



Essentials of Nutrition & Exercise: A 21st Century Guide to Writing the Essential Prescriptions

Jeffrey Park Leake M.D.

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A 21st Century Model for Caring for Patients: Sound nutrition, exercise (and sleep) are essential to a quality life, as well as a long life. Somehow this simple message is not driven home in most care providers' educations. While diagnostic and therapeutic skills are central to caring for ill patients, we are also in a position to make a powerful impact on not yet ill patients with primary preventive therapies. In graduate disease based educational programs the evidence based recommendations for sound nutrition and exercise have often been absent. Until now. The book is written in layers that allow for fast referencing and key callout boxes that can be read independently. Where the reader is interested to know the evidence behind those recommendations, there are detailed discussions that highlight the proponents' and detractors' arguments, with well over 1000 current articles and texts referenced. We show why an individualized prescription to Nutrition and Exercise is the foundation to reducing the epidemic of obesity, cardiovascular disease, frailty and likely preventing a myriad of other ailments. We invite the interested care provider to arm themselves with the science behind sound Nutrition and Exercise prescriptions.

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