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Staying Young and Healthy (Paperback)

By D O David E Teitelbaum

Xulon Press, United States, 2012. Paperback. Book Condition: New. 213 x 137 mm. Language: English . Brand New Book ***** Print on Demand *****.How can we all enjoy youthful, vibrant health in a society that continually encourages us to make unhealthy choices? This book goes far beyond the usual writings on diet and exercise to include a total approach to healthful living -- physically, emotionally, spiritually and mentally. Dr. Teitelbaum shares health-promoting lessons learned from his studies in osteopathic medicine, veterinary medicine, acupuncture and Chinese herbal studies, nutrition, yoga, Tai Chi, and practice experience. He then combines these with positive behavioral changing strategies derived from fields as diverse as sports motivation, athletic training, modern psychology, pastoral counseling and leadership development. The result is a practical, easy to-implement series of changes that yield a youth sustaining, healthy life. Make these changes in your own life and you can stay young and enjoy vibrant health into a very advanced age! Dr. David Teitelbaum graduated from the Texas AM College of Veterinary Medicine in 1976. He subsequently practiced as a small animal and zoo animal veterinarian for three years. Feeling called into human medicine, he then entered the Texas College of Osteopathic Medicine,...



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Reviews

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