



Outstanding Health: The 6 Essential Keys To Maximize Your Energy and Well Being - How To Stay Young, Healthy and Sexy For the Rest of Your Life

Michael Galitzer MD, Larry Trivieri Jr, Suzanne Somers

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For more than 25 years, stars like Suzanne Somers and Vanessa Williams, as well as the "movers and shakers" in the business and entertainment industry, and other doctors, have sought out Dr. Michael Galitzer because of his revolutionary approach to health that consistently helps his patients **look and feel much younger than they actually are**.

The reason his program is so effective is because of its unique combination of **conventional and complementary medicine**--and in particular, its focus on **Energy Medicine**, which addresses health at the cellular and energetic level. Now, in Outstanding Health, Dr. Galitzer is sharing his wisdom with the world so that you, too, can achieve the same benefits as his patients.

In this groundbreaking book you will discover how to **renew and revitalize yourself in body, mind, and spirit**, so you can enjoy outstanding health at any age. Your journey begins with a new understanding of yourself as a dynamic "being of energy," and how to use Energy Medicine to detect and correct health problems long before they ever develop into physical symptoms. Then you will discover the **6 Essential Keys to Outstanding Health**, and everything you need to do to incorporate them into your daily life so that you can start to look and feel fantastic. You will also discover breakthrough solutions for keeping your **brain and heart healthy and youthful** for the rest of your life, along with little-known, futuristic medical technologies that are available today.

In this one-of-a-kind health guide, you will discover a new standard of health and well-being that goes far beyond most doctors' understanding, and then learn how you can commit to achieving outstanding health for yourself and loved ones, starting with detailed guidance for determining your current health status right in the comfort of your own home. From there, you will be guided to create **your own action health plan** by applying Dr. Galitzer's 6 Essential Keys to Outstanding Health, including how to achieve emotional mastery and the ideal mindset for healing, how to **cleanse and detoxify your body**, how to **optimize your diet** and become **more energized**, how to achieve **deep, restful sleep**, and how to most effectively **banish stress** from your life.

You will also discover how to **rejuvenate your hormones** and recapture the sexual vigor and enthusiasm of your youth, while also keeping your brain and heart free from the many ravages of aging and the hazards of our modern lifestyle.

Most of what Dr. Galitzer teaches you can be done on your own, **empowering you** to be in control of your health for the rest of your life, and to achieve the same type of results as those experienced by Dr. Galitzer's patients. Read this book and create your own Outstanding Health starting now.

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