

Explore Dance's Metabolic Health & Anti-Inflammatory Potential for Optimal Cellular Function!

Join the Metabolic Dance of Wellness: Showcased at MIBF 2023 – Sep 14-17, Manila, Philippines!

"...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..."

A large clock face is superimposed over a crowd of people dancing at night. The clock is white with black numbers and hands, and the word "QUARTZ" is visible at the bottom. The background shows a group of people in various poses, some dancing and some standing, in a dimly lit outdoor setting.

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

Metropolitan Manila Area, Philippines Sep 12, 2023 (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](#)

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.

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