

FRANK LIPMAN, M.D.

with Mollie Doyle

PREVIOUSLY PUBLISHED AS *SPENT*

REVIVE



"Jump-start your body and keep it cruising."

—Mehmet C. Oz, M.D., co-author of *YOU:
The Owner's Manual*



STOP FEELING
SPENT AND **START**
LIVING AGAIN

"A gold mine of life-enhancing, energy-restoring health wisdom."

—Christiane Northrup, M.D., author of *Women's Bodies,
Women's Wisdom*

Revive: Stop Feeling Spent and Start Living Again

Frank Lipman

From the surgeon whose "extraordinary perform is on the forefront of a innovative solution to convey scientific care" (O, The Oprah Magazine), a simple software to revive power and health. • DO you are feeling surprisingly EXHAUSTED? • DO you could have difficulty SLEEPING? • DOES YOUR DIGESTION hassle Revive: Stop Feeling Spent and Start Living Again YOU? • DO you may have ACHING muscle tissues AND JOINTS? • DO you are feeling such as you ARE getting older TOO QUICKLY? • DO you're feeling LIKE you are operating Revive: Stop Feeling Spent and Start Living Again ON EMPTY? Fatigue, unexplained again and joint pain, distractibility, irritability, insomnia, and digestive difficulties go away many folks feeling spent -- and there's no capsule that reverses the effects. Many americans are laid low with this new epidemic, and medical professionals are not able to diagnose any unmarried cause. yet Dr. Frank Lipman is aware that this profound feeling of common unwellness isn't a part of the conventional getting older process. during this progressive book, Dr. Lipman is the 1st to attach the dots in a constellation of symptoms, supplying a confirmed approach to wrestle the pervasive syndrome he calls Spent. whilst somebody is Spent, the physique is doing every little thing it might probably to point that it's time to sluggish down, rest, detoxify, repair, replenish, and restore. Dr. Lipman has helped hundreds of thousands of sufferers who are suffering from Spent to restore their our bodies -- and, in so much cases, believe extra energized and more fit than they ever have before. In Spent, Dr. Lipman first identifies Revive: Stop Feeling Spent and Start Living Again the issues in glossy existence that bring about power depletion, equivalent to stress, mild deprivation, an erratic sleep schedule, and a vitamin excessive in sugar and processed foods. Next, he creates "Daily Beats," a sequence of straightforward activities -- resembling sleep, diet, exercise, nutrition, meditation, and leisure -- that readers Revive: Stop Feeling Spent and Start Living Again can take to fix their under pressure structures and nourish their our bodies and minds. As with Dr. Lipman's patients, a person following his daily software will suppose energized, vibrant, and younger. With a meals plan of tasty recipes pictures of research-based workouts and stretches, and knowledge from Dr. Lipman's thirty years of clinical practice, Spent places readers again involved with their bodies' traditional rhythms and introduces them to a life of sturdy health.

i used to be drawn into all issues Dr. Frank Lipman after a weekend of health with Frank, Kris Carr, Sharon Gannon, and Robert Thurman -- what a team of Revive: Stop Feeling Spent and Start Living Again fine souls! -- at Menla Mountain Retreat in October 2012. What i like approximately this e-book is what I get pleasure from lots approximately Frank and his method of everything: he is realistic, reminds us how we will support bodies heal (and thrive) naturally, and offers you practicable doses to stroll you thru to feeling reliable again. Excellent and enjoyable to read/use...at your individual pace, and comprises simple, at-home exercises, self-massage (tennis ball foot massage!), playlists, and fantastic recipes. Lots extra on his Be good internet site. i am a proud associate now, and this is the link:
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Revive Stop Feeling Spent And Start Living Again

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