



QUANTITATIVE MEDICINE

A Definitive Guide to
Getting Well, Staying Well, Avoiding Disease, and Slowing Aging

By: Mike Nichols, M.D., Charles Davis, Ph.D.

Soft cover, black and white interior, 6" x 9", 440 pages

Golden Lotus Publishing, Palo Alto, California

ISBN-13: 978-0-9862520-0-6

ACCLAIM FOR QUANTITATIVE MEDICINE

People Who Have Used Quantitative Medicine Say ____

Over the past 10 years I have rigorously adopted the lifestyle and approach to diet and exercise outlined in Quantitative Medicine. My appearance and overall health are better than 25 years ago. At times I feel I have found "the fountain of youth" in Dr. Mike Nichols's scientific approach to not only improving but, in my case, totally eliminating lifestyle diseases. Thank God I found QM before it was too late!

—R. Michael Miller, Insurance Executive

Dr. Mike's *Quantitative Medicine* really has changed my life. After my first heart attack I followed the broadly recommended "standard" medical advice, only to have a second heart attack within two years. A good friend recommended Dr. Mike and his Quantitative Medicine approach. Diet change + effective physical and spiritual exercise = new healthy life. Side benefits are: feeling years younger, stronger and happier (even lost 25 lbs, though that was not a specific objective).

—Dave Saxby, Silicon Valley Entrepreneur

This book connects the dots between lifestyle choices and health at the cellular level and makes it crystal clear why we should care. In the process it delivers terrific motivation to put that newly found knowledge to work.

—Ken Goldman, Silicon Valley Venture Capitalist

From Silicon Valley, the epicenter of disruptive technologies, comes a set of ideas, based on data, that is sure to both surprise the medical, pharmaceutical and insurance establishments and hopefully help literally millions of people achieve a happier and healthier quality of life. If you look at the practice of medicine the way we look at technology, you end up with *Quantitative Medicine*. Quantitative Medicine is surprising yet empowering. When you extract the influences of the many special interests, and consider honestly and openly what the data is telling us, so many long-held beliefs are shattered, and so much falls into place.

—Marty Cagan, Author, Founder, Silicon Valley Product Group

A Doctor's View of Dr. Nichols ____

Dr. Mike Nichols, a true medical visionary, has been at the forefront of advocating lifestyle changes for the treatment and prevention of diseases since the 1990s. His brilliant and pioneering work in combining healthy nutrition, regular exercise, meditation, and adequate rest was years ahead of the mainstream thinking of practicing physicians and even of widely acclaimed national specialty organizations. He has seen significant improvement in clinical outcomes of his patients: in improved exercise tolerance, hypertension control, weight loss, diabetes control, lipid management, and general well-being.

I met Dr. Nichols in the 1990s. He was a mentor to me, and I incorporated much of his teachings in my own practice of Preventive Cardiology.

Dr. Nichols is that rare physician who combines in-depth scientific knowledge with a caring commitment and connection to his patients, thus bringing about extraordinary positive changes both physically and emotionally. He is a true "healer."

—Michael R. Nagel, MD, MPA, FACC, Board-Certified Cardiologist

QuantitativeMedicine.net Contact: Charles Davis cdavis@qmd.us or 650-224-1245