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Dr. Frank Lipman Discusses His Book Spent

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Revive Frank Lipman

Dr Frank Lipman is the founder and director of the Eleven Eleven Wellness Center in New York, USA, where he practises intergrative medicine - combining the best of the many alternative practices he has studied with Western medicine. He lives with his wife and daughter in New York.

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Book Review: Revive by Frank Lipman, MD - CBK Coaching

Frank Lipman, MD, is the holistic physician of whom O The Oprah Magazine said is "at the vanguard of a revolutionary new way to deliver health care." He is the founder and director of the Eleven Eleven Wellness Center in New York City, where for 20 years his personal blend of acupuncture and Traditional Chinese medicine, Functional Medicine, nutrition, herbal medicine, biofeedback, meditation, and yoga have helped thousands of people recover their energy and zest for life.

Revive: Stop Feeling Spent and Start Living Again: Lipman ...

Lipman has helped thousands of patients who suffer from Spent to revive their bodies—and, in most cases, feel more energized and healthier than they ever have before. Dr. Lipman first identifies the things in modern life that lead to energy depletion, such as stress, light deprivation, an erratic sleep schedule, and a diet high in sugar and processed foods.

BOOKS - Frank Lipman MD

Frank Lipman MD I believe that we all have the ability to live a healthy and vital life. As a leader in Functional Medicine, I practice what I call Good Medicine; an appropriate blend of cutting-edge, modern medicine with age-old healing techniques from the East so that together we can create your own personal health care plan.

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Frank Lipman, M.D. Recognized as a vocal pioneer of integrative and functional medicine (or what he calls “good medicine”), Dr. Frank Lipman is the founder of Eleven Eleven Wellness Center in New York City. He is the best-selling author of five books— How to Be Well, The New Health Rules, Young & Slim for Life, Revive and Total Renewal —as well as a sought-after international speaker.

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Lipman has helped thousands of patients who suffer from Spent to revive their bodies--and, in most cases, feel more energized and healthier than they ever have before. In Spent, Dr. Lipman first identifies the things in modern life that lead to energy depletion, such as stress, light deprivation, an erratic sleep schedule, and a diet high in sugar and processed foods.

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