

Healthy Aging Andrew Weil

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Dr. Andrew Weil, a graduate of Harvard Medical School, is the author of 10 previous books including Spontaneous Healing, Eight Weeks to Optimum Health, Eating Well for Optimum Health and, with Rosie Daley, The Healthy Kitchen. Now Dr. Weil gives us, Healthy Aging : A Lifelong Guide to Your Well-Being, a book about aging that is unlike any other in the breadth and depth of its information and understanding.

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Andrew Thomas Weil (/ w aɪ l /, born June 8, 1942) is an American celebrity doctor who advocates for alternative medicine.. Weil became interested in the ideas and practices of complementary and alternative medicine, and went on to play a seminal role in codifying and establishing the emerging field of integrative medicine, which aims to combine alternative medicine, conventional evidence ...