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Prescription *for* Life

Three Simple Strategies
to Live Younger Longer



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PLAN

Six foods you should never eat again

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Decrease the risk of heart attack, stroke, and dementia

Richard Furman, MD, FACS

Prescription For Life Three Simple Strategies To Live Younger Longer

Richard MD Furman, FACS



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

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

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 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 Færø's 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

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

[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

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

Segui il battito Torkil Færø,2024-11-15T00:00:00+01:00 Un manuale facile e comprensibile per migliorare la propria energia e vitalit 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 volont e per aumentare energia e vitalit 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 F r 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

The Longevity Prescription Robert N. Butler,2010-05-27 The internationally

revered Pulitzer Prize winning father of geriatric medicine offers a revitalizing plan for living a longer and better life The Longevity Prescription outlines eight essential facets of longevity exercise nutrition mental vitality sleep relaxation love and intimacy community connections and medical care Based on proven discoveries the strategies in each of these areas stretch the proceeds of the three decade dividend while delaying or eliminating chronic illness With step by step guidance for formulating an action plan and adopting new habits and strategies The Longevity Prescription also guides readers through special challenges such as diabetes and cancer A baby boomer turns sixty every 7 6 seconds but many of America s graying millions approach the later years of life with fear and trepidation Emphasizing clear cut research findings that balance physical health with emotional well being Butler and his colleagues offer a definitive path to whole life happiness

Popular Mechanics ,2000-01 Popular Mechanics inspires instructs and influences readers to help them master the modern world Whether it s practical DIY home improvement tips gadgets and digital technology information on the newest cars or the latest breakthroughs in science PM is the ultimate guide to our high tech lifestyle **Popular Science** ,2005-09 Popular Science gives our readers the information and tools to improve their technology and their world The core belief that Popular Science and our readers share The future is going to be better and science and technology are the driving forces that will help make it better *The Smile Prescription* Rich Castellano,2015-11-21 Wall Street Journal Bestseller A powerful prescription for positivity side effects include increased health wealth and happiness Did you know that science has proven a simple and free way to live longer be happier make more money and have more sex That s right recent studies have correlated all of this with simply smiling more Now you can actually train your smile to bring you the life you want with *The Smile Prescription* an inspiring book in which Dr Rich Castellano reveals how this technique strengthened him through many hardships and turned his life in a positive new direction If you want to have more sex and make more money not necessarily at the same time now you can unlock the scientifically proven secret power of your smile allowing you to live longer be happier and get what you have always been missing in your personal and professional relationships Brings a fresh perspective to the age old question How do you really create and measure happiness *The Smile Prescription* explores the art of smiling facial expression and innovative communication strategies that will absolutely make a difference in your life and bottom line Scott Hallman two time Inc 500 Company Founder and author of *The 7 Success Drivers to HyperGrowth*

Ebony ,2005-11 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine **The Advocate** ,2004-01-20 The Advocate is a lesbian gay bisexual transgender LGBT monthly newsmagazine Established in 1967 it is the oldest continuing LGBT publication in the United States [The DNA Restart](#) Sharon Moalem,2016-09-06 A practical guide to tailoring your diet to your genes based on groundbreaking research on genetics nutrition and longevity featuring at home exercises like TikTok s viral saltine cracker test Packed with fascinating information about the links between genes food and health

Stephen Le PhD author of 100 Million Years of Food Take a bite of a cracker As you chew notice how long it takes for the taste to change from salty to sweet The faster the taste changes the more adept your body is at breaking down carbs This saltine cracker test highlights that everyone has unique variations in our genetics and with The DNA Restart you re given a step by step guide to tailoring a diet and lifestyle to your specific needs Physician neurogeneticist and New York Times bestselling author Dr Sharon Moalem has spent the last two decades researching and formulating how to eat and live in line with your own genetic code using five foundational pillars Eat for Your Genes Simple scientifically based self tests and exercises will get you eating the right amounts of carbs fats and proteins for your unique genes Reverse Aging Turn back the hands of your genetically based biological clock using signature dietary and behavioral changes Eat Umami Use the natural taste of umami or deliciousness contained within food to trigger long lasting satiety Drink Oolong Tea Oolong tea is rich in polyphenols and has the power to stop you from absorbing dietary fat naturally Slow Living Continued stress changes our DNA Dr Moalem shows you how to more deeply enjoy your food upgrade your sleep and use easy visualization exercises to curb unwanted cravings Delicious recipes with mix and match meal plans and inspiring testimonials round out this unique book The DNA Restart is truly paradigm shifting and is certain to change how we view our diets health and longevity **The Longevity Bible** Gary Small,Gigi Vorgan,2006-06-01 From the author of The Memory Bible and The Memory Prescription Dr Gary Small s exciting all encompassing formula for living a longer and better life Bestselling author and expert on aging Dr Gary Small show us how to live longer stronger better lives in his new book The Longevity Bible by following simple guidelines such as a positive attitude gratifying relationships and lifelong education Comprised of advice on memory fitness healthy diet physical conditioning and stress reduction The Longevity Bible follows the stories of four typical readers in different stages of their lives and how those lives are improved with his plans The South Beach Wake-Up Call Arthur Agatston,2012-10-02 From Dr Arthur Agatston creator of the South Beach Diet comes an urgent message We need to wake up to the reality of just how fat and sick we are as a nation Statistics don t lie In the past 30 years Americans have become heavier and unhealthier than at any time in our history Yet while most of us recognize the devastating toll this is taking on our lives compromising our productivity our self esteem our energy and ultimately our very longevity we seem stuck in the sedentary fast food lifestyle that got us here in the first place But there is hope In The South Beach Wake Up Call Dr Agatston sheds light on the root causes of our current health crisis and also offers clear actionable advice for addressing and reversing this growing problem He explains how inflammation brought on by our toxic lifestyle is destroying the body s ability to heal and repair itself and causing our tissues and organs to rust or grow old before their time He shows why losing that belly fat is far more than just a matter of regaining your bikini body and how lack of sleep and inadequate exercise can rob you of years of vigorous good health He also takes a close look at the American diet and what should and shouldn t be on the menu and exposes the real cost of eating out and consuming cheap fast food With a section of brand new recipes created

to maximize your intake of Megafoods those foods packed with anti aging antioxidants and dense with nutrients not calories plus meal plans and an easy to follow fitness routine for increasing both core strength and cardiovascular health The South Beach Wake Up Call is an essential prescription for anyone ready for a life enhancing approach to diet and good health The book features The South Beach Wake Up Program 7 simple sustainable strategies for age reversing life saving weight loss and optimal health The South Beach Gluten Solution to combat the potential harm that gluten containing foods can have on sensitive individuals including gastrointestinal problems skin rashes metabolic disorders and a host of autoimmune conditions The Wake Up and Move 2 Week Quick Start Plan an exercise program combining both cardio and core conditioning 15 MegaFoods for Healthy Eating how to buy healthy food on a budget how to snack strategically and 32 all new recipes from breakfasts to desserts using MegaFood Stories from real life Super Moms who are fighting back and taking control of their families health plus tips for parents throughout

Popular Science ,1909-11 Popular Science gives our readers the information and tools to improve their technology and their world The core belief that Popular Science and our readers share The future is going to be better and science and technology are the driving forces that will help make it better

Subject Guide to Books in Print ,1997 **Bulletin of the Atomic Scientists** ,1968-10 The Bulletin of the Atomic Scientists is the premier public resource on scientific and technological developments that impact global security Founded by Manhattan Project Scientists the Bulletin s iconic Doomsday Clock stimulates solutions for a safer world

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