

BASED ON DOCUMENTED MEDICAL RESEARCH

Prescription *for* Life

Three Simple Strategies
to Live Younger Longer



INCLUDES
A 21-DAY
PLAN

Six foods you should never eat again

Why lack of exercise is killing you

Decrease the risk of heart attack, stroke, and dementia

Richard Furman, MD, FACS

Prescription For Life Three Simple Strategies To Live Younger Longer

Leslie Vermeer



Prescription For Life Three Simple Strategies To Live Younger Longer:

Prescription for Life Richard MD Furman, FACS, 2014-09-30 During his more than thirty years as a vascular surgeon Richard Furman literally held clogged arteries and diseased hearts in his hands and wondered why the person lying on the table hadn't been more careful Heart disease is the number one killer of men and women in America and in most cases it is completely preventable So why are we slowly destroying our bodies and killing ourselves And what can we do to turn it around The good news is simple sustainable lifestyle changes can mean the difference between health and infirmity between life and death Putting his three decades of experience and education to work Dr Furman gives readers the strategies they need to live not just longer but younger This essential resource to health helps readers achieve and maintain their ideal weight reduce their risk for life threatening diseases make exercise a natural part of their lives learn what foods to eat and what foods to avoid It even shows how following the plan can not only eliminate heart disease but also keep people safe from various cancers dementia diabetes stroke erectile dysfunction and other age and obesity related problems Dr Furman wants readers to realize that poor health during one's golden years is not inevitable It can and should be avoided at all cost And with his expert advice readers can live long healthy vibrant lives enjoying time with friends and family instead of wasting it in doctors offices and hospitals

A Healthy Brain for Life Richard MD Furman, FACS, 2020-01-21 Many people claim they would rather be diagnosed with cancer than dementia or Alzheimer's What they may not realize is that decreased or impaired brain function is not a foregone conclusion as we get older Our own lifestyle choices and habits can have a significant impact for good or ill on our brains And that means there's hope Drawing from the latest medical research Dr Richard Furman helps readers understand brain health and shows them how to make three powerful lifestyle changes that can help decrease the probability of developing dementia or Alzheimer's He explains how eating the right foods exercising and sustaining an ideal weight can dramatically reduce the likelihood of developing brain disorders in the first place and even how those habits can slow the progression of dementia in someone who has already received a diagnosis

The Pulse Cure Torkil Færø, 2024-01-04 Groundbreaking bridges the gap between cutting edge science and practical well being A must read for anyone seeking to improve their resilience reduce inflammation and embrace a healthier future Dr Jenna Macciochi author of *Immunity The Science of Staying Well* What if you could see the toll that over work too much sugar or bad sleep really take on your system What if you knew what boosts your energy and what saps it and when you are heading for burnout What if you could feel more vitality and joy have stronger will power and live longer With the aid of your phone smartwatch or a wearable heart rate monitor and *The Pulse Cure* you can The key lies in measuring your heart rate variability the distance between your heart beats which indicates what is happening in your autonomic nervous system Tuning into your heart rate variability can show you how your personal constitution reacts to specific stressors and help you tailor what you need to do to recharge Whether you are healthy but want to take a proactive approach to your health or exhausted and want

your energy back Dr Frs clear upbeat guidance will help you to improve your sleep discover the right type and level of exercise for you find the best way for you to relax and find calm spot early signs of illness and disease fight burnout and chronic fatigue avoid inflammation in the body Start a conversation with your body It might have surprising things to tell you

Winning Your Blood Sugar Battle Richard MD Furman, FACS, 2019-07-02 As of 2017 more than 30 million Americans have diabetes Another 84 million more than 30% of the adult population have elevated blood sugar levels that put them at risk for developing Type 2 diabetes For most of us it takes a medical emergency to get us to make vital changes to our eating exercise habits and weight control At that point it is often too little too late The unfortunate reality is that 80% of diabetics will die of a heart attack This book is the trigger for you to make lifestyle changes before any medical emergency ever occurs In *Winning Your Blood Sugar Battle* Dr Richard Furman shows you the three essential steps to take in order to defeat diabetes before it defeats you He carefully explains the latest medical literature offers proven guidelines on what to eat and what not to eat and outlines an effective exercise program for keeping the heart healthy Anyone who is diabetic prediabetic or overweight as well as the loved one or caregiver who wants specific directions for supporting the diabetic in their life as they make vital lifestyle changes will find this book a lifeline **The Complete Canadian Book Editor** Leslie

Vermeer, 2016-08-31 The essential resource for aspiring and professional editors Whether you are a student of the craft or a working editor you need *The Complete Canadian Book Editor* From building and managing author relationships through acquiring and developing manuscripts to every level of text editing and proofing for print and ebooks editors play integral roles in the operations of a book publishing house In *The Complete Canadian Book Editor* veteran editor and professor Leslie Vermeer sets out both the concepts and the processes that an effective editor must command Dr Vermeer guides aspiring editors in presenting themselves successfully to employers and clients and working editors will recognize the voice of a mentor in her advice about career advancement Editors at all levels along with authors and self publishers will find in *The Complete Canadian Book Editor* all of the step by step editorial tools they need to take projects from promising beginnings to their full potential With exercises throughout *The Complete Canadian Book Editor* reinforces key concepts and builds your skills as an expert editor Topics include Manuscript acquisition and book contracts Editorial stages from development to proofreading Design and production including digital workflow What every editor needs to know about marketing The state of book publishing in Canada today The future of publishing and why editors are more important than ever before *Strong*

