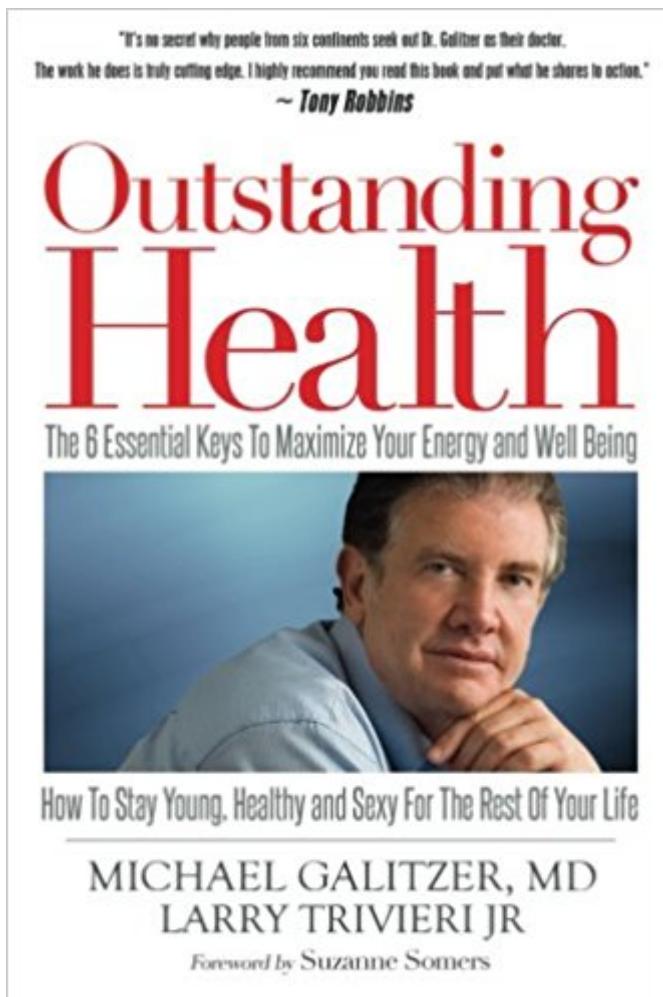


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# Outstanding Health: The 6 Essential Keys To Maximize Your Energy And Well Being - How To Stay Young, Healthy And Sexy For The Rest Of Your Life





## Synopsis

For more than 25 years, stars like Suzanne Somers and Vanessa Williams, as well as the "movers and shakers" in the business and entertainment industry, and other doctors, have sought out Dr. Michael Galitzer because of his revolutionary approach to health that consistently helps his patients look and feel much younger than they actually are. The reason his program is so effective is because of its unique combination of conventional and complementary medicine--and in particular, its focus on Energy Medicine, which addresses health at the cellular and energetic level. Now, in *Outstanding Health*, Dr. Galitzer is sharing his wisdom with the world so that you, too, can achieve the same benefits as his patients. In this groundbreaking book you will discover how to renew and revitalize yourself in body, mind, and spirit, so you can enjoy outstanding health at any age. Your journey begins with a new understanding of yourself as a dynamic "being of energy," and how to use Energy Medicine to detect and correct health problems long before they ever develop into physical symptoms. Then you will discover the 6 Essential Keys to Outstanding Health, and everything you need to do to incorporate them into your daily life so that you can start to look and feel fantastic. You will also discover breakthrough solutions for keeping your brain and heart healthy and youthful for the rest of your life, along with little-known, futuristic medical technologies that are available today. In this one-of-a-kind health guide, you will discover a new standard of health and well-being that goes far beyond most doctors' understanding, and then learn how you can commit to achieving outstanding health for yourself and loved ones, starting with detailed guidance for determining your current health status right in the comfort of your own home. From there, you will be guided to create your own action health plan by applying Dr. Galitzer's 6 Essential Keys to Outstanding Health, including how to achieve emotional mastery and the ideal mindset for healing, how to cleanse and detoxify your body, how to optimize your diet and become more energized, how to achieve deep, restful sleep, and how to most effectively banish stress from your life. You will also discover how to rejuvenate your hormones and recapture the sexual vigor and enthusiasm of your youth, while also keeping your brain and heart free from the many ravages of aging and the hazards of our modern lifestyle. Most of what Dr. Galitzer teaches you can be done on your own, empowering you to be in control of your health for the rest of your life, and to achieve the same type of results as those experienced by Dr. Galitzer's patients. Read this book and create your own Outstanding Health starting now.

## Book Information

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## **Customer Reviews**

"It's no secret why people from six continents seek out Dr. Galitzer as their doctor. The work he does is truly cutting-edge and transformational, resulting not only in better health, but also greater energy, restored youthfulness, and a renewed passion for life. With Outstanding Health he is sharing his knowledge with the world so that you, too, can experience the same healthy transformations as his patients. I highly recommend you read this book and put what he shares to action." ~ Tony Robbins, Bestselling author"Dr. Galitzer is the best kind of doctor, cutting edge and thoughtful. He has kept me well for over a decade. As a result, I never get sick. We work together, rarely resort to drugs, and his approach allows me to enjoy superb health. He keeps my insides healthy, which manifests on the outside, making me look young and feel young. He is a true healer and a dear friend." ~ Suzanne Somers, Actress and bestselling authorIn Outstanding Health, Dr. Michael Galitzer shows you how to turn back the clock for increased energy, improved sex drive, renewed vigor and stamina, and an enviable body at any decade. In this book you'll learn simple, effective strategies to never settle for anything less than your leanest, healthiest, most fabulous self. Can't recommend this one enough! ~JJ Virgin, CNS, CHFS, bestselling author of The Virgin Diet, The Virgin Diet Cookbook, and The Sugar Impact Diet"Dr. Galitzer is an outstanding physician with an approach that goes far beyond the typical scope of anti-aging medicine, detoxification and hormone replacement. His Energy Medicine addresses the deepest level of disease and is as preventative as it is curative. This is the medicine of the future and Dr. Galitzer is one of its pioneering experts." ~ Hans Gruenn, M.D., Anti-Aging Physician, Longevity Medical Center, Los Angeles, CA"Five minutes after being treated by Dr. Galitzer I knew I was in the right place. At that

