1. Record Nr. UNINA9910158993503321 Autore Brewer Stephen C. <1952-> Titolo The Canyon Ranch guide to men's health: a doctor's prescription for male wellness / / Stephen C. Brewer, ABFM, Medical Director, Canyon ranch in Tucson New York, New York:,: SelectBooks, Inc.,, 2016 Pubbl/distr/stampa ©2016 **ISBN** 1-59079-334-X Edizione [First edition.] Descrizione fisica 1 online resource (136 pages) 613.04234 Disciplina Soggetti Men - Health and hygiene Heart - Diseases Medicine and psychology Nutrition Exercise Lingua di pubblicazione Inglese **Formato** Materiale a stampa Livello bibliografico Monografia "Family physician and Medical Director of Canyon Ranch Health Resorts Sommario/riassunto recommends ways to resolve and reverse common health problems of men at each stage of adult life. He shares stories of his patients as he focuses on sleep problems, sexual function, and cardiovascular, prostrate, and brain health"---