



10 Minute Wellness Tips: Volume I: Discover What 26 Of The World's Top Health Experts Suggest You Do To Maximize Your Health And Wellness

Brad Costanzo, Bob Serling

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Your Health Is Precious. So Is Your Time.

With so much information and advice on health and wellness it can be overwhelming to get what's really important without going down rabbit holes of conflicting information.

So we got 26 of the world's top health experts and doctors to tell us what their #1 recommendation is to improve and maximize your health and wellness. The answers are simple, powerful and poignant. And we kept their answers to about 10 minutes which means you can get what's most important and either move on or explore the experts even more.

This book is a formatted Transcript to the audio interviews we conducted.

BONUS: All readers get access to a free audio version of the recordings created from the book

You'll Hear From These Experts:

- Drew Canole: Pushing The Alpha Reset Button On Your Body And Mind For Maximum Health
- JJ Virgin: Removing Sugar To Instantly Transforms Your Health And Your Body
- Dave Asprey: Avoiding Your Body's Personal Kryptonite To Achieve Virtually Bulletproof Health
- Ari Meisel: The Art of Doing Less To Achieve Exceptional Health
- Caleb Jennings: How To Become the CEO Of Your Own Body And Biohack Your Way To Maximum Health
- Dr. Trevor Holly Cates: How To Decrease Inflammation For Health
- Dr. Alan Christianson: How Timing Your Foods Improves Adrenal Function For Better Health And Longer Life
- Dr. Brian Mowll: How Normalizing Your Blood Sugar Prevents Diabetes And Improves Overall Health
- Dr. Elizabeth Lombardo: How Eliminating Perfectionism Reduces Stress Helps You Live Healthier And Happier
- Dr. Eric Cobb: The Healthy Way To Improve Your Sight To Reset Your Balance, Reduce Pain And Feel Young Again
- Dr. Frank Lipman: Improve Your Gut Health To Heal Inflammation And Stay Young And Slim
- Dr. Hyla Cass: Feed Your Brain To Curb Your Cravings

- Dr. Joel Kahn: How To Easily Detect, Prevent & Reverse Heart Disease
- Dr. Michael Breus: The Sleep Doctor's Simple, Science-Based Tips for Getting A Great Night's Sleep
- Dr. Nalini Chilkov: How To Turn Off Cancer Genes By "Eating The Rainbow"
- Dr. Peter Osborne: Removing Gluten To Clear The Path For Optimal Health
- Dr. Sara Gottfried: The Simple 21-day Cleanse For Feeling Great And Losing Weight
- Dr. Srinii Pillay: A Harvard Brain Scientist's 5-Step CIRCA Formula To Overcome Stress And Burnout
- Dr. Steven Masley: Add These 3 Food Categories To Improve Your Heart Health
- Dr. Thaddeus Gala: How To Measure & Reduce Your Inflammation With A Simple Test
- John Rowley: The Magic Of A Truly Committed Decision To Exceptional Health
- Jonny Bowden: The Power Of Relationships To Transform Your Health And Your Happiness
- Kusha Karvandi: Align Your Body's Internal GPS For Optimal Wellness
- Larry & Oksana Ostrovsky: Maximize Your Sleep To Optimize Your Health
- Leanne Ely: It All Starts In The Kitchen And How Learning To Cook Will Change Your Life
- Dr. Issac Jones: Detect And Treat Cellular Micronutrient Deficiency For Superhuman Health

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Now's is the time to take your health into your own hands and hear from the world's top experts how to do it.

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Arthur Pascual:

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Thomas Busch:

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