

# How to Live to Be 100 in Spite of Your Doctor

*Dr. Bruce C. Hagen*

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**Dr. Bruce C. Hagen : How to Live to Be 100 in Spite of Your Doctor** before purchasing it in order to gage whether or not it would be worth my time, and all praised How to Live to Be 100 in Spite of Your Doctor:

1 of 1 people found the following review helpful. Eye openerBy Jacquelyn BratisI have been reading related material for the past ten years. Another confirmation for taking responsibility for one's own health.g5 of 5 people found the following review helpful. Former Mayo Clinic CEO EndorsementBy Dr. Bruce C. Hagen"Dr. Hagen sets a high and informed bar for those of us who, while aware of the benefits of western medicine for intervention in cases of acute illness and trauma, are wary of the risks and limitations involved in a visit to an allopathic physician. 'How to Live to 100 In Spite of Your Doctor' is a message that needs to be delivered to an American public that generally overestimates the benefits and underestimates the risks of allopathic care. As a former member of the Mayo Foundation Board of Trustees and CEO of Mayo/St. Mary's Hospital, I appreciate Dr. Hagen's capacity to provide advice from a natural and alternative perspective. Readers should incorporate his wisdom into their healthcare decisionmaking. It will increase their chances of living to 100."-Michael Myers, Associate Professor, University of South Dakota School of Law.

Learn the Health Promotion and Disease Prevention Practices in this Health Training Manual that May Help You Live A Longer and More Productive Life