



# **Intelligent Medicine : A Guide to Optimizing Health and Preventing Illness for the Baby-Boomer Generation**

*Ronald L. Hoffman*

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For the 74 million people in their late thirties and early forties, "Intelligent Medicine" presents the complete spectrum of health-care options. Hoffman, who specializes in integrating conventional and alternative medicine, discusses each major system in the body and offers preventive techniques and treatment options for common ailments.

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