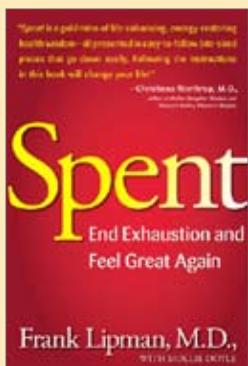




## Book of the Month:

# SPENT: End Exhaustion and Feel Great Again by Frank Lipman, MD



After working as a physician, acupuncturist and healer in the intensity and heart of New York, Dr. Frank Lipman has witnessed over and over again how his client's have what he has coined, the SPENT SYNDROME.

In his new book, SPENT, he describes this SYNDROME resulting from having one or more of 11 UNDERLYING IMBALANCES, which throw us out of rhythm. Despite being apparently healthy and in the prime of one's of life, many people are complaining of being overwhelmed, exhausted, and of feeling decades older than their years.

Other symptoms of SPENT can include apathy, depression, insomnia, brain fog, lowered immunity, inexplicable physical aches and pains, and digestive problems. These symptoms are the body's way of telling us that we are mentally, emotionally, and physically exhausted—that we are tapped out.

Dr. Lipman explains how our bodies were not built to be sedentary nor run marathons, exist on no sleep, live without sun, eat processed foods, or subsist on no-fat or no-carb diets. Nor were our brains wired to handle profound amounts of mental and emotional stress.

We are designed to eat natural and seasonal foods from our nearby environs, and to exercise in spurts - exert, rest, recover, exert, etc. We are meant to have fresh air, sun, and water. We are built to sleep when the sun goes down, and wake when it rises. And very few of us are living this way.

Fortunately, when prompted correctly with natural light and good food at the correct time, the right supplements, appropriate exercise, fresh air, and nature, our genetic clocks can reset themselves. A way to start doing this is to adjust the body's TOTAL LOAD.

According to Dr. Lipman, Stress builds in many ways:

- Too much caffeine
- Too much alcohol
- Too much unrefined sugar
- Too much stress
- Too much stimulation - cell phones, computers, TV
- Too much environmental pollution
- Too many responsibilities
- Too many chemical additives and ingredients
- Too many drugs - supplements, prescription, recreational
- Too much tension in your muscles
- Too much work
- Too little play



**Book of the Month:**

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- Too little joy
- Too little sleep
- Too little relaxation
- Too little nourishment
- Too little quality time - sunshine, friends and family
- Too little moderation

Everyone's tipping point is different and each over-loaded body tells us it is overwhelmed in a different way. There is an almost endless combination of how Imbalances can manifest themselves with signs and symptoms, making you ultimately SPENT.

SPENT SOLUTIONS™ is about taking charge of what we can change, and feeling better. This in depth and easy to implement six-week SPENT SOLUTIONS DETOX PROGRAM can literally lighten your load.

This easy to read informational book is a must read. It offers practitioners and their patients new insights and innovative approaches for improving one's quality of life and listening to our individual natural rhythm.

For additional information:

**[www.spentmd.com](http://www.spentmd.com)**