

The Building Blocks of Slow Medicine

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The 
Slow
Medicine
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*Slow Medicine: The Best
Quick Fix for Your Health*

Purpose:

Why do you want to be healthy? What will you do with your life, once your health is restored? Connect your mindset to your mission.

Perspective:

Understand your physical symptoms in the context of your greater life. Take honest personal inventory, leaving no stone unturned.

Plan:

Optimize each piece of your health puzzle, through nutrient-dense foods, daily spiritual practice, fun physical activity, harmonious relationships, and so on.