

BUILDING A HEALTHIER BODY THROUGH  
**FUNCTIONAL MEDICINE**



# YOUR LONGEVITY **BLUEPRINT**

**DR. STEPHANIE GRAY**

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"Whether you are newly diagnosed or a patient who continues to struggle with a long list of confusing symptoms, *Your Longevity Blueprint* will be a helpful guide in your journey to reclaim your health and vitality!"

—TERRY WAHLS, MD, author of *The Munk's Diet*

*Stephanie Gray*

## **Your Longevity Blueprint: Building A Healthier Body Through Functional Medicine**



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There is a difference between not being sick and being really well.. Get better, not only older. This reserve is written in a manner that is easy to comprehend. Stphanie Gray explains how functional medicine can give you a longer and better quality of life. The book includes types of many common struggles observed in primary care and attention chapter by chapter. Functional medicine made easy We am a family group physician who spends plenty of my period with my individuals trying to instruct them how to experience their best health. If you experience any type of ailment and also have been for a long time, been to every doctor and only got worse with all the medications they gave you then, READ THIS Publication! We need to understand and deal with the root factors behind these diseases and in addition promote the practices that potentiate health. Our current health care system's approach to this matter has been reactive instead of proactive. Dr.! She simplifies and clarifies complex topics and provides the reader clear action steps to help them on their journey of health. As a health trainer and meeting with over 200 people per month, I hear some awful stories about the run around treatment in our "health care" system. I have recommended this reserve to numerous of my sufferers who need to deepen their understanding of wellness. I am thankful that Dr. ?? The Keys to Longevity Dr. I strongly suggest this reserve to anyone who seeks truthful answers to the real causes of our chronic illnesses and really wants to experience their best health.Gus Vickery MD Filled with Useful, Understandable Information! I purchased Dr.. Axe. I am acquainted with functional medication. Dr. This is an extremely informative book, especially for someone just starting to learn about the primary cause of illness, rather than wanting to band-aid disease with a pharmaceutical.Longevity Blueprint explores deeper knowledge of WHY these conditions and analysis occur, and how to FIX and reverse the problem, not mask the symptoms. Thank you for writing this book Dr. Stephanie! The best healthcare is self care which book helps . Dr. EVERY doctor must practice this way and unfortunately they don't. Gray is indeed progressive with the most recent functional medicine tests to truly get to the root of the issue. Gray spent years upon years studying, training and gaining encounter in this field of medication. Dr. Stephanie Gray has provided you the keys to longevity and vitality. That is a must read. Our country and several other societies are coping with an epidemic of chronic illnesses that are stealing the health of families and communities. Great publication for the motivated patient As a doctor myself The Longevity Blueprint lays the building blocks of how functional medicine can improve you as well as your individuals quality of life. Gray did such an amazing work putting this impressive material together. Dr. Dr. I really like her example that your body is like a house. You will need a strong foundation for everything to work together. I appreciated her approach that you can focus on one room in the house at the same time. Have a ton of takeaways from reading this book. A Blueprint for Healthy Ageing!

This book is among the most program, the blueprint, on how I will progress not just old. Taking it a stage further, this book lays out secure, effective, and studied organic solutions. Great reserve for the motivated individual, or the eager doctor looking to start locating the cause of many conditions. The medical diagnosis and medication doesn't tell us "why".. Stephanie's reserve after viewing a FB Live she did with Dr. Dr. Very useful to help figure what needs to be addressed to heal! This book is AMAZING! Gray's book can be an easy to read and understand source that anyone can use to begin to transform and optimize their personal wellness. Dr This book is AMAZING!!. Gray uses the analogy of building a home. The foundation must be sturdy for the home to sustain life for some amount of time. Whether your foundation is normally solid and you also are simply wanting to live a healthier existence or your basis has completely eroded and you also have given up hope this publication is for you. She actually is unlike your common doctor who merely prescribes a pill to calm your symptoms. Dr. Dr. Every chapter is indeed thorough- including recommended assessments and health supplements for the ailments of that system. You do NOT want pass this publication up. Personally i think like I simply got a PHD! Gray applied her encounter, wisdom, and energy to offering this helpful and powerful resource to all of us. Gray is normally a genius and will an amazing job expressing this understanding in this reserve. She teaches us how exactly to manage our meals and hormones to live a lifestyle worth living. I also enjoyed our discussion on my podcast, 40+ Fitness. Five Stars AAA+++ A glance at medicine outside the box First word that involves mind when scanning this book, astonishing.. Functional Medicine completely explained. She clearly has a heart for individuals she acts. I also make an effort to encourage my participants there has to be an answer and to maintain fighting. Gray writes in an engaging method and I learned a lot of new info about which exams to take and dealing with a functional doc. Gray places into words and phrases some astonishing and goose bump info that I believe we all should become aware of. The best health care is self care which book helps you understand your authentic blue print! One of the best functional medicine books available. Great book! One of the best functional medicine books I've read - extremely informative and health changing. The BEST health book that you can reclaim your health! The training in this book is indeed valuable to your wellness! Your eyes will be open to TRUE medicine. I extremely recommend this phenomenal book. She makes it so much easier that you can recover your wellbeing and improve your wellbeing with this blueprint. I really like how she offers you all of the details so clearly. It could take years to learn all of this details (which she obviously has committed to herself) but she offers you everything and even more when you browse Your Longevity Blueprint. I highly recommend it!



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