



The Way of Five: The Body in Balance

David Schultz M.D.

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1) Do you sleep well, and feel refreshed in the morning? 2) Do you eat well and enjoy your meals? Is your weight stable? 3) Do you move your bowels easily every day? 4) Can you walk a mile? 5) Are you cheerful and productive every day? These Five questions are gateways for further inquiry. a negative response to anyone of them may indicate significant or even serious disease.

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