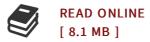




Lifestyle First Aid: 9 Simple Concepts to Supercharge Your Health and Your Life (Paperback)

By Marwa Ahmed, Andre Panagos

Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Top doctors Marwa Ahmed MD and Andre Panagos MD scrutinized the medical literature to answer the perennial question that patients have asked for generations. Buried deep within the pages they uncovered the research to validate what they see every day in their patients; the permanent treatment of chronic pain and chronic injuries is possible. They simplified their findings into clear basic elements and explain how it starts with, eat right, exercise, and get plenty of rest. Through this they reintroduce the concepts that many people have forgotten in the modern world of convenience. Drs. Ahmed and Panagos explain how smart habits allow you to regain control of your genes to supercharge the repair of tissue damage caused by the wearand-tear of daily life and explain what physicians do to start the process. They also shed light on how we can reprogram ourselves to live a supercharged life every single day.



Reviews

Very useful for all group of people. It is amongst the most incredible pdf i actually have read through. Its been written in an extremely straightforward way and it is just right after i finished reading through this pdf by which basically modified me, change the way i think.

-- Felicia Nikolaus

These sorts of ebook is the ideal book offered. It can be writter in simple terms rather than confusing. I discovered this pdf from my dad and i advised this publication to understand.

-- Mr. Alejandrin Murphy PhD

Other Kindle Books



Capacity (Paperback)

Spectra Books, United States, 2006. Paperback. Condition: New. Reprint. Language: English. This book usually ship within 10-15 business days and we will endeavor to dispatch orders quicker than this where possible. Brand New Book. Welcome to the year 2252--and congratulations! You...



Vigoacre: An Efficient and Effective Approach for Results Driven Communication (Paperback)

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English. Brand New Book ***** Print on Demand *****. This book is about a word we use called VIGOACRE and the trials and tribulations of how communication impacts the efficiency and effectiveness of...



The Power of Strategic Alignment: A Guide to Energizing Leadership and Maximizing Potential in Today's Nonprofit Organizations (Paperback)

AUTHORHOUSE, United States, 2013. Paperback. Condition: New. Language: English. Brand New Book ***** Print on Demand *****. Dennis has written a practical approach to an issue that plagues so many organizations. The Power of Strategic Alignment is important for any corporation...



Delavierandapos;s Mixed Martial Arts Anatomy

Human Kinetics Publishers, 2013. PAP. Condition: New. New Book. Shipped from UK in 4 to 14 days. Established seller since 2000.



On the Seventh Day (Paperback)

Master Books, United States, 2002. Paperback. Condition: New. Language: English. Brand New Book. Powerful testimonies from the team who brought In Six Days Perfect for those with intellectual barriers to the gospel Includes Ph.D. s from the natural and social sciences...



Strategic Acceleration: Succeed at the Speed of Life

BRILLIANCE AUDIO, 2015. CD-Audio. Condition: New. Unabridged. Language: English. Brand New. In today s ultra-competitive world, getting superior results at the fastest rate possible is critical to success. But the speed of life can sidetrack us, cloud our sense of priority,...