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# 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

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