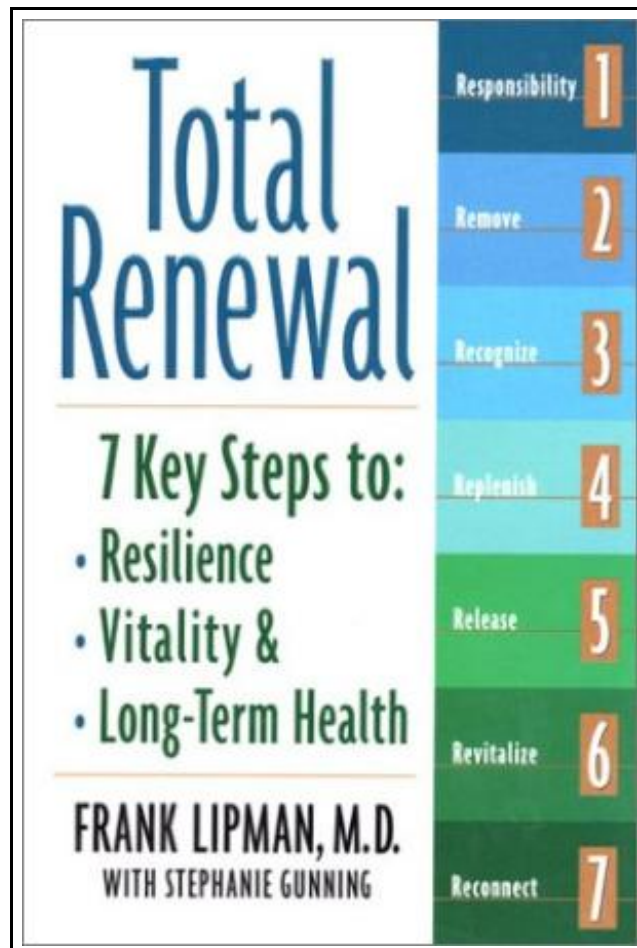


## Total Renewal: 7 Key Steps to Resilience, Vitality and Long-term Health



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Penguin Putnam Inc, United States, 2004. Paperback. Book Condition: New. 231 x 152 mm. Language: English . Brand New Book. Named one of The New Healers on the cover of New York magazine, holistic physician Frank Lipman presents his seven-step program for cultivating habits that naturally strengthen the body's resilience. Dr. Lipman's Seven Steps are: Step 1: Take Responsibility for Your Health and Well-Being Step 2: Remove Toxins and Decrease Your Total Load Step 3: Recognize Your Unique Diet Step 4: Replenish Nutrients and Balance Hormones Step 5: Release Tension and Relieve Stress Step 6: Revitalize with a Detox Step 7: Reconnect to Yourself, Others, and Nature In terms of health, most of us live at 50 percent of our capacity. Total Renewal takes us the rest of the way there. Many people suffer from digestive disorders, low-grade toxicity, or fluctuating blood sugar levels. While not ballooning into full-fledged diseases, these conditions hamper our enjoyment of life and prefigure illnesses that loom in our future. Comprised of seven key steps, Dr. Frank Lipman's Total Renewal program reverses the unhealthy habits and poor functioning that we slowly develop and take for granted over the course of our lives, replacing them with new behaviors that leave us stronger, healthier, and more durable. A prominent clinician on the leading edge of new concepts in complementary medicine, Dr. Lipman brings a vital, fresh voice to the literature of self-care and holistic health.



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