

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: #897,726 in Books (See Top 100 in Books) #64 in "Books > Textbooks >

Medicine & Health Sciences > Medicine > Clinical > Preventive Medicine #184 in "Books >

Medical Books > Medicine > Preventive Medicine #1390 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 Sex, Lies, and Menopause: The Shocking Truth About Hormone Replacement Therapy Hormone Replacement Therapy: A Guide for Primary Care (Oxford Medical Publications) Natural Hormone Replacement For Women Over 45 Physiology of Exercise and Healthy Aging Continuous Renal Replacement Therapy (Pittsburgh Critical Care Medicine) Nutrition

Essentials and Diet Therapy, 11e (Nutrition Essentials and Diet Therapy (Peckenpau)) Nutrition and Diet Therapy (Nutrition & Diet Therapy) Williams' Essentials of Nutrition and Diet Therapy, 10e (Williams' Essentials of Nutrition & Diet Therapy) Oxford Textbook of Palliative Medicine (Hanks, Oxford Textbook of Palliative Medicine) Williams' Basic Nutrition & Diet Therapy, 15e (Williams' Essentials of Nutrition & Diet Therapy) Nutrition for a Healthy Mouth (Sroda, Nutrition for a Healthy Mouth) The Hormone Solution: Naturally Alleviate Symptoms of Hormone Imbalance from Adolescence Through Menopause Nutrition and Weight Management (Healthy Eating: A Guide to Nutrition) Aging Backwards: Reverse the Aging Process and Look 10 Years Younger in 30 Minutes a Day Ending Aging: The Rejuvenation Breakthroughs That Could Reverse Human Aging in Our Lifetime ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription (Ascms Resource Manual for Guidlies for Exercise Testing and Prescription) ACSM's Resources for Clinical Exercise Physiology: Musculoskeletal, Neuromuscular, Neoplastic, Immunologic and Hematologic Conditions (Acsms Resources for the Clinical Exercise Physiology) Exercise Every Day: 32 Tactics for Building the Exercise Habit Krause's Food & the Nutrition Care Process, 14e (Krause's Food & Nutrition Therapy)

[Dmca](#)