



Lifestyle First Aid: 9 Simple Concepts to Supercharge Your Health and Your Life (Paperback)

By Marwa Ahmed, Andre Panagos

Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Top doctors Marwa Ahmed MD and Andre Panagos MD scrutinized the medical literature to answer the perennial question that patients have asked for generations. Buried deep within the pages they uncovered the research to validate what they see every day in their patients; the permanent treatment of chronic pain and chronic injuries is possible. They simplified their findings into clear basic elements and explain how it starts with, eat right, exercise, and get plenty of rest. Through this they reintroduce the concepts that many people have forgotten in the modern world of convenience. Drs. Ahmed and Panagos explain how smart habits allow you to regain control of your genes to supercharge the repair of tissue damage caused by the wear-and-tear of daily life and explain what physicians do to start the process. They also shed light on how we can reprogram ourselves to live a supercharged life every single day.



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