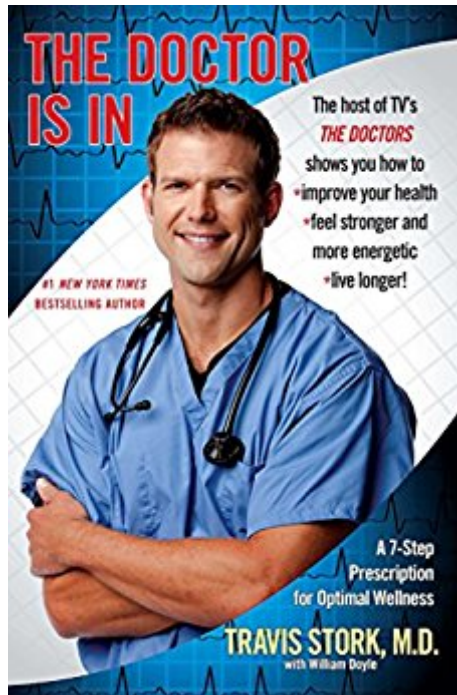


The book was found

The Doctor Is In: A 7-Step Prescription For Optimal Wellness



Synopsis

DO YOU KNOW WHO THE GREATEST HEALTH GURU IN HISTORY IS? IT'S YOU.DR. TRAVIS STORK, #1 New York Times bestselling author and popular host of The Doctors, will show you how to transform your own health in seven simple steps. As an emergency room physician, Dr. Travis Stork regularly sees the effects that poor lifestyle choices—the same decisions we face every day about what to eat and how active to be—have on our bodies over time. But just a few small tweaks to your daily habits can help you live longer and feel stronger. You can also conquer many chronic conditions—such as some of the biggest killers in America: heart disease, type II diabetes, and some cancers—before they happen. A lively, eye-opening guide, *The Doctor Is In* cracks the often-intimidating wellness code. You don't need to follow the latest health crazes. Your power to save your own life is potentially thousands of times greater than that of any physician, wellness guru, or fitness expert. The secret is in seven easy, positive, and crucial steps that will help you change the way you think about diet, exercise, and the health care system. As he breaks down the building blocks for health into doable tips and action plans, Dr. Stork demystifies nutrition, exposes food fads, explains why you should be ruthlessly skeptical of health advice, and tells you which numbers you should track to keep yourself on the road to optimal wellness. Being healthy is an important and achievable goal no matter your age or fitness level. You already hold the key to a long and happy life. It's time to put that power into action!

DID YOU KNOW THAT YOU HAVE THE POWER TO . . .

- Increase your life expectancy by up to a decade or more?
- Prevent or slow the development of many chronic and fatal diseases?
- Lower your high blood pressure?
- Reduce your risk of certain cancers?
- Conquer and reverse obesity?
- Potentially reduce your risk for Alzheimer's disease?
- Avoid spending many years and countless thousands of dollars on agonizing medical procedures, hospital stays, and medications due to preventable conditions?

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Customer Reviews

I must first admit that I am not a self-help sort of reader. The books I have attempted to read that were not photography or art related, have bored me to tears. However, I actually read through this one with great ease. There is a lot of fabulous information that should be, and in most cases is, common sense. However, in today's self-induced sugar crazes, we delude ourselves into thinking "just one more," and that "just one more" never comes to an end with sugary beverages or sweets. This is a reality check in on ourselves to open our eyes past the glazed, sugary-goodness, that we get sucked into and face what it is we are doing to our bodies, both physically and mentally. I love how the good Doctor, is open and honest. He's not just spouting out decrees and expecting them to be followed and not abiding by them himself. And he's been there once or twice with a few of the health ditches that so many of us find ourselves entrenched in, clawing our way back out. Because temptation is so very easy to succumb to, even the healthy can get sidetracked. Dr. Stork shows a way to finding the path out of the gutter of the anti-health foods and habits we trail behind. And I love that he's not crying out to us to "diet." That is such a horrible thought to have to do such a thing. It's like a prison sentence to so many. I used to be in the military, and I've never dieted, and although at one point I did decide (a few years after I was out) to see a nutritionist, I never dieted, and I never felt weighed down by the rules and strictures of diets. I need to get back onto this way of thinking again, and incorporate more physical activity to my food pyramid. I love the very idea of that! Dr.

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