



Revive: Stop Feeling Spent and Start Living Again

By Dr. Frank Lipman M.D., Mollie Doyle



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From the doctor whose “extraordinary practice is at the vanguard of a revolutionary way to deliver medical care” (*O, The Oprah Magazine*), here is an easy program to restore energy and health

DO YOU FEEL UNUSUALLY EXHAUSTED?

DO YOU HAVE TROUBLE SLEEPING?

DOES YOUR DIGESTION BOTHER YOU?

DO YOU HAVE ACHING MUSCLES AND JOINTS?

DO YOU FEEL LIKE YOU ARE AGING TOO QUICKLY?

Fatigue, unexplained back and joint pain, distractibility, irritability, insomnia, and digestive problems leave many of us running on empty. But these symptoms are not part of the normal aging process; they point to a pervasive syndrome Dr. Frank Lipman calls Spent. In this revolutionary book, “the country’s most prominent holistic M.D. after Andrew Weil” (*W*) shares the solution that has helped thousands of his patients replenish their energy and regain their youth. Featuring a nutrition plan of tasty recipes, research-based exercises and stretches, and Daily Beats to nourish body and mind, *Revive* is a proven day-by-day wellness program that will prepare you for a lifetime of good health.

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Editorial Review

From School Library Journal

Americans seem to be suffering an epidemic of chronic fatigue. Some of this can be attributed simply to lack of sleep, particularly in the Eastern time zone, where 11 p.m. is the end of prime-time television. Also highly suspect are the many additives in much of the food we eat and toxins in the air we breathe. Lipman—founder and director of New York's Eleven Eleven Wellness Center, whose patients include Kyra Sedgwick and David Letterman—here presents a six-week program to detoxify, change eating habits, work daily exercise into one's schedule, and support those who are trying to clean up our environments. Similar in scope to Woodson Merrell's *The Source* (forthcoming in October 2008), Lipman's book includes notes on the studies he cites, which improves his credibility. Rather than a separate cleansing regimen, Lipman incorporates his detoxification into the complete program, recommending a gradual removal of various foods as well as the addition of yoga stretches and movements. Buy either of these two excellent titles.—Susan B. Hagloch, formerly with Tuscarawas Cty. P.L., New Philadelphia, OH

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Review

"When you're running on empty, the first step can be the hardest. In "Spent," Dr. Lipman provides 42 options to jump-start your body and keep it cruising." -- Mehmet C. Oz, M.D., professor and vice chair of Surgery, New York-Presbyterian Hospital, coauthor of the "New York Times" bestseller "YOU: The Owner's Manual"

""Spent" is a gold mine of life-enhancing, energy-restoring health wisdom -- all presented in easy-to-follow bite-sized pieces that go down easily. Following the instructions in this book will change your life!" -- Christiane Northrup, M.D., author of "Mother-Daughter Wisdom" and "Women's Bodies, Women's Wisdom"

About the Author

Frank Lipman, MD, is the holistic physician of whom *O The Oprah Magazine* said is "at the vanguard of a revolutionary new way to deliver health care." He is the founder and director of the Eleven Eleven Wellness Center in New York City, where for 20 years his personal blend of acupuncture and Traditional Chinese medicine, Functional Medicine, nutrition, herbal medicine, biofeedback, meditation, and yoga have helped thousands of people recover their energy and zest for life.

In 1979 after finishing medical school at the University of Witwaterstrand in Johannesburg, South Africa, Dr. Lipman began his medical career at Baragwaneth Hospital in Soweto, the largest and busiest hospital in all of Africa. It was at this hospital where he discovered the possibilities of non-Western medicine. In 1984, he emigrated to the U.S., became board-certified in internal medicine, and served as Chief Medical Resident at Lincoln Hospital in the South Bronx. Dr. Lipman spent time in the hospital's acupuncture clinic, which gave him a comprehensive background in Chinese medicine and inspired him to embark on many years' study of nutrition, homeopathy, qi gong, and other healing systems.

A former editor at Random House, **Mollie Doyle** is a freelance writer and yoga teacher. She lives on Martha's Vineyard.

Users Review

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Adam Whittington:

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