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High vitality, optimal health and sustainable strength can only be achieved by a properly-informed plan to understand, identify and conquer the enemies of our wellbeing. The only way to sustain a healthy, vigorous life is to make long-term lifestyle changes—across the board, be it through nutrition, resistance training, cardio or stress management.

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Chris Hardy, D.O., M.P.H., CSCS, is the author of Strong Medicine: How to Conquer Chronic Disease and Achieve Your Full Genetic Potential. He is a public-health physician, personal trainer, mountain biker, rock climber and guitarist.

**Strong Medicine | Exploring the Science, Art and Practice...**

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Chris Hardy, D.O., M.P.H., CSCS, is the author of Strong Medicine: How to Conquer Chronic Disease and Achieve Your Full Genetic Potential. He is a public-health physician, personal trainer, mountain biker, rock climber and guitarist.

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**Strong Medicine: How To Conquer Chronic Disease And Achieve...**

Created by Tammy Ader, Whoopi Goldberg. With Rosa Blasi, Jenifer Lewis, Josh Coxx, Philip Casnoff. Tough female doctors treat an exclusively female clientele at the Rittenhouse Women's clinic, tackling female-centric issues and trying to make the world a better place in a male-dominated society.

**Strong Medicine (TV Series 2000–2006) – IMDb**

When your doctor prescribes a new medicine, ask about common side effects. "You, your doctor, and your pharmacist should be working together so everyone has the same information," Owen says.