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The Doctor Is In: 7 Easy, Positive Steps To Take Right Now To Transform Your Health



Synopsis

Dr. Travis Stork, the New York Times bestselling author of *The Lose Your Belly Diet* and popular host of *The Doctors*, will show you how to transform your own health in seven simple steps. Thanks to his appearances on *Dr. Phil* and *Larry King Live* and as host of the hit show *The Doctors*, Travis Stork has become one of the most widely recognized medical experts on television. In *The Doctor Is In*, Stork demystifies the often-intimidating topic of health, emphasizing that being healthy is an important and achievable goal, and he encourages readers to engage in healthy behavior every single day. In his trademark big-brotherly style, Stork breaks down the building blocks to good health and offers easy-to-follow advice for establishing and maintaining overall wellness for readers of every age and fitness level. Stork decodes many nutrition myths, including the effectiveness of eating raw food, whether microwaving food removes nutrients, the benefit of drinking eight glasses of water daily, and much more. In addition, Stork describes simple ways to measure daily progress, providing both motivation and reassurance to readers who decide to make a commitment to healthy living. Packed with interesting facts and eye-opening medical advice, *The Doctor Is In* is a fun-to-read roadmap to health from one of today's most high-profile medical experts.

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Customer Reviews

This gets an A double plus. I am 87 years old. Have been on the Stat Plan, Restore Plan and back on the Stat Plan and have lost 15 pounds. It is easy to follow, and the recipes are great. I feel better than I have for a very long time. I love the way Dr. Stork writes and his sense of humor.

good read

Fabulous info much like his other books but concise info like a handbook of how to live well and as long with great examples of rel people.

There are medical things that are rehashed but there are new insights as well. I love the show for all that it provides and Dr. Stork makes his books read as his show. I recommend if you're looking for updates for health.

the best

Great service & item!! Thank you!!

Travis Stork is a very likable doctor with a lot of good advice. With so much obesity and diabetes in our country, he points out how important proper nutrition and exercise are.

Be careful when shopping on . When I looked at this book to buy for my Kindle they said it was \$2.95 and charged me \$10.95.

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