



# Prescription for Life: Three Simple Strategies to Live Younger Longer

*Richard MD, FACS Furman*

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During his more than thirty years as a vascular surgeon, Richard Furman literally held clogged arteries and diseased hearts in his hands and wondered why the person lying on the table hadn't been more careful. Heart disease is the number one killer of men and women in America, and in most cases it is completely preventable. So why are we slowly destroying our bodies and killing ourselves? And what can we do to turn it around?

The good news is, simple, sustainable lifestyle changes can mean the difference between health and infirmity, between life and death. Putting his three decades of experience and education to work, Dr. Furman gives readers the strategies they need to live not just longer, but *younger*. This essential resource to health helps readers

- achieve and maintain their ideal weight
- reduce their risk for life-threatening diseases
- make exercise a natural part of their lives
- learn what foods to eat and what foods to avoid

It even shows how following the plan can not only eliminate heart disease, but also keep people safe from various cancers, dementia, diabetes, stroke, erectile dysfunction, and other age- and obesity-related problems.

Dr. Furman wants readers to realize that poor health during one's "golden years" is not inevitable. It can and should be avoided at all cost. And with his expert advice, readers can live long, healthy, vibrant lives, enjoying time with friends and family instead of wasting it in doctors' offices and hospitals.



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