

# Spa Medicine

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Your future is in your hands with  
this breakthrough new medicine.

# SPA MEDICINE

YOUR GATEWAY TO THE AGELESS ZONE



- See how this twenty-first-century medicine can put you on track to healthy, graceful aging.
- Learn what pivotal roles the Four Pillars of Wellness can play in your life.
- Discover how you can benefit from knowing the Four Secrets of Longevity.

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Introduces the reader to the concept of healthy, graceful aging through spa medicine. Part One discusses what the doctors term the "Four Pillars of Wellness": detoxification, nutrition, exercise, and mid-body health. Part Two takes up the "Four Secrets of Longevity": inflammation prevention, nutraceuticals, hormonal therapy, and cosmeceuticals. This informative, easy-to-understand book is illustrated with many helpful charts and tables. Contains a full directory of medispas in the resources section.

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