

Praise for The Building Blocks of Health

Finally, an up to date, science-based book about your health that is very accessible to the public. Joe Speidel, MD, MPH, is imminently qualified to inform us. He has an impeccable education in medicine and public health and a distinguished and long academic career with over 300 articles published. Equally important, he cares deeply about the public's health and his efforts are reflected in this wonderful and important book.

John Swartzberg, MD, FACP

Clinical Professor Emeritus, School of Public Health, University of California, Berkeley–
University of California, San Francisco, Joint Medical Program
Chair, Editorial Board, UC Berkeley Health & Wellness Publications

Dr. Speidel has spent his career saving lives. Now, he's empowering you to save your own. In *The Building Blocks of Health*, Dr. Speidel breaks down the science of disease prevention into accessible advice that will help you live a longer, healthier life.

Neal D. Barnard, MD

President, Physicians Committee for Responsible Medicine
Adjunct Professor, George Washington University School of Medicine

Dr. Speidel's treatment of lifestyle as medicine in *The Building Blocks of Health* is thoughtful, balanced, empowering- and remarkably thorough. Anyone looking for reliable ways to optimize years in life, and life in years- should own this book, and refer to it routinely.

David L. Katz, MD, MPH

Past President, American College of Lifestyle Medicine
President, True Health Initiative

Professor Joe Speidel's new book is sensible, easy to understand, grounded in science and, most importantly, a useful guide that will help you transform your life so that you become happier and healthier -- for longer!

Stefano M. Bertozzi MD, PhD

Dean Emeritus and Professor of Health Policy & Management
University of California, Berkeley, School of Public Health