point I couldn't even walk around the block. After my first visit, I felt a huge difference, and within a week I was running! He saved my life. Since then he keeps me healthy and totally energized. I adore you, Dr. Galitzer. I'd be lost without you!" ~ Cornelia Guest, Socialite, author, businesswoman, and philanthropist

Dr. Michael Galitzer is a nationally recognized expert in Energy Medicine, integrative medicine, and bio-identical hormone replacement therapy. For more than 40 years he has been a leading figure and innovator in the field of longevity and anti-aging medicine. Dr. Galitzer utilizes revolutionary treatments drawn from both traditional and complementary medicine, including sound and light therapy, toxin elimination, and intravenous supplementation, to produce remarkable and rapid improvements in his patients' health and vitality. His patient list includes many top Hollywood, business, and sports figures, as well as people from all across North and South America, Europe, Asia, Africa, and Australia. Dr. Galitzer has been a member of the American Association of Medical Acupuncture, the American Association of Acupuncture and Bio-Energetic Medicine, the International Oxidative Medical Association, and the American Academy of Anti-Aging Medicine. He was a Board Member of the American College for Advancement in Medicine, a leading organization of physicians in the area of Alternative and Complementary Medicine. He has given lectures all over the world on longevity, alternative and anti-aging medicine, and Energy Medicine, homeopathy, and sexual health. Dr. Galitzer has been a featured contributor to nine bestselling books by actress, author, and health advocate Suzanne Somers. His work has also been featured in articles in the New York Times Magazine, and C Magazine in California. In addition to his thriving practice in Santa Monica, Dr. Galitzer is the medical director of The American Health Institute in Los Angeles, an organization dedicated to education and research in the areas of Energy Medicine and cancer. He currently resides in Santa Barbara with his wife and four children. Larry Trivieri Jr is a bestselling author and nationally recognized expert on holistic and integrative medicine. His books include The Acid-Alkaline Lifestyle, The Acid-Alkaline Food Guide, Juice Alive, The American Holistic Medical Association Guide to Holistic Health, and the landmark health encyclopedia, Alternative Medicine: The Definitive Guide. He has also been a featured guest on numerous TV and radio shows across the United States.

Outstanding Health is a must read by anyone that wants to live life to its fullest without being reliant on conventional drugs which have harmful side effects. Dr. Galitzer is recognized as America's Energy Medicine guru, and he shares all the tools he uses to help his patients get well and stay

young in his new book. Outstanding Health is for everyone that needs to be firing on all the cylinders. You will discover that although many health problems are common they are not normal, and their not signs of aging, they are imbalances, that can be treated successful without drugs. Energy Medicine is the medicine of the future, so discover how to live longer and happier with more energy and vitality, sexually active at any age. I will recommend this book to all of my patients. Stuart Zoll, DOM, Clinical Director of The Zoll Center, in Boca Raton Florida

This book captures decades of study and practice in the most cutting edge medicine that works in the REAL WORLD. It details how to get and keep real vitality and health, to look and feel young *ÃfÃ¢Ã  ¬Ã* no matter what your chronological age. I love the accounts of real people who have followed the programs outlined by Dr Galitzer and who have experienced amazing results! One of the other things I loved about it, is that it is a combination of the best of conventional medicine combined with cutting edge complementary energy medicine for exceptional and proven results! Great book!! If you want real vitality, not just the absence of disease, read this book and follow the brilliant advice.

This book covers a lot of information for the novice who is interested in learning about alternative medicine in all it's various branches disciplines. It's informative about homeopathy, acupuncture, nutrition, supplementation, meditation, exercise and so much more. It's a great book for the beginner who's seeking to learn all about how to improve their health.

Let's not waste time with a lot of verbiage. Outstanding Health is outstandingly outstanding. In this very well written book, Dr. Galitzer addressed every aspect of health - physical, mental, spiritual and psychological. It may be the only guide book on health that you'll ever need. In fact, he is the only doctor I would want to see. If you haven't bought the book, do it now and share it with your family members.

Having used his approach for twelve years - it works. What a great collection of therapies. Ultimately it is up to the patient to take charge and then let the body learn to heal itself. You are in charge of that process and this book is your guide.

Oustanding book for us patients; I speak personally because he is my doctor that I go to for now three years and he has made a difference in my life; No. 1 learning to take care of yourself; staying

happy in life and watch what we put our stomach -- food and drink e.g. & understanding "supplements." that we need now that we are living longer.

Seriously, Dr. Galitzer is a genius and an amazing doctor! I am a patient of his and have learned so much from this book about how to take control of my own health and live long. Knowledge is power especially in this day and age where good is genetically altered and doctors pass out drugs like they are candy. Trust me, you need to read this book .

This is a book to not only read but to re-read and study as well. I recommend this book to EVERYONE I encounter who has even the remotest interest in their health and well being. This book is hard to put down and is written in such a way that invites the reader to explore and learn more about the human body. Energy Medicine is such an exciting field to learn about as every living thing is energy. This is one of those books that once read you'll never be the same.

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