

"To be your best - physically and mentally - these are the secrets to know!"

Glenn "Ed" Moses, Olympic Gold Medal Swimmer

Your Best INVESTMENT

secrets to a healthy body and mind

Edwin Lee M.D., F.A.C.E.

Author of "Feel Good Look Younger"™

Alison Gordon B.S., and Laura Gavin M.S.



Edwin Lee

Your Best Investment: Secrets to a Healthy Body and Mind



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In his new book, *Your Best Investment: Secrets to a Healthy Body and Mind*, Dr. Edwin Lee reveals many truths behind weight problems, high blood circulation pressure, infertility, autoimmune disease, memory space loss, heart disease, stroke, malignancy and diabetes. Dr. Lee then explores the normal link shared by all these health concerns: high insulin amounts. His book also includes a nutrition strategy with recipes. Thanks in part to his many presentations at worldwide medical conferences, Dr. Lee's in depth nutrition plan includes recipes - created specifically for his innovative, two-phase meal lead - by nutritionists Alison Gordon and Laura Gavin. Lee will forever change your perception of how basic applications of optimal diet can transform your life. Mark Gordon, Medical Director for CBS Studios and Millennium Wellness Centers. It is also available on Amazon. He also serves on volunteer personnel at UCF University of Medication. Lee. Dr. Tag Houston, Associate Clinical Professor of Medicine at Vanderbilt University Medical College, had this to state: "Dr. " Lee treats sufferers from all over the world at his Orlando-structured Institute for Hormonal Balance.s most progressive endocrinologists, Dr. The foreword for *Your Best Investment* was written by Dr. There is a growing rift between those who let society tell them what things to eat and how to live, and the ones who decide for themselves what they must be eating because of their optimal nutrition and better health. Gordon says, "" Lee) steers you toward synergistically attaining a sound body internally, and a stylish body externally. This is a definite earn/win. Plus, the quality recipes are delicious!He (Dr. Among the country"" This is the diet reserve that you definitely need to embrace and grasp. says Dr. Predicated on numerous medical research, Dr. Lee is a respected proponent and authority on hormonal balance and wellness, and a innovator in defining the future of regenerative and functional medicine. Dr. Lee is certainly triple panel certified in Internal Medication, Endocrinology, Diabetes and Fat burning capacity. He opened up the Institute for Hormonal Stability in 2008 as a medical spa facility with a holistic approach to finding root factors behind clients' symptoms, while focusing on disease prevention rather than only treatment. In September 2010, Dr. Lee published *FEEL GREAT Look Younger: Reversing Tiredness Through Hormonal Stability*. My book educates readers on how to make those all-essential decisions,"



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! Dr Lee brings this information to them in an exceedingly friendly and an easy task to assimilate format. As a physician, I came across the book very useful to enlighten my own working knowledge. This is a great expense within your own health. Good ideas I liked how he gave a daily planner of what meals to consume along with 2 options (strategy A and plan B), but it felt like some things were just thrown in there - just like the workout/stretches that a person could do. I bought the reserve thinking it was going to be solely focused on diet therefore i was just a little thrown off by this and finished up skipping parts of the book. Four Stars I liked the book very much and keep it handy for the dishes. Dr Lee has learned his stuff I chose this reserve because Dr. Lee fly through a publication if its interesting to me, however I've struggled with wanting to simply skip over paragraphs at a time because of the detailed medical/chemical explanations of things. Among my guy friends in his 30's was obese for a long time and he went to Dr. Lee and he offers gained energy and lost half his body weight. It changed his life. I highly recommend this book to women and men Excellent book Your Best Investment: Secrets to a sound body and Mind is an excellent, informative book by Dr. Lee. Wordy I had heard good comments regarding Dr Lee therefore i thought I would give his book a try. Backed by sound medical science, Dr. Lee and was happy with how individualized his recommendations are - he truly reaches the main of what your encountering in your wellbeing and he listened so well, was able to figure out what was complicating something else, gave me a corrective actions plan in various regions of my symptoms, diet plan, exercise, lifestyle, prescriptions, suggestions, tips about shopping, etc. I'd possess failed miserably. If you are interested in creating optimal wellbeing for yourself, this publication is an outstanding resource! Trying to appease the medical field perhaps? The solutions presented to these two eternal battles finally ends the conflict! Lee is located locally here if you ask me and I needed to learn more about him and to get more information.If this publication is targeted for additional Drs to have them on board along with his ideas, then it is written correctly.. Health Investment Dr.. This is an excellent, informative read ... A Wealth of Health Information to your 'Fountain of Youth' I was invited to listen to Dr. Lee speak and was so fascinated with the wealth of health information he gives I started taking notes. Thank heavens he wrote this reserve (and also his 1st, 'Feel Good, Look Younger'). It's a health guide that I've distributed to friends and they tell me they "couldn't put it down". I have enjoyed it now for awhile and refer to it often. 'Your Best Expenditure, secrets to a sound body and mind' covers a range of weight loss secrets, way of living improvements, and packed with meal plans, dishes, and especially his well-known smoothies. I finally produced an appointment with to Dr. Lee provides detailed information in easy-to-understand language that can change your life. I was astonished - when he 'tweeked' it by the second visit, I couldn't believe just what a difference it made in my own body and mind, Personally i think so much better. He's a problem solver - it had been amazing how one doctor could completely correct what many other doctors over years by no means connected - I informed him "You hit the nail on the top". It was so worth it to visit him when I in any other case could have gone on for years with my symptoms. He wants all of his individuals to live much longer healthier lives.! Toby B. Practical solutions and clear explanations This book examines conditions that affect each folks: diet and hormones. with back-up for every of his responses over shadowed the whole aspect of simple good health! Great information on how we can take better control of our health and wellness, even when we have been already pretty healthy. Best book explaining insulin resistance! Despite the fact that I trust Dr Lee's philosophies as a whole, and I'm sure he's an awesome Dr, his breakdown became way to complicated!!!! lee went to med school for most, a long time and I didn't... He

takes so enough time and pays so much attention to your wellbeing and improvement.. It's refreshing in this day and age! Edwin Lee and got his publication: "Your very best investment"!PROFITS ON RETURN: YES As a cardiologist, I have been looking for resources to supply my patients that will bring them information which they can use to improve their health, not merely to fix their disease. It not merely educates you, but it additionally gives you many recipes to assist you implement your new lifestyle! It gives an extremely in depth explanation of many ailments and symptoms associated with fatigue and lack of energy. This is a existence saving book for people with thyroid complications or PCOS or any kind of insulin resistance.! Dr. After only 90 days under his care, I feel like I'm 21, not really 61! BUT if it is written for the average citizen trying to comprehend the connection between what they devote their mouths and the health of their body and mind, then it is way over written. Lee knows his stuff! As I was reading the publication I was just really hoping there wasn't an examination at the trunk end because, although interesting and the actual fact that everything made sense, may i remember all of the medical conditions?keep informing us please!! This book holds an abundance of info for your health, it is a 'keeper' !!! An extremely special physician! Dr. Lee isn't only a very special physician, he's a very special person that genuinely cares about your overall health..until I saw Dr. Edwin Lee. The book is very useful and educates you on a lot of different medical problems.! Dr. Lee clarifies the ins and outs of why we experience tired and have no energy. He gets very detailed with his tips and reasoning for reversing this common aging problem.. No chance! I couldn't place the publication down. But, Dr. I have been going to endocrinologist all my entire life and constantly felt like they didn't obtain it best with my hormonal complications. I'm reading another one of Dr. Lee's books right now.....



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