real. Dr. Norberto's career as a cardiothoracic surgeon allows him to touch human hearts physically. In sharing the results of his investigation, he hopes God will use him to touch each reader's heart and soul with a greater appreciation of our Savior.



Please contact Jami Carmichael at: [jami@deeperiverbooks.com](mailto:jami@deeperiverbooks.com) for more information.

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## Dr. Jose J. Norberto - Lancaster, OH

Dr. Jose J. Norberto grew up in the Dominican Republic, where he received his medical degree *magna cum laude* at the University of Santo Domingo. He completed his surgical training in the United States, receiving multiple awards for scientific research and medical excellence. Dr. Norberto is a cardiothoracic surgeon and the director of cardiac surgery at Fairfield Medical Center in Lancaster, Ohio. He enjoys spending time with his two daughters as well as practicing clarinet and saxophone.

### Connect with Dr. Jose Norberto:

[www.josejnorbertobooks.com](http://www.josejnorbertobooks.com)

[www.facebook.com/josejnorbertobooks](https://www.facebook.com/josejnorbertobooks)

### Endorsements for *The Physical Death & Resurrection*:

Dr. Jose Norberto, an accomplished cardiovascular surgeon, has written an interesting treatise on the crucifixion of Jesus Christ from a physician-surgeon perspective. Readers will find his observations thought-provoking. His unique insights into the aspect of the unbelievable trauma to the human body of Jesus, as reported in Scripture, and his thoughts about the Resurrection, are worth the reader's consideration and attention. - **G.B. Snider, MD, FACP**

Dr. Norberto, a distinguished cardiothoracic surgeon, illustrates in simple words that science and religions are not in contradiction. He is able to create a safe bridge between the religious and the scientific interpretation of Jesus' Crucifixion. Reading this book has given me a different perspective about Jesus' life, crucifixion, and resurrection. Dr. Norberto has touched my heart, without being my doctor, and motivated me to continue reading and learning about the real world of Jesus Christ. - **Carmen Lazala, MD, FAAP**

Scientists and physicians may feel troubled by the concept of faith and be reluctant to accept religion. Dr. Norberto has embraced the mysteries of faith and launched a medical investigation into certain biblical teachings. *The Physical Death and Resurrection* takes you on a scientific journey to the time of Christ. Beginning with the Shroud of Turin, Dr. Norberto explores the scientific evidence that links the Shroud to Jesus. In the second section, Dr. Norberto presents an intriguing scientific explanation of the Crucifixion and the Resurrection. The presentation is thoroughly researched and well written, offering its readers the historical and scientific evidence to support the Resurrection. - **Margaret S. Sawyer, MD.**

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## **Suggested Interview Questions for Dr. Jose Norberto, Author of *The Physical Death & Resurrection*:**

### **1. What is your book is about?**

This book is about Jesus' story analyzed from my perspective as a Christian physician/surgeon. Utilizing my clinical training, I created a pre-crucifixion profile of Jesus. I then explained the crucifixion proceedings in a simple manner so everyone could understand the implications of that type of execution on the human body. I truly believe that after reading this book, you will read the passion of the Christ very differently. You will understand why he was sweating blood at Gethsemane and why water and blood came out of his chest when the Roman soldiers pierced his side. I also addressed the Resurrection.

### **2. I understand this is your first book. What was your inspiration for this book?**

I must start answering this question by saying that I didn't like to write papers during school or even later in my career. Something happened three years ago that changed that mindset forever. I started giving lectures about the physical suffering that Jesus went through. The rationale for those lectures was to create a bridge between the religious interpretation of his ordeal and the actual physical suffering from a medical or scientific standpoint. Understanding the physical suffering gives a profound value to his sacrifice, which enables us to make a more serious analysis of our own lives, with the goal of making us worthy of his sacrifice. The response of the audience was so amazing! They wanted to learn more. At that point I felt the need to write about it, and I haven't stop writing since.

