

park avenue physical therapy wellness northport

Park Avenue Physical Therapy & Wellness Northport: Your Path to Pain-Free Living

Are you experiencing persistent pain, limited mobility, or struggling to regain your fitness after an injury or surgery? Finding the right physical therapy clinic can feel overwhelming, but your search ends here. This comprehensive guide dives deep into Park Avenue Physical Therapy & Wellness Northport, exploring their services, expertise, and the unique benefits they offer residents of Northport and the surrounding areas. We'll cover everything you need to know to make an informed decision about your healthcare journey.

Understanding Your Needs: Why Choose Park Avenue Physical Therapy & Wellness Northport?

Choosing a physical therapy clinic isn't just about fixing a problem; it's about finding a partner in your recovery. Park Avenue Physical Therapy & Wellness Northport distinguishes itself through a holistic approach to wellness, focusing not just on treating symptoms but addressing the root causes of your pain and dysfunction. They understand that each patient is unique, requiring a personalized treatment plan tailored to their specific needs and goals. This isn't a one-size-fits-all approach; it's about collaborative care where your input is valued and actively incorporated into your treatment strategy.

A Team of Expert Physical Therapists: Expertise You Can Trust

Park Avenue Physical Therapy & Wellness Northport boasts a team of highly skilled and experienced physical therapists. These professionals are licensed and certified, possessing extensive knowledge in various therapeutic techniques and modalities. They stay up-to-date on the latest advancements in the field, ensuring you receive the most effective and evidence-based care. Their expertise extends to a wide range of conditions, including:

Orthopedic injuries: Sprains, strains, fractures, post-surgical rehabilitation

Sports injuries: Treatment and prevention strategies for athletes of all levels

Neurological conditions: Stroke rehabilitation, multiple sclerosis management, Parkinson's disease support

Geriatric care: Improving mobility and function in older adults

Post-operative rehabilitation: Personalized programs to optimize recovery after surgery

Chronic pain management: Developing long-term strategies for pain relief and improved quality of life

This breadth of expertise means that regardless of your specific needs, you'll find a knowledgeable therapist equipped to help you achieve your goals.

Beyond Therapy: A Holistic Wellness Approach

Park Avenue Physical Therapy & Wellness Northport goes beyond traditional physical therapy. They integrate wellness programs and preventative measures to help you maintain your long-term health and well-being. This holistic approach might include:

Wellness workshops: Educational sessions on topics like posture, ergonomics, and injury prevention.

Nutritional guidance: Advice on diet and nutrition to support your recovery and overall health.

Fitness and exercise programs: Personalized plans to improve strength, flexibility, and endurance.

Mindfulness and stress management techniques: Addressing the mind-body connection for optimal healing.

This comprehensive approach helps you not only recover from injury but also learn how to prevent future problems and maintain a healthy, active lifestyle.

State-of-the-Art Facilities & Advanced Technology

Park Avenue Physical Therapy & Wellness Northport understands that the right environment is crucial for effective therapy. Their facility is equipped with state-of-the-art equipment, including advanced modalities such as:

Therapeutic ultrasound: Promotes tissue healing and reduces inflammation.

Electrical stimulation: Pain relief and muscle strengthening.

Laser therapy: Reduces pain and inflammation, speeds up tissue repair.

Manual therapy techniques: Hands-on treatment to improve joint mobility and reduce pain.

This combination of modern technology and experienced therapists creates an optimal environment for your recovery.

Patient Testimonials: Real Results, Real People

The success of Park Avenue Physical Therapy & Wellness Northport is best reflected in the positive testimonials from their satisfied patients. Many have shared stories of significant improvements in pain levels, increased mobility, and a renewed sense of well-being. These real-life accounts highlight the clinic's commitment to providing exceptional care and achieving measurable results. (Note: Actual patient testimonials would be included here on a live website.)

Convenient Location & Accessibility

Located in the heart of Northport, Park Avenue Physical Therapy & Wellness Northport offers convenient access for residents of the community. Their commitment to patient convenience extends to flexible appointment scheduling to accommodate your busy lifestyle.

Contact Park Avenue Physical Therapy & Wellness Northport Today!

Taking the first step towards better health can be empowering. Don't let pain or limited mobility hold you back any longer. Contact Park Avenue Physical Therapy & Wellness Northport today for a consultation and start your journey to a healthier, more active life. Visit their website [insert website address here] or call them at [insert phone number here] to schedule an appointment.

