

The book was found

# Textbook Of Age Management Medicine Volume 1: Mastering Healthy Aging Nutrition, Exercise And Hormone Replacement Therapy



## Synopsis

A 21st Century Physician Model For Caring For Aging Patients Sound nutrition, exercise, and sleep are essential to a quality life, as well as a long life. Somehow this simple message is not driven home in most care providers'™ educations. Perhaps most guilty are physicians as they are trained to solve problems after they occur. These diagnostic and therapeutic skills are central to caring for patients, but we are also in a position to make a powerful impact with primary preventive therapies, but often do not have the knowledge. Until now. We take the reader step by step through Nutrition and Exercise for all ages, but especially those most vulnerable: the aging. We show why we believe an individualized prescription to nutrition and exercise is the foundation to reducing obesity, cardiovascular disease, and reducing frailty and likely preventing a myriad of other "age related"™ ailments such as decreased libido, depression, and dementia. We invite the reader to dive in so they can support their patients in living the Good Life---BeneVita!

## Book Information

Series: Textbook of Age Management Medicine

Paperback: 438 pages

Publisher: CreateSpace Independent Publishing Platform; 1 edition (April 13, 2015)

Language: English

ISBN-10: 1511469633

ISBN-13: 978-1511469630

Product Dimensions: 8.5 x 1 x 11 inches

Shipping Weight: 2.7 pounds (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #494,582 in Books (See Top 100 in Books) #30 in "Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Preventive Medicine" #109 in "Books > Medical Books > Medicine > Preventive Medicine" #827 in "Books > Health, Fitness & Dieting > Exercise & Fitness > Injuries & Rehabilitation"

[Download to continue reading...](#)

Textbook of Age Management Medicine Volume 1: Mastering Healthy Aging Nutrition, Exercise and Hormone Replacement Therapy Hormone Reset Diet: The Ultimate Cure to Balance Your Hormones and Lose Weight (Hormone Therapy, Hormone Cure, Hormone Secret) Anti Aging: The Best Anti Aging Beauty Products, Anti Aging Medicines and Anti Aging Skin Care Treatments to Make You Look and Feel Younger (Anti Aging, ... Secrets, Anti Aging Diet, Beauty Products)

Hormone Diet: The Hormone Reset Diet, Balance Hormones, Recharging Health and Losing Weight Effortlessly! BONUS Hormone Reset Diet Recipes! (adrenal fatigue diet, adrenal fatigue, Anti Aging Essentials, Secrets and Tips: Your Midlife Encyclopedia, Improve Diet, Exercise, Skin (Look and Feel Younger, (Anti Aging Secrets, Anti Aging Diet) 10 Years Younger: Breakthrough Antioxidants That Reverse The Aging Process, Diminish Wrinkles And Help You Lose Weight For Good! (Anti-Aging, Anti Aging, ... Superfoods, Aging, Wrinkles, Anti Wrinkle) Menopause and Estrogen: Natural Alternatives to Hormone Replacement Therapy Sex, Lies, and Menopause: The Shocking Truth About Hormone Replacement Therapy The Hair Replacement Revolution: A Consumer's Guide to Effective Hair Replacement Techniques Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle (Carbs, Protein, Muscle ... Workout Nutrition, Nutrition For Athletes) Natural Hormone Replacement For Women Over 45 Ebersole & Hess' Toward Healthy Aging: Human Needs and Nursing Response, 8e (TOWARD HEALTHY AGING (EBERSOLE)) Ebersole & Hess' Toward Healthy Aging - E-Book: Human Needs and Nursing Response (TOWARD HEALTHY AGING (EBERSOLE)) Toward Healthy Aging: Human Needs and Nursing Response, 7e (Toward Healthy Aging (Ebersole)) Murray & Nadel's Textbook of Respiratory Medicine, 2-Volume Set, 6e (Murray and Nadel's Textbook of Respiratory Medicine) Younger Next Year: The Exercise Program: Use the Power of Exercise to Reverse Aging and Stay Strong, Fit, and Sexy Hormone Balance for Men: What your doctor may not tell you about prostate health and natural hormone supplementation. The Isometric Exercise Bible: A Workout Routine For Everyone (abs, building muscle, anti aging, exercise workout, home workout Book 1) Ayurveda: ASHWAGANDHA: The Miraculous Herb!: Holistic Solutions & Proven Healing Recipes for Health, Beauty, Weight Loss & Hormone Balance (Ayurveda, Natural Remedies, Hormone Reset Book 1) The Hormone Solution: Naturally Alleviate Symptoms of Hormone Imbalance from Adolescence Through Menopause

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)