

# [PDF] The Forever Young Diet And Lifestyle

**James H. O'Keefe M.D., Joan O'Keefe - pdf download free book**

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## **Description:**

**About the Author** James H. O'Keefe is a well-regarded clinical cardiologist, medical school professor, and researcher based in Kansas City, Missouri. Joan O'Keefe is a registered dietitian who does nutrition counseling focusing on weight loss, optimum health, and improved athletic performance in adults, teens, and kids.

James H. O'Keefe is a well-regarded cardiologist, medical school professor, and researcher based in Kansas City, Missouri. Joan, James' wife and co-author, is a nutrition consultant with a longstanding practice.

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