Conclusion:

Park Avenue Physical Therapy & Wellness Northport offers a comprehensive and personalized approach to physical therapy and wellness. Their experienced team, state-of-the-art facilities, and commitment to patient care make them an excellent choice for individuals seeking effective and lasting relief from pain and improved mobility. Don't hesitate to reach out and experience the difference.

FAQs:

1. Do you accept insurance? Yes, we work with most major insurance providers. Please contact our office to verify your coverage.
1. What are your hours of operation? Our hours are [insert hours here], but we are flexible and can accommodate most schedules.
1. What should I bring to my first appointment? Please bring your insurance card, a list of your medications, and any relevant medical records. Comfortable clothing is also recommended.

1. How long will my treatment plan last? The duration of your treatment plan will depend on your individual needs and progress. We will discuss a realistic timeline during your initial evaluation.
1. Do you offer telehealth services? While we primarily offer in-person treatment, we can discuss alternative options based on individual circumstances. Contact us to discuss your specific needs.

park avenue physical therapy wellness northport: Good and Cheap Leanne Brown, 2015-07-14 By showing that kitchen skill, and not budget, is the key to great food, *Good and Cheap* will help you eat well—really well—on the strictest of budgets. Created for people who have to watch every dollar—but particularly those living on the U.S. food stamp allotment of \$4.00 a day—*Good and Cheap* is a cookbook filled with delicious, healthful recipes backed by ideas that will make everyone who uses it a better cook. From Spicy Pulled Pork to Barley Risotto with Peas, and from Chorizo and White Bean Ragù to Vegetable Jambalaya, the more than 100 recipes maximize every ingredient and teach economical cooking methods. There are recipes for breakfasts, soups and salads, lunches, snacks, big batch meals—and even desserts, like crispy, gooey Caramelized Bananas. Plus there are tips on shopping smartly and the minimal equipment needed to cook successfully. And when you buy one, we give one! With every copy of *Good and Cheap* purchased, the publisher will donate a free copy to a person or family in need. Donated books will be distributed through food charities, nonprofits, and other organizations. You can feel proud that your purchase of this book supports the people who need it most, giving them the tools to make healthy and delicious food. An IACP Cookbook Awards Winner.

park avenue physical therapy wellness northport: Mind, Body, Spirit And Discovering the Purpose of life Diane Kurtz Calabrese, 2021-09-15 The purpose of this book is offering every one of you who reads it the opportunity of having a clearer perspective of life.... God's greatest gift... Life really is a miracle in itself and it is so easy to take that for granted. You are not here by chance; I can assure you that. You are God's miracle, not by luck or chance... but by purpose. Each and every one of us are here for a divine reason. We are equally gifted by Jesus Christ our life force energy, by God. We are unique in our physical appearance as well as our spiritual essence. We have one soul that is on a journey to learn what it is like to live on the earth plane. And, this is the earth school. We are here for a very short period of time. Don't leave here not recognizing what it is you came here for.

park avenue physical therapy wellness northport: Pediatric Incontinence Israel Franco, Paul Austin, Stuart Bauer, Alexander von Gontard, Yves Homsy, 2015-09-23 *Pediatric incontinence: evaluation and clinical management* offers urologists practical, 'how-to' clinical guidance to what is a very common problem affecting up to 15% of children aged 6 years old. Introductory chapters cover the neurophysiology, psychological and genetic aspects, as well as the urodynamics of incontinence, before it moves on to its core focus, namely the evaluation and management of the problem. All types of management methods will be covered, including behavioural, psychological, medical and surgical, thus providing the reader with a solution to every patient's specific problem. The outstanding editor team led by Professor Israel Franco, one of the world's leading gurus of pediatric urology, have recruited a truly stellar team of contributors each of whom have provided first-rate, high-quality contributions on their specific areas of expertise. Clear management algorithms for each form of treatment support the text, topics of controversy are covered openly, and the latest

guidelines from the ICCS, AUA and EAU are included throughout. Perfect to refer to prior to seeing patients on the wards and in the clinics, this is the ideal guide to the topic and an essential purchase for all urologists, pediatric urologists and paediatricians managing children suffering from incontinence.

park avenue physical therapy wellness northport: Sports Neurology, 2018-12-19 Sports Neurology is designed to be a comprehensive overview of neurology within the context of sports medicine. This definitive text addresses the history of sports neurology, including its unique role within sports medicine, and provides a detailed assessment of central and peripheral nervous system injuries and illnesses in athletes. Sports Neurology is a critical companion for all sports medicine clinicians and for neurologists who manage athletes.

