



# The Exercise Cure: A Doctor's All-Natural, No-Pill Prescription for Better Health and Longer Life

*Jordan Metzl, Andrew Heffernan*

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## The Exercise Cure: A Doctor's All-Natural, No-Pill Prescription for Better Health and Longer Life

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Everyone wants to lose weight, feel better, and live longer. But what if that was just the beginning? What if readers could use specific workouts to prevent, improve, or cure what ails them?

As Dr. Jordan Metzl says, "Exercise is medicine." Now he puts that philosophy along with cutting-edge research and a motivational bedside manner into a groundbreaking book delivering a head-to-toe list of maladies that affect quality of life for millions. He then offers the specific exercise prescriptions that will help fix them from type 2 diabetes to depression, from arthritic joints to PMS, from addiction to sleep apnea.

*The Exercise Cure* received an amazing amount of publicity in hardcover for its simple approach to weight loss and better health for everyone. The book offers an exhaustive (and exhausting) collection of fun, fat-torching, life-changing workouts that can be tailored to any fitness level.

"Doctors have long focused on the treatment of disease. Now we have a manual that highlights a means of prevention. As Dr. Metzl touts, exercise is one of the world's most effective medicines." —Sanjay Gupta, MD, chief medical correspondent, CNN

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#### **Kimberly Smith:**

Exactly why? Because this The Exercise Cure: A Doctor's All-Natural, No-Pill Prescription for Better Health and Longer Life is an unordinary book that the inside of the book waiting for you to snap it but latter it will shock you with the secret that inside. Reading this book close to it was fantastic author who have write the book in such remarkable way makes the content inside of easier to understand, entertaining approach but still convey the meaning entirely. So , it is good for you for not hesitating having this anymore or you going to regret it. This phenomenal book will give you a lot of gains than the other book have such as help improving your proficiency and your critical thinking way. So , still want to hesitate having that book? If I were being you I will go to the reserve store hurriedly.

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