

Exhausted from juggling the caterer, the florist and your future mother-in-law? Tired from finding a way to keep the peace between your maid-of-honor and your mother? Feeling **SPENT** from planning your wedding?

Drawing from Western and alternative medicine, Dr. Frank Lipman put together a program with all his best advice—the same advice he shares with Gwyneth Paltrow and Donna Karan.

**SPENT** is divided into forty-two “Daily Beats” designed to gradually remove factors that lead to energy depletion and add elements that help the body heal more quickly and feel better fast. The result is a whole-life makeover that will keep your energy high from the day you accept the proposal all the way thru the end of your honeymoon!

- Start the day with a protein rich smoothie with good fats and phytonutrients
- Replace punishing workouts with moderate exercise on the go, and realign your body with soothing, restorative yoga poses and a “spinal reset” to ease back discomfort
- Conquer restless nights and groggy mornings by restoring a sleep rhythm aligned with the sun and nature
- Relax by taking a bath with Epsom salts, the magnesium sulfate reduces inflammation and restores balance
- Ease the tension in your neck and shoulders by using tennis balls for exercises and stretches that release tension, body aches and pains
- Create an electronic sundown; turn off your TV, cell phone and computer by 10:00 p.m.
- Prepare fast, nutrient-rich meals and snacks while eliminating the sugar and processed foods
- Go outside and benefit from the healing powers of the sun to trigger metabolism, alertness and overall ability to function

*Dr. Frank Lipman, author of **SPENT: End Exhaustion and Feel Great Again** (Fireside/Simon & Schuster; January 2009), is the founder and director of the Eleven Eleven Wellness Center in New York City, where his personal blend of Western and alternative medicine has helped thousands of people recover their energy and zest for life. For more information, visit [www.Spentmd.com](http://www.Spentmd.com).*