park avenue physical therapy wellness northport: Roll Models Richard Holicky, 2004 I thought life was pretty much over. Paul Herman I was afraid people wouldn't see me for who I still was. Cathy Green I didn't need this to be a better person. Susan Douglas I wasn't sure I wanted to live "this way." Kevin Wolitzky The above four people and 49 more just like them went on to find high levels of success and lead satisfying lives. Together they tell 53 stories of moving forward to meet all the challenges, fears, obstacles, and problems common to the life-altering circumstances after spinal cord injury, and doing it without benefit of wealth, large settlements or solid health coverage. Ranging in age from 21 to 67, disabled from three to 48 years they share 931 years of disability experience. Roll Models is a valuable new resource for recently injured people and their families, and for nurses, therapists, psychologists and all other professionals who treat, work with and care for people with spinal cord injury. Straight from the horse's mouth, survivors explore their experiences with disability and answer many questions those in rehab are asking: Early Thoughts What were your thoughts immediately following injury? What were your initial thoughts and reactions regarding SCI and the future? The First Years What were your biggest fears during that first year or so? How did you get past those early fears? Changes, Obstacles and Solutions How much different are you now, compared to how you were before injury? What's been the biggest obstacle? How did you address these obstacles? Finding What Works What have been the most difficult things for you to deal with since injury? What's the worst thing about having an SCI and using a chair? What's been your biggest loss due to injury? Is SCI the worst thing that ever happened to you? Tell me something about your problem solving skills. How do you deal with stress? What do you do to relieve stress? Salvations, Turning Points and More Was there any one thing that was your salvation or key to your success? Was there a turning point for you when you began to feel things were going to get better? What personal factors, habits and beliefs have helped you the most? SCI and Meaning Do you find any meaning, purpose or lessons in your disability? Did any positive opportunities come your way because of your injury? What's your greatest accomplishment? What are you most proud of? A wonderful roadmap with many alternate routes to living and thriving with SCI. Minna Hong, SCI survivor and Peer Support Coordinator/Vocational Liaison, Shepherd Center Avoids the trap of providing a "one size fits all mentality" and provides solutions as varied as the individuals used as examples. Accentuates the positives while not sugar coating the difficulties. Essential reading. Jeff Cressy SCI survivor and Director of Consumer and Community Affairs, SCI Project, Rancho Los Amigos A great resource for people as they venture out into the world, or search for meaning and a deeper, richer life. Filled with examples of real people and their real experiences. Terry Chase, ND, RN; SCI survivor; Patient & Family Education Program Coordinator, Craig Hospital A wonderful tool for the newly spinal cord injured individual, as well as the therapists and counselors working with them. This certainly hits the mark in capturing important survival strategies. Jack Dahlberg, SCI survivor, Past President of the National Spinal Cord Injury Association Artfully crafted and organized, Roll Models sensitively portrays life following spinal cord injury. Informative, creative, sensitive, as well as infused with humor and a kind heart. Recommended with my highest accolades. Lester Butt, Ph.D., ABPP, Director of the Department of Psychology, Craig Hospital

park avenue physical therapy wellness northport: Yoga Journal, 1999 For more than 30

years, Yoga Journal has been helping readers achieve the balance and well-being they seek in their everyday lives. With every issue, Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful editorial on topics such as yoga, food, nutrition, fitness, wellness, travel, and fashion and beauty.

park avenue physical therapy wellness northport: *The Doctor Will See You Now* Tamer Seckin, William Croyle, 2016-03-01 Endometriosis materializes when the endometrium – the tissue that lines the inside of the uterus – sheds, but does not exit a woman’s body during her period. Instead, it grows outside of the uterus, spreading to organs and nerves in and around the pelvic region. The resulting pain is so physically and emotionally insufferable that it can mercilessly dominate a woman’s life. The average woman with endometriosis is twenty-seven years old before she is diagnosed. It is one of the top three causes of female infertility. The pain it emits can affect a woman’s career, social life, relationships, sexual activity, sleep, and diet. It is incurable, but highly treatable. Unfortunately, though, it is rarely treated in a timely manner, if at all, because of misdiagnoses and/or a lack of education among those in the medical community. This book gives hope to everyone connected to endometriosis. That includes every woman and young girl who has it, and the women and men in their lives – the mothers, fathers, husbands, children, and friends – who know something is wrong, but do not know what it is or what to do about it. This book is written at a level that everyone with ties to this disease can relate to and understand, but it is also for doctors with good intentions who lack the knowledge of how to diagnose or treat it. *The Doctor Will See You Now* is for women determined to let the world know their stories so that every woman with this disease – from the thirteen-year-old girl who is being told that her pain is “part of becoming a woman” to the woman who has been misdiagnosed for decades – knows she is not alone. Yes, her pain is real. No, she is not crazy. Yes, there is hope.

