



Your Guide To Optimal Health: Creating Your Personal Wellness Wheel

MD, Lee Kirksey, MD, MPH, Seema Patel

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The traditional medicine approach to "fix it, when it's broken" will not improve your health and well-being. Dr. Patel, an Age Management Medicine specialist and Dr. Lee Kirksey, a Vascular Surgeon introduce a new paradigm of health that is comprehensive, holistic, and proactive. Optimal Health, the state of peak performance mentally, physically, emotionally and spiritually can prevent disease and slow down the aging process. Your Guide to Optimal Health provides step by step instructions and interactive exercises to assist readers to create their Personal Wellness Wheel (tm). The wheel integrates both Eastern and Western philosophies and consists of eight complimentary elements of health that, when operate synergistically, lead to a better quality of life and well-being.

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