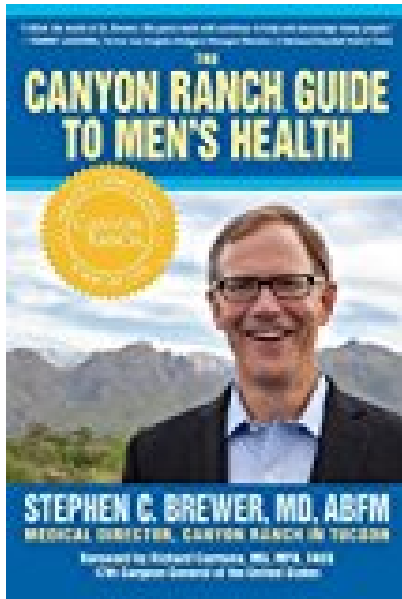


The Canyon Ranch Guide to Mens Health A Doctors Prescription for Male Wellness



BOOK DETAILS

- Author : Stephen C. Brewer M.D.
- Pages : 240 Pages
- Publisher : SelectBooks
- Language : English
- ISBN : 1590793625

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BOOK SYNOPSIS

Do you or someone you love have a Y chromosome? If so, this book is for you. The average life expectancy for men is five years shorter than for women. Why? Because men neglect their health. Dr. Stephen C. Brewer's *The Canyon Ranch Guide to Men's Fitness: A Doctor's Prescription for Male Wellness* aims to remedy that. The Canyon Ranch Guide is a sustainable, real-world approach to men's health. The book is divided into four sections designed to target a specific phase on your journey to well-being. In-depth detail is tailored to target five specific age groups and then subdivided by function. The guide takes a comprehensive look at every aspect of men's health from sexual health to cardiovascular and prostate. Dr. Brewer is an internationally featured speaker who has been interviewed on both radio and television, including *The Dr. Oz Show*, *The Today Show*, and CNN. He is a medical director at Canyon Ranch Health Resorts and has over thirty-five years of experience as a doctor. From evaluating where you are now to where you can be, Dr. Brewer addresses each step necessary for preventing disease and improving your lifestyle. Sleep better, eat better, and lose weight—*The Canyon Ranch Guide* is essential reading for every age.

THE CANYON RANCH GUIDE TO MENS HEALTH A DOCTORS

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