### **3. Is your book centered on religious or scientific interpretation and who is it written for?**

I truly believe that this book creates a bridge between the religious and scientific interpretation of Jesus' crucifixion. It is suitable to all denominations because Jesus is the center of the book. I believe all denominations will be very comfortable with the content of the book. I also think that non-believers would enjoy reading about the most influential figure in human history. Some consider him the biggest revolutionary that ever existed. We must remember that he was killed because the establishment felt threatened by his teachings. His legacy is so extraordinary that in a few years after his death, the biggest empire at the time became Christian.

### **4. What type of research did you complete as part of this compilation?**

I did research that involved multiple disciplines, including history, anthropology, sociology, theology, Bible, medicine and trauma surgery. I needed to understand Jesus the man and his sociopolitical environment to be able to reconstruct the story in a more objective way. I applied my trauma surgery knowledge to address the physical changes that occurred in Jesus' body due to the crucifixion proceedings.

### **5. How has your training as a physician and cardiac surgeon helped you understand the crucifixion?**

In medical school, physicians must learn how the body functions in its normal state. It is called physiology. After that we learn how disease or trauma affects the normal function of the body. Crucifixion as an execution option hasn't been available for centuries. By carefully reviewing historical data that includes the biblical accounts and other anthropologic information, we have been able to analyze that information from the physiological standpoint. In other words, as a physician my knowledge of the normal functions of the body allowed me to understand the chaos that crucifixion produced in the victims' bodies.

**6. Tell us about Jesus as a person. What did he look like? How educated was he? Are you able to describe any parts of his culture to us?**

Jesus, the man, as a tall athletic individual. Nowadays we might consider him to have a perfect proportion of height and weight, also known as BMI. He was in a very good state of health prior to his crucifixion. The medical evaluation of a patient, in this case a victim, includes level of education. The research about this particular topic was more difficult than what I thought it would be. I didn't realize this, but there is a forever lasting debate among scholars about this particular aspect whether Jesus could read or not. Jews, as a group, have always aimed for high standards in education and this is not new. In fact, out of all Roman colonies, Israel had the lowest illiteracy rate. I feel that Jesus most likely was able to read. In terms of his personality, despite being in the highlight of his ministry, he enjoyed privacy as well. It was not unusual for him to remove himself from the crowd to pray by himself. He used a very simple language because he wanted everyone to understand his message.

**7. Does medical and scientific research support that the Resurrection actually occurred?**

In terms of the Resurrection, it is obviously a more controversial topic which divides people into believers and non-believers. Christians mostly believe in it based on faith. I decided to investigate this, not from the Bible perspective, but from other accounts. I was pleasantly surprised that evidence of the Resurrection is very solid. In fact, most of the arguments in favor of the Resurrection are given by someone who didn't believe in it. This person conducted one of the most complete analyses of the evidences around the Resurrection. His initial goal was to destroy the Resurrection myth. The first chapter of his book titled, "Who Moved the Stone," says it all: "The book that refused to be written."

**8. What impact will reading this book have on your readers?**

*For the Christian:* Understanding the physical suffering of Jesus gives a more profound value to his sacrifice, which enables us to make a more serious analysis of our own lives, with the goal of making us worthy of his sacrifice.

*For the Non-believer:* This book is also helpful because it shares details about how that extraordinary leader was capable of dying (by means of a most barbaric method of execution) without giving up his ideals. He was a leader in the truest sense of the word—and this type of leadership is lacking in current time.

**9. Has this book inspired you to write more? What can we expect next?**

Absolutely! I am working on several projects. The next one, which is already finished, is about my journey in the faith. It describes how I went from indifference regarding active faith to

where I am now. It presents unique episodes in my career where divine intervention has been obvious.

Please contact Jami Carmichael at: [jami@depriverbooks.com](mailto:jami@depriverbooks.com) for more information.