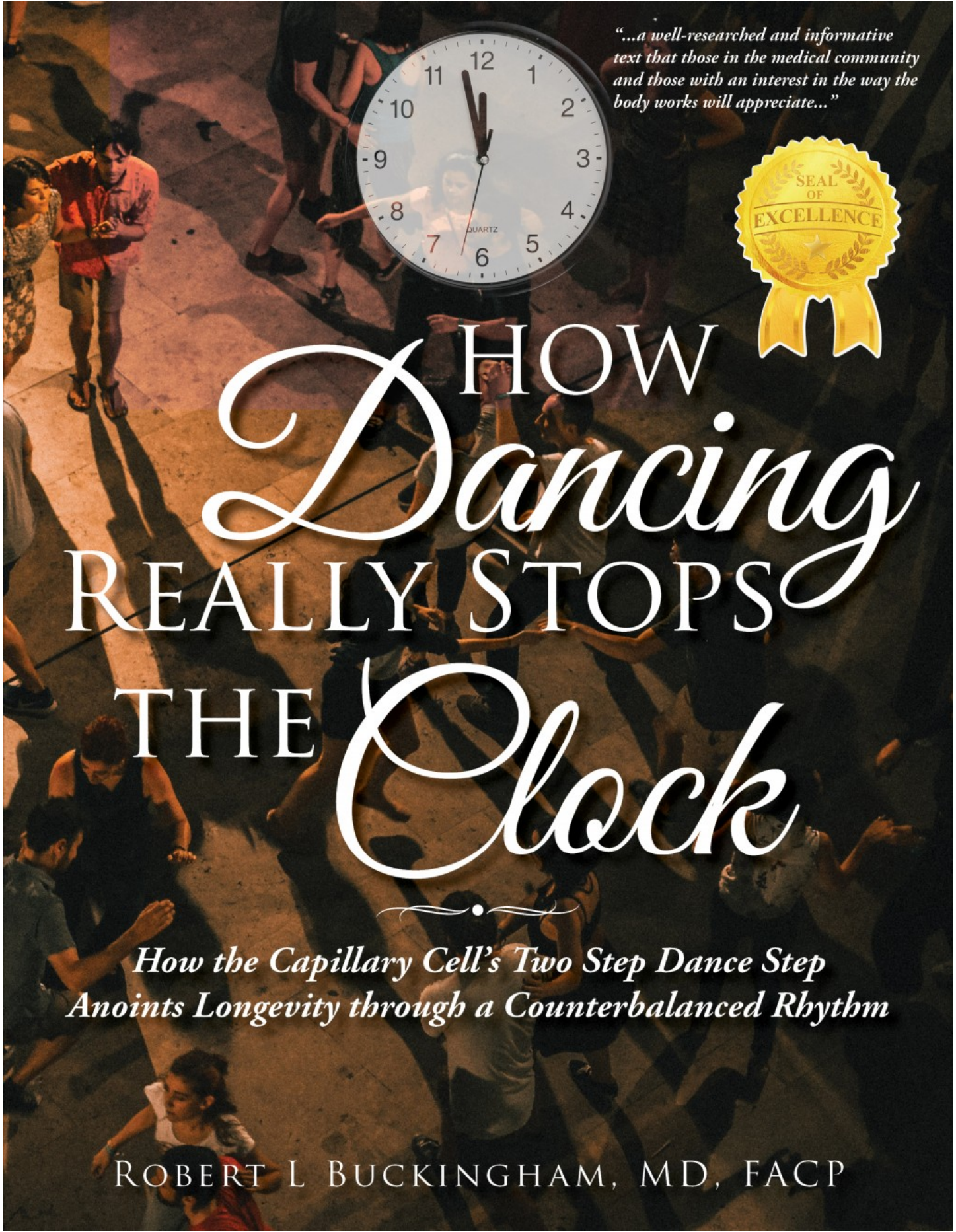


Explore Dance's Power for a Healthy Metabolic Life & Unleash Anti-Inflammatory Benefits to Optimize Cellular Function!

"...a well-researched and informative text that those in the medical community and those with an interest in the way the body works will appreciate..."



HOW Dancing REALLY STOPS THE Clock

*How the Capillary Cell's Two Step Dance Step
Anoints Longevity through a Counterbalanced Rhythm*

ROBERT L BUCKINGHAM, MD, FACP

New York City, New York Aug 10, 2023 ([IssueWire.com](https://www.issuewire.com)) - Dance your way to a healthy metabolic lifestyle and step into the rhythm of producing a potent outcome, an anti-inflammatory purpose, which optimizes the purpose of cell organs.

This useful book gives us a beneficial overview of how living a healthy lifestyle, discipline, proper hygiene, proper nutrition, and freeing yourself from stress reverberations could help one in preventing diseases and what triggers them, all you need to do is make a choice and take action.

This valuable book is available for purchase at:

[Amazon](#) and [Barnes & Noble](#).

-END-

About the Author:

Dr. Buckingham spent his 44 fruitful years in the practice of medicine emphasizing cardiometabolic, sleep medicine, and health care delivery; a medical director, and an active member of almost all of the hospital committees and as a Chief of Staff for 3 years. He is so dedicated to his advocacy that he spends his early mornings doing basic research. He authored and published 5 books, and multiple research papers. He also delivers speeches on subjects such as the relationship between Chronic Inflammation and Oncogenesis. He delves into the basic sciences making his own life-saving discoveries.

Media Contact

Parchment Global Publishing

edraydones@parchmentglobalpublishing.com

1-888-266-0922

244 Fifth Avenue, Suite V278, New York, N.Y. 10001

Source : Parchment Global Publishing

[See on IssueWire](#)