



FOR MEN  
AND  
WOMEN  
OF ALL  
AGES



A NEUROSURGEON'S  
GUIDE TO OPTIMAL  
HEALTH AND FITNESS

# GET SERIOUS



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*Dr. Brett Osborn*

## **Get Serious**



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" Who isn't? From nutrition and products to weight training, Dr. You can find dedicated chapters in nutrition, supplements, smart drugs and strength training. A board-qualified Neurosurgeon with a secondary certification in Anti-Ageing and Regenerative Medication, Dr. Osborn combines his 30+ years of training experience along with his medical knowledge to provide you with an easy-to-read, science-based information to health insurance and longevity. No stone is left unturned in Get Serious. Osborn cuts through the non-sense with his logical approach. You can find no shortcuts. Osborn's time-tested, comprehensive training protocol is included as an appendix! They don't exist.professionals.Confused by all of the health information out there? Stop losing your time and cash on such quick-fixes.This straightforward regimen can help you build strength while enhancing your own body's ability to get rid of fat minus the fancy overpriced gadgets often touted by fitness " And Dr.. Dr. Osborn will encourage you to consider the bull by the horns and thwart the assault of the failed healthcare system. Assume control of your wellbeing and Get Serious! You can find no entitlements. Dr. Osborn will highlight how in this information-packed, life-changing guide. Get Serious is a must read!



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It Definitely Works! I'm a 57 calendar year old male and also have been working out with weights since I was 16 yrs . old. I started this book's recommended regimen since January with amazing results. I pop-up stair like noting now. My lifting poundage's barely increased. The various other 2 times of the week performing thirty minutes of cardio getting my heartrate up to 114 assists burn calories and condition my center. The other workout day time consists of endurance training that consists of about 30-40 moments of a combined mix of different exercises the build stamina. The weight has fallen off my mid-section and I'm stronger than ever. I've already told everyone I understand about this book He certainly practices what he preaches Looks like a good balanced approach to Furness and health, but I'd have liked greater detail. Just what a waste of period that was. I hardly upset a sweat. My favorite part may be the two days per week lifting heavy weights, Using the 5 pieces with 5 reps process recommended by the publication, my power has increased gradually each week to the point where I'm lifting double the pounds I was using prior. The exact opposite is true with this workout. You sweat. Achieve even more, with greater focus, no more time, more money, and even more of the same. I'll never get back to TUT. My joints are great too as this protocol teaches you proper form in order to avoid damage. The experience the hormones this workout creates performing heavy compound movements. All of my close friends have commented on the transformation that is acquiring place with my own body and ask what I'm doing. I've given out copies as gifts to good friends and recommend this book, generally there's large amount of useful info in this book from this wise doctor. Calcium deposited in the arteries and veins is definitely supposedly the precursor to clogging the vasculature leading to most of our blood pressure and heart problems not cholesterol. It generally does not cover the thing that Dr. One publication, All the information, I'd consider myself very healthy, active, and well informed in the health and wellness space. Hands down - essential read One of the best all around fitness and health books I've read. Great Read, Clear to see and follow Wish I had gotten this publication when I was youthful. There are several books and professionals out there, but few like Dr. This is one of the biggest "aha" lessons of the publication. Additionally, any program can help someone see short-term results, especially from a very aesthetic level, but his publication is much a lot more than that. It contains the info will help you build a proper foundation for your body to be able to be strong, avoid lifestyle plaguing accidental injuries and measure your results from the within out. Not only how it looks in front of the mirror or at the beach. All you need to do is follow his basic programs on how to proceed, and even more importantly, what not to do and spend your time and energy on. Brett Osborn who is able to transfer his knowledge and understanding from a medical perspective to help dramatically influence your everyday life. D. Your poundage's increase dramatically! You won't ever look at the gym setting the same once again, and you will begin to see why a lot of people spend so much time doing a similar thing, day after day time, year after year, and getting really small incremental results if any. Read it Just read it! Latest info on calcium (described better by Kate) can be between calcium over supplementation and/or only acquiring D3, without also taking K2 and vitamin A to balance D3's benefits, could cause calcium to become deposited in the soft tissues of the vascular instead of the bones. Very Disappointing, no diet guidelines Very disappointing. It only covers the general nutrition and exercise details that is found in one thousand other books. Give it a try, you'll love it... Osborn is understand for, the thing that is not the same as what everyone else is doing and stands out. Specifically, it is does not include his protocols for the modified Ketogenic diet for weight reduction. This was the only reason I purchased the reserve, such a waste materials. It can give a well crafted high level summary of exercise and nourishment for health, but not much I didn't know. All of those other book is a good basis to start with for continued research. Some great info! This book began a bit slow but it picked up speed quickly. Not to mention I'm he fails to name the performance enhancing products he takes to be his size Ie gh huge amounts of testosterone and various other anabolics . I enjoyed reading this book. Not worth the buy We was hoping for the best in this publication and was thus disappointed . Kudos the people in great shape but his book just scratches the top . Therefore many amazing books on health

insurance and nutrition it is possible to skip that one . As a nutritionist and employed in the medical field I agree with the info in this book but it felt a lot like the kindergarten edition with little fine detail and trying to cover to numerous topics with insufficient info. There's great information throughout, however the section on dietary supplements is the most comprehensive and the most appreciated on my part.... metformin doesn't build that mass lol Great workout and health plan for functional physical and mental strength forever I loved Brett Osborn's logic for why he will his workout and needs the supplements he does. There is absolutely no arguing, he offers simply gotten results. I might disagree with acquiring statins, but I agree with everything else that is based on sound thought process. Personally, i don't want to take the same route with statins, so I like the aftereffect of K2 on supplement D and A that Kate Rheaume-Bleue N. It can help you make the mental shift from time and selection of exercises to quality and strength of movements. Best part is usually that Dr Osborn makes himself designed for further questions. but you will find plenty more out there which I can perform. And it's for anybody and everyone who really wants to change their mind and body, and have quantum leap results. I've emailed him several situations—his personal email is certainly in the publication—and he provides responded in a few days each time answering queries for me personally! This book is a must read whether you certainly are a man or women, worried about having more energy and stamina, loosing fats, gaining muscle, avoiding injury, rehabilitating an injury, or simply want to experience healthier. How a healthy body is affected by inflammation. At 74 years, most of the exercises are out of my reach; In the initial read, I spent additional time on the exercises, and Dr. Osborn's statements about the inflammatory nature of chronic illnesses. In the next read, I paid even more focus on the nutrition/products which back up the effort. I have go through "Get Serious" twice. Kate's explanation of how K2 is vital in unlocking D3 and A results on calcium placement in the correct places, in bones instead of in soft tissues just like the vasculature, is to me an excellent natural option than taking statins. That is a tremendous book for today's individuals who spend so much time in chairs, at their tables, as I am performing now. It will give you an in depth guide to diet, exercise and lifestyle choices, from an authority that truly understands individual physiology. This is actually the first publication (and blog and e- newsletter) that basically ties all the details, and just as importantly, misinformation together in one source. Walked away with an idea and a reference for everything health. explains so well in "Vitamin K2 and the Calcium Paradox". For the previous years I was on a routine where I lifted weights three times weekly doing super slow repetitions beneath the time-under-tension strategy. There is lots of repetition.



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