park avenue physical therapy wellness northport: *The Mystwick School of Musicraft* Jessica Khoury, 2020 Twelve-year-old Amelia gets the opportunity to attend a boarding school and learn how to use music to create magic, hoping to become a Maestro like her deceased mother.

park avenue physical therapy wellness northport: *Pediatric Orthopedics and Sports Medicine* Amr Abdelgawad, Osama Naga, Marwa Abdou, 2020-11-24 The revised and the expanded second edition of this concise and targeted handbook presents the “need-to-know” musculoskeletal conditions and injuries required for all health care providers dealing with pediatric patients, including primary care physicians, emergency medicine physicians, radiologists, residents, students, nurses, and therapists, to brush up on pediatric orthopedics and sports medicine topics with ease. The most up-to-date information is contained within themed chapters--sports injuries and pediatric trauma, for example--as well as by anatomical region--the hip, knee, foot, spine, etc.--including chapters new to this edition covering pediatric musculoskeletal image interpretation and general aspects of sports medicine. This book addresses high-yield points needed for both general day-to-day pediatric orthopedics and sports medicine practice as well as information needed for the musculoskeletal section of the General Pediatrics Certifying Examination and other board exams for other specialties, physician assistants, nurse practitioners, and physical therapists. Well-illustrated and utilizing an easy-to-follow, bullet-pointed format, *Pediatric Orthopedics and Sports Medicine* gives the reader the basic knowledge to be able to identify and understand the management of common pediatric orthopedic and sports medicine conditions, and indications to either treat these conditions or refer the patient to an orthopedist.

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park avenue physical therapy wellness northport: *Good Enough* Leanne Brown, 2022-01-11 You’ve got this! *Good enough* is a cookbook, but it’s as much about the healing process of cooking as it is about delicious recipes. It’s about acknowledging the fears and anxieties many of us have when we get in the kitchen, then learning to let them go in the sensory experience of working with food. It’s about slowing down, honoring the beautiful act of feeding yourself and your loved ones, and

releasing the worries about whether what you've made is good enough. It is. A generous mix of essays, stories, and nearly 100 dazzling recipes, *Good Enough* is a deeply personal cookbook. Its subject is more than Smoky Honey Shrimp Tacos with Spicy Fennel Slaw or Sticky Toffee Cookies; ultimately it's about learning to love and accept yourself, in and out of the kitchen.

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park avenue physical therapy wellness northport: *The Midnight Orchestra* Jessica Khoury, 2022-06-14 In this spellbinding sequel to *The Mystwick School of Musicraft*, Amelia must master the magic of Composing to help her school win a magic competition—and save her friends from a mysterious evil. Things are finally looking up for Amelia Jones: she's officially a Mystwick student, and she even has a teacher to help her learn how to use her rare Composing magic. When Mystwick enters an international magic competition, it's Amelia's chance to Compose something that will help them win the day. The only problem is that she still doesn't understand how her powers work. But then she hears about a super exclusive Midnight Orchestra—half performance, half magical black market—and Amelia is sure that's where she'll find the answer to her Composing problem. But the Midnight Orchestra is far more sinister than it initially appears and if Amelia can't unlock her Composing powers, not only will Mystwick lose the musicraft competition, she won't be able to rescue her friends from the danger unleashed in this thrilling adventure.

