



Healing through Exercise: Scientifically-Proven Ways to Prevent and Overcome Illness and Lengthen Your Life

Jorg Blech

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In *Healing Through Exercise*, internationally bestselling science writer Jörg Blech sets out the actual physiological effects of exercise: it triggers the growth of new brain cells, induces stem cells in blood vessels, and reverses symptoms of heart disease and type 2 diabetes. Doctors are now using exercise to combat common ailments such as heart disease, arthritis, diabetes, osteoporosis, and depression.

Every one of us—whether a healthy athlete, a patient seeking to overcome a chronic disease, or a person desiring a longer, more mentally active life—can use the new and important information in this book.

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