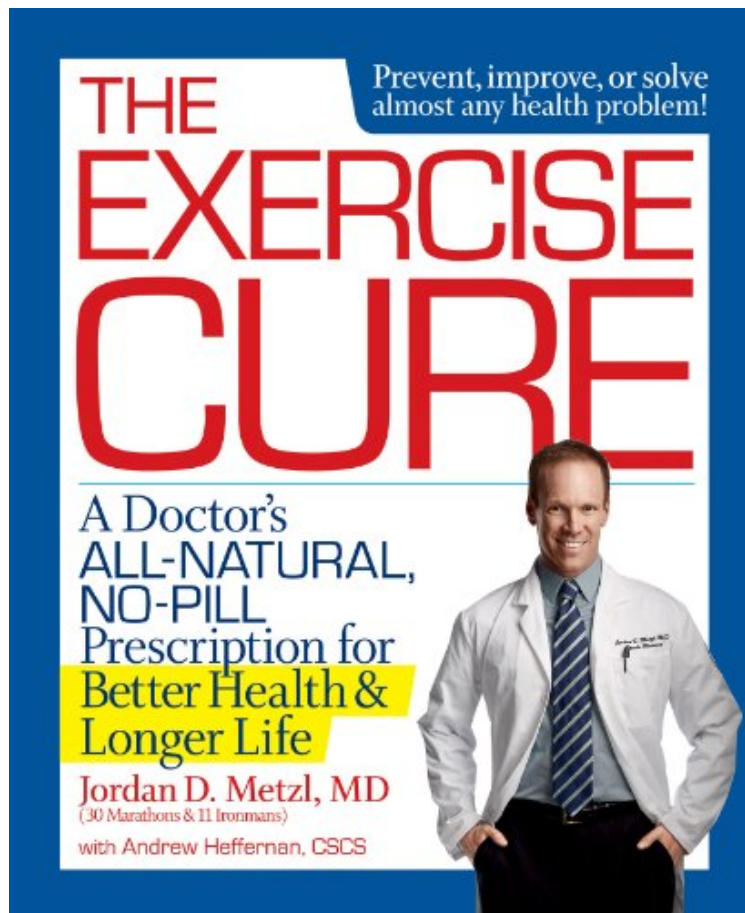


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The Exercise Cure: A Doctor's All-Natural, No-Pill Prescription for Better Health and Longer Life

Jordan Metzl MD, Andrew Heffernan CSCS
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Jordan Metzl MD, Andrew Heffernan CSCS : The Exercise Cure: A Doctor's All-Natural, No-Pill Prescription for Better Health and Longer Life before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Exercise Cure: A Doctor's All-Natural, No-Pill Prescription for Better Health and Longer Life:

6 of 6 people found the following review helpful. Disease prevention in Western society requires daily physical activity By BERT ALPERT, M.D. As a physician specializing in renal disease but interested in primary prevention I could not agree more with the general thrust of this book. Would also add that other health benefits of physical activity may be important influence some to engage in it. There are data now that physical activity may slow the decline in kidney function as we age and in those who already have impaired renal function. It may also decrease the risk of kidney stones. While no magic panacea this could have important public health benefits! Besides, it makes you feel

better! 2 of 2 people found the following review helpful. Another terrific book by Dr. Metzl! By Customer I own all of Dr Metzl's books and this one is a great book as well. Being an avid exerciser myself, I don't need convincing that exercise is essential for healthy living. However, I enjoyed reading about all the ways exercise benefits us. I'm also secretly hoping other people in my family who don't exercise much pick the book up and become inspired. :) 3 of 3 people found the following review helpful. He is a jock but you don't have to be one. By KOF Simple, effective program progression. Ex categorized by disease/issues as well as by levels. Bronze 1st month = basically get off the couch - progressing to- Gold month 3 having serious cardio resistive tracks. All workouts include foam rolling ex. Good info throughout on how ex affects the body- gross changes down to cellular level. His classic one liner: "Even if you do something as simple as adding pushups, planks and lunges to your daily activity, you'll see a huge difference..." Amen to that.

Everyone wants to lose weight, feel better, and live longer. But what if that was just the beginning? What if readers could use specific workouts to prevent, improve, or cure what ails them? As Dr. Jordan Metzl says, "Exercise is medicine." Now he puts that philosophy along with cutting-edge research and a motivational bedside manner into a groundbreaking book delivering a head-to-toe list of maladies that affect quality of life for millions. He then offers the specific exercise prescriptions that will help fix them from type 2 diabetes to depression, from arthritic joints to PMS, from addiction to sleep apnea. The Exercise Cure received an amazing amount of publicity in hardcover for its simple approach to weight loss and better health for everyone. The book offers an exhaustive (and exhausting) collection of fun, fat-torching, life-changing workouts that can be tailored to any fitness level. "Doctors have long focused on the treatment of disease. Now we have a manual that highlights a means of prevention. As Dr. Metzl touts, exercise is one of the world's most effective medicines." Sanjay Gupta, MD, chief medical correspondent, CNN

Doctors have long focused on the treatment of disease. Now we have a manual that highlights a means of prevention. As Dr Metzl touts, EXERCISE is one of the world's most effective medicines. (Sanjay Gupta, MD, Chief Medical Correspondent, CNN) About the Author Jordan Metzl, MD, is the author of The Athlete's Book of Home Remedies and a nationally known. Sports medicine physician at New York City's hospital for Special Surgery. He lives in New York City.