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Bursting with Energy: The Breakthrough Method to Renew Youthful Energy and Restore Health. 290. by Frank Shallenberger M.D., H.M.D., Jonathan Wright M.D. (Foreword by) Frank Shallenberger M.D.

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Bursting with Energy: The Breakthrough Method to Renew Youthful Energy and Restore Health (Easyread Large Edition) The author shows a clear connection between the amount of energy a person has and the amount of aging he or she does, pointing out that, in medical terms, aging refers to a loss of functioning, not chronology.

Bursting with Energy: The Breakthrough Method to Renew ...

Bursting with Energy is also bursting with practical information for the lay person and for the busy practioner. With methematical precision this book adds up to a true set of rules for health and healthy living.

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In this updated revision of his acclaimed book, Bursting with Energy, Dr. Frank Shallenberger makes a clear connection between the amount of energy you have and the amount of aging you do, pointing out that, in medical terms, aging refers to a loss of function, not chronology. A thirty-year old with no loss of function is identical to a twenty-year-old, he says.

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Bursting with Energy : The Breakthrough Method to Renew ...

Bursting with Energy, by Dr. Frank Shallenberger. The Breakthrough Method to Renew Youthful Energy and Restore Health - that will help you to achieve permanent weight control and to improve your energy level, overall fitness, and biological age.

Bursting with Energy, by Dr. Frank Shallenberger - Large ...

Dr. Shallenberger has developed a revolutionary new approach to health, aging, and disease prevention which is described in his groundbreaking two books, Bursting With Energy and The Type 2 Diabetes Breakthrough.

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Dr. Shallenberger has published numerous scientific papers, and is the author of two books, Bursting With Energy and The Type 2 Diabetes Breakthrough. The problem with diabetics (and people who are on the road to diabetes) is they begin to lose their fat-burning capability. And losing your fat-burning capability results in two problems.

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