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park avenue physical therapy wellness northport: Heart Smart for Women Jennifer H. Mieres MD, Stacey Rosen, Sotiria Everett Edd Rd, 2018-01-23 *Heart Smart for Women, Six S.T.E.P.S. in Six Weeks to Heart-Healthy Living* equips women of all ages with a comprehensive program for heart-healthy living. This book is a call to action for women everywhere and the message is a positive one: Heart disease is preventable! Leading cardiologists, Drs. Jennifer Mieres and Stacey Rosen simplify complex medical content with clear illustrations, real patient stories, and a practical step by step approach to living your most heart healthy life. Good health is not a given. It is something we must work for by taking control of our lives and putting ourselves first. More than 90 percent of all women have one or more risk factors of heart disease, and more than 44 million women living in the United States about a third of the female population suffer from some form of it. However, every one has the opportunity to live well and conquer it. *Heart Smart for Women* offers a complete roadmap for women of all ages on their journey to heart-healthy living. It details the workings of the healthy heart and the diseased heart, and provides the necessary vocabulary for ensuring that women are equipped to have meaningful communication with their physicians. The book includes an assessment of personal risk factors, a clear, step by step program to begin or advance an exercise routine, ways to ensure that your kitchen and pantry are stocked with heart healthy foods, tips for dining at home and in restaurants and suggestions for how to form and maintain a true partnership with your doctor.

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Physicians and Lymphedema Therapists Mihály Földi, Ethel Földi, Stefan Kubik, 2003

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park avenue physical therapy wellness northport: Clinical Case Studies for the Family Nurse Practitioner Leslie Neal-Boylan, 2011-11-28 Clinical Case Studies for the Family Nurse Practitioner is a key resource for advanced practice nurses and graduate students seeking to test their skills in assessing, diagnosing, and managing cases in family and primary care. Composed of more than 70 cases ranging from common to unique, the book compiles years of experience from experts in the field. It is organized chronologically, presenting cases from neonatal to geriatric care in a standard approach built on the SOAP format. This includes differential diagnosis and a series of critical thinking questions ideal for self-assessment or classroom use.

park avenue physical therapy wellness northport: Body on Fire Monica Aggarwal MD, Jyothi Rao, MD, 2020-08-19 Inflammation is the body's natural response to injury or illness, but long-term inflammation can silently turn on us, becoming a danger to our health. This guide explains how chronic inflammation damages cells and can lead to asthma, cancer, diabetes, heart disease, rheumatoid arthritis, and even Alzheimer's disease. Fortunately, there are natural solutions to keep chronic inflammation in check. Our food choices can make a crucial difference. Learn how to design an anti-inflammatory diet based on health-protective plant-based foods with high concentrations of phytochemicals and other essential inflammation-fighting nutrients. Then enjoy a few delicious, easy-to-prepare recipes that reveal how to incorporate a wide variety of these power-packed foods into everyday dishes.

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orientation of nurses to oncology, inservice and continuing education programs for practicing nurses, a basis for curriculum development in graduate programs, and as a review tool for certification. Based on the blueprint of the certification examination by the ONCC (Oncology Nursing Certification Corporation), the book is in outline format to help readers focus on the most important information. Instructor resources available; contact your sales representative for details. Covers the entire scope of the specialty ensuring comprehensive coverage Outline format helps the reader focus on the most important information Effective guide for teaching and learning for in-service, continuing education, and academic programs Powerful study tool for the ONCC certification exam Tables and figures illustrate complex concepts * Entirely revised, updated, and expanded to reflect the current state of oncology nursing practice. * Expanded pain management content. * New content on nonpharmacologic interventions (e.g. heat massage, imagery). * New content on alternative therapies.

park avenue physical therapy wellness northport: Atlas of Ultrasound Guided Musculoskeletal Injections David A. Spinner, Jonathan S. Kirschner, Joseph E. Herrera, 2013-11-19 The use of ultrasound guidance to perform diagnostic and therapeutic injections is growing at a rapid rate, as is the evidence to support its use. Even with the increased popularity of ultrasound, there remains a lack of formal training or a standard reference book. Atlas of Ultrasound Guided Musculoskeletal Injections fills this void in the literature and will be useful to physiatrists, orthopedists, rheumatologists, pain medicine and sports medicine specialists alike. Broken down by anatomic structure and heavily illustrated, this book is both comprehensive and instructive. The Editors and their contributors break down the basics (both the fundamentals of ultrasound to needle visibility and the role of injections) and explore ultrasound-guided injection for structures in the shoulder, elbow, wrist and hand, hip and groin, knee, ankle and foot, and spine. Using a clear, heavily illustrated format, this book describes the relevant clinical scenarios and indications for injection, the evidence to support ultrasound use, relevant local anatomy, injection methods, and pearls and safety considerations. It will be a valuable reference for trainees and experienced clinicians alike, for experienced sonographers or those just starting out.

