



QUANTITATIVE MEDICINE

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

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

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NEW HEALTH SELF-HELP BOOK MAKES BROAD CLAIMS

Based on a Clinical Practice, Quantitative Medicine Presents a New Methodology to Roll Back Osteoporosis, Heart Disease, Type 2 Diabetes, and other Degenerative Diseases

PALO ALTO, Cal., May 3, 2016. By making lifestyle choices based on blood test numbers, Quantitative Medicine is able to halt and often reverse most degenerative diseases. This concept has been the core of physician Mike Nichols' clinical practice for over 20 years, and the book is an encapsulation of his methodology.

Dr. Nichols' Quantitative Medicine techniques are the result of his identification and research of three key factors that control health:

1. The body will prevent virtually all degenerative disease if certain key blood test numbers are in the right zone. Says Nichols, "From blood test numbers, some familiar, others not, I can very reliably predict a patient's health trajectory, and whether they will stay well, and, if not, which diseases they will get."
2. Further, if a person can move their numbers to the ideal ranges, existing diseases will reverse, and the person will often be cured. Again Nichols, "We have almost 100% success rate curing osteoporosis and adult onset diabetes, heart disease is measurably reversed, and cancers suppressed."
3. Finally, based on these same numbers, the lifestyle modifications necessary to achieve the ideal numbers can also be determined. This tends to vary from person to person. Nichols, "No one size fits all, some should eat less starch, some more, some should lift weights, others should run up and down hills."

Quantitative Medicine encapsulates this life-saving methodology. Following an introductory part that discusses the body's adverse reaction to modern civilization, a step-by-step guide outlines the Quantitative Medicine technique: which blood tests to do, how to interpret them, and how to select lifestyle choices that will drive these numbers to their ideal values. Beyond the step-by-step, *Quantitative Medicine* also features a detailed yet easy to understand science section explaining why humans are the way they are, how and why various diseases are reversed.

Quantitative Medicine differs from all other self-help health book in that it has no standard advice. The optimal lifestyle is instead determined from blood tests and differs from person to person.

Quantitative Medicine, ISBN-13: 978-0-9862520-0-6, is a 440 page 6" x 9" soft cover book, list price \$20, available through Amazon, Barnes & Noble online, and distributed by Ingram, Baker & Taylor, and Pathway Book Services.

For more information or review samples, contact Charles Davis, 650-224-1245, cdavis@qmd.us

A media kit may be downloaded from QuantitativeMedicine.net/media-kit/

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