



The Exercise Cure: A Doctors All-Natural, No-Pill Prescription for Better Health Longer Life

By Jordan Metzl

Rodale Press. Hardcover. Book Condition: New. Hardcover. 304 pages. Dimensions: 9.3in. x 7.5in. x 1.1in. What if there were a drug to treat every illness, across all body systems, proven potent against heart disease, depression, arthritis, PMS and erectile dysfunction even in chronic diseases such as asthma, dementia, and certain types of cancer? What if it had no side effects, was completely free, readily available, and worked for everyone? Every single person who took it decreased her risk of premature death and raised his quality of life. Would you want it? In a healthcare system that spends 17% of GDP, roughly 2.7 trillion, mostly on disease treatment, how do we save money and prevent illness? By increasing the use of the world's most effective preventive medicine: exercise. Jordan D. Metzl, MD, explains how everyone can maximize their daily dose in his groundbreaking new book, *THE EXERCISE CURE*. In *THE EXERCISE CURE*, Dr. Metzl, nationally renowned sports medicine physician, offers malady-specific and well-researched exercise prescriptions to help readers stay healthy, heal disease, drop pounds, increase longevity, and transform their lives. Today's medical system is largely focused on fixing rather than preventing problems, and many treatments carry significant side effects. Cholesterol-lowering drugs are...



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