

[PDF] Revive: Stop Feeling Spent And Start Living Again

Frank M.D. Lipman, Mollie Doyle - pdf download free book



Books Details:

Title: Revive: Stop Feeling Spent an

Author: Frank M.D. Lipman, Mollie Do

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Description:

From School Library Journal Americans seem to be suffering an epidemic of chronic fatigue. Some of this can be attributed simply to lack of sleep, particularly in the Eastern time zone, where 11 p.m. is the end of prime-time television. Also highly suspect are the many additives in much of the food we eat and toxins in the air we breathe. Lipman—founder and director of New York's Eleven Eleven Wellness Center, whose patients include Kyra Sedgwick and David Letterman—here presents a six-week program to detoxify, change eating habits, work daily exercise into one's schedule, and

support those who are trying to clean up our environments. Similar in scope to Woodson Merrell's *The Source* (forthcoming in October 2008), Lipman's book includes notes on the studies he cites, which improves his credibility. Rather than a separate cleansing regimen, Lipman incorporates his detoxification into the complete program, recommending a gradual removal of various foods as well as the addition of yoga stretches and movements. Buy either of these two excellent titles.—Susan B. Hagloch, formerly with Tuscarawas Cty. P.L., New Philadelphia, OH
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Review "*Spent* is a gold mine of life-enhancing, energy-restoring health wisdom -- all presented in easy-to-follow bite-sized pieces that go down easily. Following the instructions in this book will change your life!" -- Christiane Northrup, M.D., author of *Mother-Daughter Wisdom* and *Women's Bodies, Women's Wisdom*

"When you're running on empty, the first step can be the hardest. In *Spent*, Dr. Lipman provides 42 options to jump-start your body and keep it cruising." -- Mehmet C. Oz, M.D., professor and vice chair of Surgery, New York-Presbyterian Hospital, coauthor of the *New York Times* bestseller *YOU: The Owner's Manual*

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