

Discover the Dance of Youth: ‘How Dancing Really Stops the Clock’ Unveiled!

Get Ready to Move: Find Us at Frankfurt International Book Fair 2023 and Explore the Health Benefits of Dance!

"...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

Frankfurt, Hessen Oct 18, 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 prevent diseases and what triggers them, all you need to do is make a choice and take action.

Join us at the Frankfurt International Book Fair 2023 (October 18-20, 2023) in Frankfurt, Germany and explore the secrets of ageless living. "How Dancing Really Stops the Clock" isn't just a book; it's a transformative experience that will leave you dancing to timeless health and well-being rhythms.

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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Source : Parchment Global Publishing

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