

Dr. Sears's 8-week healthy-aging program will help you:

- *Prevent disease*
- *Sharpen thinking*
- *Boost energy*
- *Take charge of your health!*

PRIME-TIME HEALTH

*A Scientifically Proven Plan
for Feeling Young and Living Longer*

William Sears, MD
with Martha Sears, RN

Foreword by Dean Ornish, MD



William Sears

**Prime-Time Health: A Scientifically Proven Plan for
Feeling Young and Living Longer**



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Twelve years ago, renowned physician and author Dr. William Sears was identified as having cancer. He, like a lot of people, wanted--and needed--to manage his health. Sears shares his system in Prime-Time Wellness. Dr. Now at the peak of wellness, Dr. Dr. This engaging and deeply informative publication will motivate visitors to create crucial behavior and lifestyle changes. Sears created a comprehensive, science-based, head-to-toe program for living a long, fit life--and it proved helpful. Sears explores how exactly to keep each body healthy and delay those normal age-related changes. Sears's smart, accessible, and entertaining tone of voice, Prime-Time Health is a practical system to assist you live your very best life possible--pain-free, disease-free, stress-free, and medication-free of charge. Written in Dr.



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Recommended book intended for my coaching clients There are plenty of health books about but certain books deserve more hype than others. "Prime-Time Wellness" being one of these. Topics are endless and easily comprehended. Sears! Sears covers many great facts that are on everyone's brain with regards to health. This book covers anything from CARDIOVASCULAR DISEASE, to reversing bone loss, to slimming down and staying fit. An easy to read, fact stuffed from A to Z. Prime-Time Wellness explores fresh thinking and aged thinking of Health today. Dr. Sears also has an "8-week healthy-aging" program that will assist you boost your health and energy. Today everyone wants to feel more youthful and live longer and Dr. You don't have to worry about terminology as this reserve is simple to understand by everyone. Dr. The best Health book I have ever read The very best Health book I have ever read. With this reserve you will have a better understanding of where fat originates from, and how to get rid of it, how blood pressure and blood sugars work, and preventing diseases. Whether you're 5 or 70, there's more than enough information for all the age groups. Reduce your tension and sharpen your considering with these great ideas. Work your gut and build your bones, the descriptive images and explanations enable you to do just that. Sears tells you how to do that. Publishers' Weekly claims "Prime-Time Health" is "Amusing, encouraging, and easy-to-keep in mind prescriptive mnemonics and slogans enliven a lucid, personal and professional narrative. Sears provides what identical books often lack- an honest and trusted tone of voice plus the latest medical science in a thorough, accessible program that is hard to resist Great book! Awesome book! Well crafted and supported with scientific study. Written on an even that the average individual can understand.! It's broken down into actionable techniques that may make it easy for me to incorporate this information for better health and wellness.. Dr. Thanks! Great Tool FOR ME PERSONALLY Direct and readable; love this book. Dr. I have read lots of books on diet plan and fitness, this is the best book I've ever read. This is a life saver because I was going down the street to prescription drugs and previous early aging. Primed for the sake of It Being a Boomer in Prime Time, I can honestly say that We never had more standard guidance about looking after my health than what's found on the web pages of Expenses and Martha Sears' book. Since scanning this book I have gone more plant located in my eating and buy organic, hormone free and anything that shouldn't end up being in my food I pass on. Just got an excellent blood work back again from my Main who inquired what am I doing in a different way. My lab work came back with numbers just like a teenager. Low sugars, cholesterol, and blood circulation pressure. I love this book! Oh yeah! A Have to Read for Anyone Concerened about their Health I read this publication on my wife's suggestion and encouragement. Trust the majority of what he says; The key for me is the IBODS description for folks like me which have chronic swelling that hurts my joints. This book was recommended to me by way of a professional

nutritionist. Sears clarifies how the body works and how the right foods can keep your body in a healthy body. like consuming clean and getting excess weight and cardio into our time. Great book, you have to obtain and read. Also, the lists are direct and even though most of this is common sense, it's great to see it on the net, paste it up on the fridge, and abide by it. Happiness and wellness are soul mates! An incredible resources on health. Amazing read! They all agree - stick to the Sears' advice and you will be in charge of your wellbeing. This book is usually a map of the road of wellness. It's message is clear - if you be good to yourself, the chances will tilt in your favor toward a great life lived healthful. The Sears have given parents and grandparents the gift of good sense they offered for pediatric home healthcare. For a healthy heart Excellent book in case you are struggling to reverse disease, prevent coronary attack or stroke, and I really like how it explains the science behind the techniques. Very encouraging for someone over 65. . He writes within an easy-to-understand format, and he keeps your curiosity. The practical tips and how food works within your body and how exactly to heal your very own body through meals! Great read! It really shed light onto some important info I needed for understanding why changes in lifestyle are so important. For All Ages Prime Time Health is usually geared for baby boomers and seniors, but it surely is certainly worthwhile reading for all age range. The premise behind the reserve is "you are everything you eat," and it's really never too early to start out eating right to maintain all those body parts is tip-top working order! muscle tissue and body pains. Provides simple to research lists and sections, rendering it easy to discover what you would like and utilize the info. I use his insights to improve your health, lose weight and get fit to rid myself of the inflammation and pain. Sears provides great information regarding prime time wellness! He doesn't preach, he informs. And, what he says makes common sense. If you want to stay as healthy for as long as you can, this is a "must browse" book. Every home should have a copy! Today fast forward from answers posed as we raised our children to the answers sought once we age, or because the Sears state, thrive during the Prime Time years. As a health coach, I take advantage of this publication in classes I train. It is packed with practical ideas, all technology backed, on how best to take back your health and eliminate lots of what people acknowledge because the norm when getting older.. Combines the very best nutrition tips and approaches in a practical manner that . DONE WELL Dr.. A good read. Improving health as we reach middle age and older A common sense method of health as we age. Tips and ideas for improving your wellness by a popular pediatrician, now coping with his own health issues as he ages. Incorporates advice from top physicians atlanta divorce attorneys specialty. Foods and exercise included.Created for middle aged people in the prime of lifestyle, but applicable to all. Dr. Smart way to jump-start a new lifestyle over 50 Browse it cover to cover. Smart way to

jump-start a new lifestyle over 50! How to live your very best life in your primary time of life. Already implementing his suggestions and feeling great! Must Go through! I've gifted copies to friends and family.! Provides scientific based details to help you understand the "why" behind list of positive actions to feel more youthful and live much longer. Sears implements the "LEAN" (Lifestyle, Exercise, Attitude and Nutrition) technique which this reserve goes by. I have ordered other books for family members & friends. A good read. Not sure of the accuracy of some .. How to open your internal pharmacy, Make Wellness your Hobby, Pain and Inflammation and a lot more. Combines the best nutrition concepts and approaches in a practical manner that can put you on the road to improved Health and Fitness to make sure that you will enjoy your life free from old age diseases. Uncertain of the accuracy of some of it's claims.



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