Memory, Sharp Mind Frank MD Minirth, 2017-06-20 The words are on the tip of your tongue but you just can t quite remember them You ve been there a hundred times so why did you take the wrong turn Outwardly as people age they may be looking and feeling younger than their parents generation 60 is the new 40 after all but mental decline can begin as early as age 30 and it will impact everyone at some point The increasing rate of dementia is sobering and the personal financial and societal stakes are high The good news is just like diet and exercise can keep aging bodies healthier the proper mental

regimen can slow even reverse the deterioration of our mental capacity In this practical and hopeful book Dr Frank Minirth gives readers trustworthy scientific insights helpful assessments to measure mental sharpness and proven strategies to preserve focus memory and brain power at every age Each chapter includes brain boosters exercises and challenges as well as engaging personal stories

The Transformation Factor J. Frank Harrison III, 2022-02-02 Culture Is Everything A good leader builds and establishes a company culture people want to be a part of A transformational leader elevates that cultivating a culture in which everyone throughout the organization is empowered to use their talents to live and work at their best As the chairman and CEO of Coca Cola Consolidated the largest Coca Cola bottler in the United States J Frank Harrison III knows firsthand the importance of not only prioritizing culture but also living out and modeling the values that drive it He believes every person in an organization matters and how they are led matters just as much In The Transformation Factor Leading Your Company for Good for God and for Growth Harrison profiles his company and his own personal journey to show you the radical transformation and amazing ripple effects that come from a purpose driven people focused culture and a leadership style that centers on serving others With a company that employs over sixteen thousand people Harrison understands that real culture transformation takes great effort intention and courage and also humility and generosity His book is about teaching leaders how to engage in meaningful work with people inspire a culture of genuine care and mobilize everyone around a purpose that not only transcends the everyday work they do but also informs it Harrison integrates faith with work and demonstrates a revolutionary approach to leadership modeled after the heart of God The Transformation Factor shows us what it takes to commit to and invest in people helping them recognize their fullest potential and how to transform any environment into a place of vitality growth and purpose With clarity and honesty Harrison speaks from his experience as a leader to offer us a new way to look at people culture business and success

Segui il battito Torkil Færø, 2024-11-15T00:00:00+01:00 Un manuale facile e comprensibile per migliorare la propria energia e vitalità con il semplice aiuto di un rilevatore di frequenza cardiaca La prima guida al mondo che spiega come utilizzare gli onnipresenti orologi intelligenti tracker e cardiofrequenzimetri per acquisire maggiore forza di volontà e per aumentare energia e vitalità Attraverso le variazioni della frequenza cardiaca e la conoscenza di base del sistema nervoso impariamo a capire cosa giova al nostro corpo quanto esercizio fisico ci serve quale l'alimentazione migliore come gestire lo stress ed evitare le malattie Il dottor Torkil Færø grazie all'esperienza trentennale con i suoi pazienti ma anche all'applicazione su se stesso condivide le ultime scoperte scientifiche su stress sonno movimento riposo alimentazione alcol e altro ancora accompagnando il lettore in una ricognizione del proprio fisico per evitare malesseri e malattie legate allo stile di vita Accorgimenti e buone pratiche che possono far raggiungere a ognuno di noi una forma fisica invidiabile attraverso un'attenta lettura del battito cardiaco nei diversi momenti della giornata tempo di essere responsabili della propria salute e benessere Come diceva Albert Schweitzer Il medico del futuro siamo noi stessi

A Whole-Body Approach to Slowing Down Aging Liang-Che Tao M.D., 2011-04-13

AGING IS INEVITABLE Its a complicated process and each of us experiences it in different ways Its difficult to pinpoint why one person ages well while another person acts and looks older In A Whole Body Approach to Slowing Down Aging author Dr Liang Che Tao presents a self help guide that works toward protecting your health in your senior years and reducing the risk of age related diseases Advocating a practical whole body approach Tao discusses natural and nutritional ways of slowing and possibly even reversing the aging process With the goal of living longer lives in disease free healthier bodies A Whole Body Approach to Slowing Down Aging helps you understand the primary causes of aging nutritional needs for optimal immune functions wise use of antioxidants basics of cardiovascular disease and how to prevent it idea that osteoporosis can also be prevented background of age related cancer importance of protecting the brain and keeping it healthy Life is mortal and our bodies are designed to last only so long In A Whole Body Approach to Slowing Down Aging Tao shows that with care and maintenance our bodies will live well beyond their warranties

Gorgeous Skin Erica Angyal,2014-10-29 REISSUE

Finally there is a quick easy and comprehensive program to help you achieve healthy vibrant and youthful skin in 30 days A revolution in nutrition the 30 day Gorgeous Skin lifestyle program debunks all the beauty myths of our time showing you how to be beautiful from the inside out Using up to date clinical research you ll find information on all the latest antioxidants vitamins minerals and supplements to slow down the ageing process and to improve the texture tone and health of your skin It also includes valuable lifestyle management tools and relaxation techniques to help you maintain lifelong health beauty and vitality The program includes A safe three day cleansing and detoxification plan to rid the body of toxins eradicate blemishes reduce fine lines and create an even skin tone All the current information on skin superfoods and nutritional supplements for anti ageing and wrinkle fighting to enhance repair and regeneration of your skin cells subdue inflammation and boost collagen production Hundreds of delicious new recipes facts and healthy skin tips as part of a complete program for natural health and beauty How to identify and use the skin protectors to reverse or slow the ageing process and avoid harmful food lifestyle and environmental factors that accelerate ageing A 28 day beautiful skin plan for the bride to be or anyone who wants to prepare for a special occasion Erica gives you the secrets of beauty from within If you follow her dietary and lifestyle recommendations your skin will show the difference within 30 days Dr Barry Sears author of The Zone Those really interested in vital skin will find this book compelling and entertaining Dr Mike Roizen author of New York Times 1 bestseller Real Age Are You As Young As You Can Be

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