



Get Moving Live Better, Live Longer

By Ruth K. Anderson M. D.

Xlibris Corporation. Paperback. Book Condition: New. Paperback. 260 pages. Dimensions: 8.8in. x 5.8in. x 0.7in. You have the power to treat and even cure your disease. Do you have Hypertension Diabetes Osteoporosis Heart disease Chronic Pain Arthritis You can drop your blood pressure, lower your blood sugar levels and even control your pain with the right exercise program. Ruth Anderson MD, MS, combines her medical expertise with her Masters in exercise physiology and 25 years of experience in health and wellness to provide a scientifically proven guide to treat your disease through exercise and nutrition. Exercise physiologists have developed these guidelines over the past 50 years. Dr. Anderson brings the information to you in an easy to follow format and combines it with her medical expertise to provide the tools you need to heal yourself. Lose the pills, throw out the fads. If you get off your ! and take charge of your health, you can re-create your life. Dr. Anderson will show you the way. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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