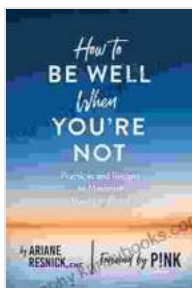


How to Be Well When You're Not: The Essential Guide to Healing and Recovery

Are you struggling with your health?

If you're struggling with your health, you're not alone. Millions of people suffer from chronic pain, fatigue, and other debilitating conditions. But there is hope. In *How to Be Well When You're Not*, Dr. Frank Lipman shares his groundbreaking approach to healing and recovery. Drawing on his decades of experience as a doctor and functional medicine expert, Dr. Lipman offers a comprehensive plan that addresses the root causes of illness and empowers you to take control of your health.



How to Be Well When You're Not by Ariane Resnick

★★★★☆ 4.5 out of 5

Language	: English
File size	: 20223 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 216 pages



What is functional medicine?

Functional medicine is a holistic approach to healthcare that focuses on the underlying causes of illness. Functional medicine practitioners believe that the body is a complex system that is constantly interacting with its environment. When something goes wrong with the body, it's important to

look at the whole picture, not just the symptoms. Functional medicine practitioners use a variety of tools to assess the body's function, including blood tests, urine tests, and questionnaires. They also take into account your lifestyle, diet, and stress levels.

How can functional medicine help me?

Functional medicine can help you improve your health in a number of ways. It can help you:

- Identify the root causes of your illness
- Develop a personalized treatment plan
- Reduce your symptoms
- Improve your overall health and well-being

What does How to Be Well When You're Not cover?

How to Be Well When You're Not covers a wide range of topics, including:

- The principles of functional medicine
- The most common health conditions treated by functional medicine
- How to develop a personalized treatment plan
- Lifestyle changes that can improve your health
- The importance of mind-body connection

Who is Dr. Frank Lipman?

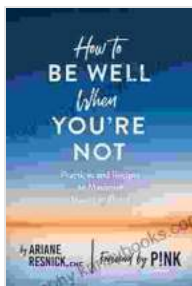
Dr. Frank Lipman is a board-certified internist and functional medicine expert. He is the founder of the Eleven Eleven Wellness Center in New

York City. Dr. Lipman has been featured in numerous media outlets, including The New York Times, The Wall Street Journal, and The Oprah Winfrey Show. He is the author of several books, including The New Health Rules and The Whole Health Diet.

How can I Free Download How to Be Well When You're Not?

How to Be Well When You're Not is available for Free Download on Our Book Library, Barnes & Noble, and other major retailers. You can also Free Download the book directly from Dr. Lipman's website.

If you're struggling with your health, How to Be Well When You're Not is the essential guide to healing and recovery. Dr. Frank Lipman's groundbreaking approach to functional medicine can help you identify the root causes of your illness, develop a personalized treatment plan, and improve your overall health and well-being.

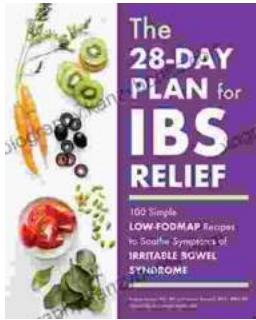


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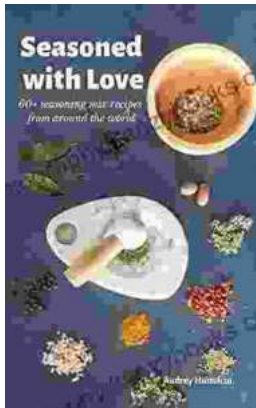
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The 28 Day Plan For Ibs Relief: Your Complete Guide to a Symptom-Free Gut

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