park avenue physical therapy wellness northport: Plain & Simple Guide to Therapeutic Massage & Bodywork Examinations Laura Allen, 2010 This comprehensive review guide for therapeutic massage and bodywork certification is written in plain, simple language to put the test-taker at ease. The book is organized according to the National Certification Examination, and each chapter is presented as an outline review, with end-of-chapter review questions. Positive affirmations and quotations help calm the reader's test-taking anxiety. This Second Edition provides coverage of the Massage & Bodywork Licensing Exam (MBLEx) and includes at least five additional review questions per chapter. A companion Website offers student and instructor resources such as practice exams, interactive flash cards, game show questions, Millionaire game questions, labeling activities, a quiz bank, a test generator, a syllabus, lesson plans, and PowerPoint slides.

park avenue physical therapy wellness northport: National Certified Medical Assistant Exam Secrets Study Guide: Ncct Test Review for the National Center for Competency Testing Exam Ncct Exam Secrets Test Prep, 2018-04-12 ***Includes Practice Test Questions*** National Certified Medical Assistant Exam Secrets helps you ace the National Center for Competency Testing Exam, without weeks and months of endless studying. Our comprehensive National Certified Medical Assistant Exam Secrets study guide is written by our exam experts, who painstakingly researched every topic and concept that you need to know to ace your test. Our original research reveals specific weaknesses that you can exploit to increase your exam score more than you've ever imagined. National Certified Medical Assistant Exam Secrets includes: The 5 Secret Keys to NCCT Success: Time is Your Greatest Enemy, Guessing is Not Guesswork, Practice Smarter, Not Harder, Prepare, Don't Procrastinate, Test Yourself; A comprehensive General Strategy review including: Make Predictions, Answer the Question, Benchmark, Valid Information, Avoid Fact Traps, Milk the Question, The Trap of Familiarity, Eliminate Answers, Tough Questions, Brainstorm, Read Carefully, Face Value, Prefixes, Hedge Phrases, Switchback Words, New Information, Time

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park avenue physical therapy wellness northport: Dr. Shapiro's Picture Perfect Weight Loss Howard M. Shapiro, 2000-04-08 The secret to taking off those hated pounds? I lost 25 pounds living up to Dr. Shapiro's simple plan for reducing my waistline. What worked for me were the visual aids-- a picture can be worth 1,000 calories! They don't call him the Prince of Pounds for nothing!--Dennis Duggan, Pulitzer prize-winning columnist, Newsday Dr. Shapiro proves that great eating and weight loss can go hand in hand if you make the right choices. Starting the day right, eating out for pleasure or business, enjoying a snack or even a chocolate indulgence-- it can all be done without gaining weight, if you follow the picture perfect guidelines in this book. Dr. Shapiro's proven program of Food Awareness Training empowers you to take charge of your eating. You can stop depriving yourself, stop feeling guilty-- and stop dieting. Whether you want to lose 100 pounds or want to maintain the healthy weight you have now, here are the images that will instantly change your habits for life. Dr. Shapiro brings an important new approach to weight control. This book allows the reader to get the picture of a personal eating plan for healthy living.--George L. Blackburn, M.D., Ph.D., Harvard Medical School In 40 years of reading and evaluating writing on obesity and nutrition, this is one of the most clearly written books I have ever read. The photographs are indeed an innovation in understanding the details and personal applications of Dr. Shapiro's approach.--Maria Day Simonson, Sc.D., Ph.D., director, the Johns Hopkins Health, Weight, and Stress Clinic Dr. Shapiro has written the definitive book about making intelligent eating choices. The photos are truly a revelation, and the book's commonsense approach makes it accessible to everyone.--Drew Nieporent, restaurateur A visual and effective book that is for everybody! It gets a very important message across in a wonderfully simple way!--Denise Austin, host of Lifetime TV's Daily Workout As a dietitian, I like seeing in pictures what we have been telling people for years. . . . Here is some basic, sound information that everyone can benefit from.--Franca Alphin, R.D., administrative director, Duke University Diet and Fitness Center A startling book that taught me more about nutrition than I had learned in 4 years at medical school, 5 years of postgraduate training, and 30 years of orthopedic practice. This book is a 'must read' for most all physicians as well as their patients.--Marvin S. Gilbert, M.D., Manhattan Orthopedic and Sports Medicine Group A very simple but potent tool for helping people make changes without diets or 'resistance' to any food.... The approach is a win-win!--Susan Olson, Ph.D., clinical psychologist and coauthor of Keeping It Off: Winning at Weight Loss

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2009

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